

# Clinical Troubleshooting & "Herx" Assessment Tool

Client Name: \_\_ Date: \_\_ Protocol Day: \_\_

## Section 1: The "Drainage First" Pre-Check

*Before assessing a reaction, we must ensure the "exit doors" are open. If the body cannot eliminate toxins, any protocol will cause distress.*

- [ ] **Bowel Movements:** Have you had at least one complete bowel movement in the last 24 hours? (Yes/No)
- [ ] **Hydration:** Have you consumed at least 60–80oz of filtered water today? (Yes/No)
- [ ] **Sweat/Movement:** Have you engaged in light movement or dry brushing to support lymph? (Yes/No)

**Note:** If "No" to any of the above, pause the "Target" protocol and focus on drainage before proceeding.

## Section 2: Reaction Differentiator (Check all that apply)

*Use this section to determine if you are experiencing a Healing Crisis (Herx), an Allergy, or an Intolerance.*

Feature	Healing Crisis (Die-Off)	Allergic Reaction	Intolerance / Sensitivity
Onset	[ ] 24–72 hours after start	[ ] Minutes to hours	[ ] Hours to days
Symptoms	[ ] Flu-like, body aches, brain fog	[ ] Hives, swelling, wheezing	[ ] Bloating, headache, fatigue
Skin Signs	[ ] Acne flare, mild rash	[ ] Intense itching, urticaria	[ ] Eczema flare, flushing
Action	Slow down / Add binders	<b>STOP IMMEDIATELY</b>	<b>Rotate or reduce dose</b>

## Section 3: Daily Symptom & Rescue Tracker

*Track your response to the "Rescue Protocol" over the next 3 days.*

Day	Symptom Intensity (1-10)	Rescue Agent Used (Binder/Alkalizer)	Notes (Energy, Mood, Digestion)
Day 1			
Day 2			
Day 3			

## Section 4: The Rescue Protocol Checklist

If a Healing Crisis (Herx) is confirmed, implement the following under practitioner guidance:

- **Binder Support:** Take Activated Charcoal or Zeolite 2 hours away from other supplements/meds.
- **Alkalizing "Rescue Drink":** 8oz water + 1/2 tsp Sodium Bicarbonate + Fresh Lemon.
- **Antioxidant Surge:** Liposomal Glutathione or NAC to quench oxidative stress.
- **The "Pulse" Method:** Stop protocol for 2 days, then resume at 50% dose.

## Section 5: Practitioner Reflection & Troubleshooting

**Current Phase:**  Reveal  Optimize  Target  Support

**Observations (Hidden Stressors/Plateaus):**

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**Next Steps:**  Continue current dose with binders

Pulse Method (3 days on / 4 days off)

Return to "Optimize" phase (Sleep/Stress focus)

Pivot: Investigate hidden infections/emotional trauma

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