

# IMMUNE MODULATION & RESOLUTION PROTOCOL

**Client Name:** \_\_\_\_\_ **Date:** \_\_\_\_ **Primary Goal:** (e.g., Resolve lingering inflammation, stabilize histamine, or support viral defense)

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## Section 1: Immune Presentation Assessment

*Check all that apply to determine the primary focus of this protocol.*

☐ **The "Stuck" Inflamer:** History of chronic inflammation, "normal" labs but feels unwell, slow recovery from exercise or injury. (Focus: **SPMs**) ☐ **The "Reactive" Sentinel:** Multiple food sensitivities, itchy skin, hives, "brain fog" after meals, seasonal allergies. (Focus: **Mast Cell Stabilization**) ☐ **The "Leaky" Defender:** Catches every cold, frequent "stealth" symptoms, history of low Vitamin D. (Focus: **VDR & Botanicals**) ☐ **The "Oxidized" Warrior:** Post-viral fatigue, high stress, depleted energy, sensitive to chemicals. (Focus: **Glutathione/NAC**)

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## Section 2: Targeted Nutraceutical Protocol

*Work with your practitioner to fill in the specific dosages based on Lesson 7 guidelines.*

Strategy	Nutraceutical	Target Dosage	Practitioner Notes
<b>VDR Activation</b>	Vitamin D3 + K2 (MK-7)	_ IU / _ mcg	<i>Maintain 1000:10 ratio for synergy.</i>
<b>Pro-Resolution</b>	SPMs (Resolvins/Lipoxins)	__ mg	<i>To "turn off" the inflammatory switch.</i>
<b>Mast Cell Trio</b>	Quercetin (Phytosome)	__ mg	<i>Take with Zinc for Ionophore effect.</i>
<b>Mast Cell Trio</b>	Zinc	__ mg	<i>Essential for T-cell function.</i>
<b>Mast Cell Trio</b>	Vitamin C	__ mg	<i>Natural antihistamine support.</i>
<b>Botanical Edge</b>	Astragalus / Mushrooms	__ mg	<i>Immune "training" &amp; Th1/Th2 balance.</i>

Strategy	Nutraceutical	Target Dosage	Practitioner Notes
Intracellular	Glutathione or NAC	___ mg	<i>Protects cells from "Respiratory Burst."</i>

### Section 3: 14-Day Response Tracker

Rate your primary symptom (e.g., Brain Fog, Fatigue, or Histamine Reaction) on a scale of 1-10 (10 being most severe).

Day	Dosage Taken?	Symptom Severity (1-10)	Energy Levels (1-10)	Notes (Digestion, Sleep, Mood)
1	<input type="checkbox"/>			
3	<input type="checkbox"/>			
5	<input type="checkbox"/>			
7	<input type="checkbox"/>			
10	<input type="checkbox"/>			
14	<input type="checkbox"/>			

### Section 4: Reflection & Next Steps

**Total Improvement Score:** (Day 1 Severity - Day 14 Severity): \_\_

**Observations:** How did your body respond to the "Triple Crown" (Quercetin/Zinc/Vit C) or SPMs?

**⚠️ Coach Caution:** If using Ashwagandha, did you notice any increase in autoimmune-related symptoms? ☐ Yes ☐ No

**Next Steps:** ☐ Re-test Vitamin D levels (Target: 50-80 ng/mL) ☐ Begin reintroduction of restricted foods (if histamine-related) ☐ Transition to maintenance dosing

