

Immune Modulation Protocol Worksheet: The "Target" Phase

Client Name: _____ Date: _____

This worksheet is designed to help you implement the **Target (T) phase** of the R.O.O.T.S. Method™. Based on your clinical presentation and lab markers, we are moving beyond simple supplementation into precision immunomodulation to balance your immune system and resolve chronic inflammation.

Section 1: The Foundation Trinity (Baseline vs. Target)

Before adding advanced botanicals, we must optimize your physiological baseline.

Nutrient	Your Current Level	Functional Target	Recommended Daily Dose
Vitamin D3	___ ng/mL	50 – 80 ng/mL	___ IU
Vitamin K2	N/A	100mcg per 5k IU D3	___ mcg
Zinc (Plasma)	___ mcg/dL	90 – 110 mcg/dL	___ mg

Section 2: Targeted Protocol Selection

Select the nutraceuticals indicated for your current immune state.

☐ Phase A: Botanical Immunomodulation (The "Thermostat")

*Goal: To "prime" the immune system or calm overactivity. * Nutraceutical: Astragalus / Medicinal Mushroom Blend (Reishi, Turkey Tail) * Mechanism: 1,3/1,6 Beta-glucans to support Natural Killer (NK) cell activity. * Dose/Frequency: _____*

☐ Phase B: Mast Cell Stabilization (The "Sentinel" Support)

*Goal: To stabilize hyper-reactive mast cells and reduce histamine release. * Quercetin: 500mg (2–3x daily, 20 mins before meals) * Luteolin: Supports "brain-on-fire"*

symptoms/neuro-inflammation. * **Vitamin C:** Natural antihistamine support. *

Dose/Frequency: _____

☐ **Phase C: Inflammation Resolution (The "Cleanup Crew")**

Goal: To signal the end of the inflammatory attack and begin tissue repair. * **SPMs**

(Specialized Pro-Resolving Mediators): Focus on Resolvins and Lipoxins. *

Dose/Frequency: _____

☐ **Phase D: Epigenetic Modulation (The "Gene Switch")**

Goal: To inhibit NF- κ B (the master inflammatory switch). * **Curcumin:** (Phytosome or

Liposomal for 29x better absorption) * **Resveratrol:** Supports mitochondrial health and

SIRT1 activation. * **Dose/Frequency:** _____

Section 3: The "Histamine Bucket" & Lifestyle Synergy

To ensure these nutraceuticals work effectively, we must manage the total load on your system. * **Dietary Focus:** Low-histamine diet for 30 days (Avoid fermented foods, aged cheeses, leftovers). * **Hydration:** Minimum ___ oz of filtered water daily. * **Safety Note:** If you experience a "flare" or new symptoms, pause the protocol and contact your coach.

Section 4: Reflection & Progress Tracker

Initial Symptom Severity (1-10): _ **Review Date (4-8 weeks):** _

Observations & Improvements: 1. (Energy/Brain Fog): _____ 2. (Immune Resilience/Infections): _____ 3. (Pain/Inflammation): _____

Next Steps: ☐ Re-test Vitamin D3 and Zinc levels in _____ days. ☐ Transition from "Target" phase to "Maintenance" phase.

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