

# Herxheimer Reaction & Biofilm Transition Tracker

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

## Section 1: Pre-Treatment "Optimize" Checklist

*Before introducing any antimicrobial or biofilm disruptor, ensure the "Exit Pathways" are open. Do not proceed until all boxes are checked.*

- ☐ **Binding:** Taking prescribed binder (Charcoal, Zeolite, or G.I. Detox) daily.
- ☐ **Drainage:** Daily movement, dry brushing, or Epsom salt baths to support lymph.
- ☐ **Hydration:** Consuming at least 2.5–3L of filtered water with electrolytes daily.
- ☐ **Bile Flow:** Supporting liver/gallbladder (e.g., TUDCA, bitters, or castor oil packs).
- ☐ **Quenching:** Antioxidant support (Glutathione, Curcumin, or Boswellia) is on hand.

## Section 2: Daily Protocol & Symptom Log

*Use the "Pulse" Method: 4 Days ON (Treatment), 3 Days OFF (Recovery/Drainage).*

Day	Dose (Antimicrobial/Disruptor)	Herx Intensity (1-10)	Primary Symptoms (Flu-like, Brain Fog, Pain)	Drainage/Binders Used?
1				<input type="checkbox"/>
2				<input type="checkbox"/>
3				<input type="checkbox"/>
4				<input type="checkbox"/>
5	OFF (Recovery)			<input type="checkbox"/>
6	OFF (Recovery)			<input type="checkbox"/>
7	OFF (Recovery)			<input type="checkbox"/>

## Section 3: Symptom Reflection & Severity

Rate the following specific "Microbial Storm" markers (0 = None, 5 = Severe): - Flu-like malaise/Chills: \_ - "Electric shock" or nerve pains: - Increased Brain Fog/Cognitive Decline: \_ - Skin flares or increased itching: - Fatigue/Mitochondrial "Crash": \_\_\_\_

Total Herx Score: \_\_\_\_ / 25

## Section 4: Practitioner Decision Matrix

*Review your Total Herx Score to determine the next step in the protocol:*

- **Score 0–7 (Green):** Tolerance is high. Maintain current dose or consider a 10% increase next week.
- **Score 8–15 (Yellow):** Moderate Die-off. **Do not increase dose.** Increase binders and hydration.
- **Score 16+ (Red):** Acute Herxheimer Reaction. **Pause all killing agents.** Focus 100% on "Optimize" phase (Binding/Drainage) for 3–5 days until the score drops below 5.

**Observations/Notes:**

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### Next Steps:

- ☐ Continue current "Pulse" schedule.
- ☐ Reduce dose by 50% for the next cycle.
- ☐ Increase Binder frequency to \_\_\_\_ times per day.

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*AccrediPro Standards Institute Certified Tool | Module 28: Crisis & Complex Cases*

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