

# Chronic Inflammation Load & Trigger Assessment

Client Name: \_\_\_\_\_ Date: \_\_

## Purpose of this Tool:

While acute inflammation helps you heal from an injury, **chronic systemic inflammation** (meta-inflammation) is like a slow, hidden electrical fire behind your walls. It doesn't always cause redness or swelling, but it slowly damages your tissues. This tool helps us identify your "Total Inflammatory Load" and the molecular triggers keeping your immune system on high alert.

## Section 1: Symptom Checklist (The "Smoldering" Signs)

Check all that apply over the last 30 days:

- ☐ **Persistent Fatigue:** Feeling tired despite getting enough sleep.
- ☐ **Brain Fog:** Difficulty concentrating or "fuzzy" thinking.
- ☐ **Joint/Muscle Stiffness:** Especially noticeable upon waking up.
- ☐ **Abdominal Weight:** Difficulty losing weight specifically around the midsection.
- ☐ **Skin Issues:** Random rashes, puffiness, or slow-healing minor cuts.
- ☐ **Digestive Flare-ups:** Frequent bloating, sensitivities, or "leaky gut" symptoms.
- ☐ **Mood Changes:** Feeling unusually irritable, anxious, or low (depressive symptoms).

## Section 2: Trigger Identification (The Molecular "Misfires")

Functional practitioners look for the "Two-Signal" triggers that activate the NLRP3 inflammasome and NF-kB (the body's master inflammatory switch).

Trigger Category	Potential Source (Check if applicable)	Frequency (1-5)
Metabolic Stress	High sugar/processed carb intake (AGEs)	
Gut Health	History of bloating/food reactions (LPS/Endotoxins)	

Trigger Category	Potential Source (Check if applicable)	Frequency (1-5)
Structural Stress	Sedentary lifestyle or carrying visceral fat	
Psychological	Chronic high stress/lack of "off" time (Cortisol Resistance)	
Environmental	Exposure to toxins, mold, or poor air quality	

### Section 3: Functional Biomarker Tracker

Compare your latest lab results against Functional Medicine "Optimal" ranges rather than standard "Normal" ranges.

Biomarker	Standard "Normal"	Functional Range	Your Result
hs-CRP	< 3.0 mg/L	< 1.0 mg/L	
Ferritin	15 - 150 ng/mL	40 - 150 ng/mL	
ESR (Sed Rate)	0 - 20 mm/hr	< 10 mm/hr	
Fibrinogen	200 - 450 mg/dL	200 - 350 mg/dL	

### Section 4: Reflection & Scoring

Total Symptoms Checked: \_ / 7 Highest Frequency Trigger: \_\_\_\_\_

**Practitioner Observations:** Note the correlation between visceral fat (VAT), stress levels, and hs-CRP. Is there a "Double Hit" to the NF-kB pathway (e.g., Gut + Stress)?

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### Next Steps:

- Target Signal 1:** Address gut permeability (LPS) or stress (Cortisol).
- Target Signal 2:** Reduce oxidative stress or stabilize blood sugar.
- Re-test:** Schedule follow-up labs for hs-CRP and Ferritin in \_\_\_\_ weeks.

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