

Oxidative Burden & Redox Balance Worksheet

Client Name: _____ Date: _____

Practitioner Goal: Use this tool to differentiate between "Oxidative Eustress" (healthy signaling) and "Oxidative Distress" (pathological damage) while identifying the client's unique genetic and environmental triggers.

Section 1: Clinical Marker Analysis (The Evidence)

Record the results of functional testing to identify which cellular "structures" are currently under attack.

Clinical Marker	Target of Damage	Client Result	Status (Optimal/High)
8-OHdG	DNA (Mitochondrial/Nuclear)		
Lipid Peroxides	Cell Membranes/Fatty Acids		
F2-Isoprostanes	Systemic (Gold Standard)		
Oxidized LDL	Cardiovascular/Lipoproteins		

Section 2: Total Oxidative Burden Checklist (The Triggers)

Identify the "sparks" jumping out of the fireplace. Check all that apply:

- **Environmental Exposure:**

- ☐ Frequent exposure to air pollution or smoke
- ☐ Use of non-filtered tap water
- ☐ High use of "conventional" beauty/cleaning products (VOCs)

- **Lifestyle & Metabolic Factors:**

- ☐ High intake of ultra-processed oils (seed oils)
- ☐ Chronic psychological stress (elevated cortisol)

- ☐ High-intensity exercise without adequate recovery
 - ☐ Poor sleep quality (less than 7 hours)
 - **Genetic Susceptibility (if known):**
 - ☐ **GSTM1 "Null"** (Missing the gene for glutathione tagging)
 - ☐ **GSTP1 Variant** (Reduced capacity to handle heavy metals)
-

Section 3: The "Fire in the Fireplace" Strategy

Based on the markers and triggers above, select the Nrf2 activation and antioxidant support plan.

Phase 1: Quenching the Distress (Immediate Support) * ☐ **Glutathione Support:** (e.g., NAC, Liposomal Glutathione, or Glycine/Glutamine) * ☐ **Environmental Sweep:** Switch to organic produce and install HEPA air filtration.

Phase 2: Nrf2 Activation (Upregulating the Master Switch) * ☐ **Sulforaphane (Broccoli Sprouts):** To trigger the Keap1-Nrf2 release. * ☐ **Curcumin (Turmeric):** To bind the Antioxidant Response Element (ARE). * ☐ **hormetic Stress:** Controlled cold exposure or sauna to trigger internal defense.

Section 4: Practitioner Reflection & Scoring

Total Burden Score: __ (Count the number of [x] marks in Section 2) * 0-3: *Low Burden* | 4-6: *Moderate Distress* | 7+: *High Oxidative Stress*

Clinical Observations:

Next Steps / Re-test Date:

AccrediPro Standards Institute Certified Tool | Lesson 8.2: Redox Signaling
