OXIDATIVE STRESS & REDOX BALANCE ASSESSMENT

Client Name: ____ Date: ___

Purpose

This tool helps identify signs of "Cellular Rust" (oxidative stress) and potential "Redox Bottlenecks" (nutrient deficiencies) that may be hindering your energy production and cellular repair.

Section 1: Symptom Inventory (The "Smoke")

Check all that apply. These symptoms often indicate that ROS (Reactive Oxygen Species) are exceeding your body's neutralizing capacity.

Physical Energy & Recovery - [ ] Chronic fatigue that doesn't improve with sleep - [ ] "Slow recovery" or extreme soreness after moderate exercise - [ ] Frequent "crashing" in the afternoon - [ ] History of chronic inflammatory conditions

Neurological (Protein Carbonylation) - [ ] Frequent "brain fog" or difficulty concentrating - [ ] Mental fatigue after short periods of focus - [ ] Slower cognitive processing (feeling "metabolically slow")

Tissue & Barrier Integrity (Lipid Peroxidation) - [ ] Skin issues (premature aging, loss of elasticity, or sun sensitivity) - [ ] Sensitivity to chemicals, perfumes, or pollutants - [ ] History of high blood sugar or "insulin resistance" (fuel for the fire)

Section 2: The Redox Bottleneck (Nutrient & Lifestyle Audit)

Rate your status on the following cofactors required for your "Internal Defense Squad" (SOD, Catalase, GPx).

Potential Bottleneck	Status (Low/Med/High)	Notes (Dietary intake/Supplementation)
Zinc/Copper (SOD1/3)		*Found in: Oysters, pumpkin seeds, beef*

Potential Bottleneck	Status (Low/Med/High)	Notes (Dietary intake/Supplementation)
Manganese (SOD2)		*Found in: Leafy greens, nuts*
Selenium (GPx)		*Found in: Brazil nuts, sardines*
Iron (Catalase)		*Check ferritin levels; avoid excess/deficiency*
CoQ10 (ETC Shuttle)		*Critical for ages 40+; supports electron flow*
B-Vitamins (B2, B3)		*Found in: Whole grains, eggs, meat*
Magnesium		*Stabilizes ATP molecules*

Section 3: Clinical Marker Tracker (If Applicable)

If you have functional testing results (OAT, Blood, or Urine), record them here.

- **8-OHdG (DNA Damage Marker):** ___ (Ref Range: _)
- **Lipid Peroxides / MDA:** ___ (Ref Range: _)
- **Glutathione Levels:** ___ (Ref Range: _)

Section 4: Practitioner Reflection & Scoring

Assessment of "Cellular Fire": - **Low Risk:** Symptoms are minimal; defense squad is likely well-supported. - **Moderate Risk:** Some "rusting" evident; focus on micronutrient cofactors and hormetic balance. - **High Risk:** Significant oxidative/nitrosative stress; prioritize "bottleneck" nutrients and remove "fuel" (toxins/sugar).

Observations:

Next Steps:

1. **Support the Defense Squad:** (e.g., Increase Selenium/Zinc-rich foods) _____
2. **Break the Bottleneck:** (e.g., Introduce CoQ10 or NAC for Glutathione) _____
3. **Control the Fuel:** (e.g., Reduce refined sugars or environmental toxin exposure) _____
