

# Gut-Immune Axis: Post-Prandial Inflammation Tracker

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

## Purpose of this Tool

This tracker helps us identify **Metabolic Endotoxemia**—a process where your gut "border control" (GALT) becomes overwhelmed, allowing inflammatory triggers (LPS) into your bloodstream. We are looking for patterns between what you eat and systemic symptoms like brain fog, fatigue, and joint pain.

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## Section 1: Pre-Tracking Baseline (The "Border Control" Check)

Check any that apply to you currently: - ☐ I feel "wiped out" or need a nap 1–2 hours after a heavy meal. - ☐ I experience "brain fog" that comes and goes throughout the day. - ☐ I have been diagnosed with an autoimmune condition (e.g., Hashimoto's). - ☐ I seem to catch every cold or respiratory infection going around (potential low sIgA). - ☐ I experience "random" joint aches that don't correlate with exercise.

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## Section 2: 3-Day Gut-Immune Response Log

Focus on meals high in processed fats or sugars, as these are the primary drivers of LPS translocation.

Meal Type (e.g., High Fat, Sugar, Processed)	Time Eaten	1–3 Hours Later: Rate Symptoms (1-10)	Notes (Mood, Focus, Aches)
Day 1:		Fatigue: __ / Fog: __	
Day 2:		Fatigue: __ / Fog: __	
Day 3:		Fatigue: __ / Fog: __	

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## Section 3: Reflection & Connection

**The "Peacekeeper" Review:** 1. Did you notice a "crash" after specific types of meals? (e.g., fried foods, sugary snacks)

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1. Did you include "Peacekeeping Fuel" (Fiber/Prebiotics) in any meals today?

*Examples: Onions, garlic, leeks, asparagus, flaxseeds, or beans (these create SCFAs to calm the immune system).*

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## Section 4: Practitioner Scoring & Observations

*(To be completed by the Coach)*

**Total "Inflammatory Hit" Score:** \_\_\_\_ *(Sum of fatigue/fog ratings. High scores >15 over 3 days suggest a breach in mucosal integrity.)*

**Practitioner Notes:** - **Primary Suspect:** ☐ Low sIgA (Immune exhaustion) ☐ LPS Translocation (Endotoxemia) - **Action Step:** Focus on increasing **SCFAs (Short-Chain Fatty Acids)** via fiber to fuel colonocytes and strengthen the "Border Control."

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### Next Steps:

- ☐ Increase daily fiber intake by \_\_\_\_\_ grams to support Butyrate production.
  - ☐ Reduce "Western-style" high-fat/high-sugar combos that trigger TLR4.
  - ☐ Schedule follow-up to review sIgA lab markers if symptoms persist.
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