

Metabolic Resilience & Receptor Sensitivity Assessment

Client Name: _____ Date: _____

Section 1: Clinical Symptom Checklist

Check all that apply to identify potential "Cellular Shouting" (Hormone Resistance).

The Insulin Signal (Blood Sugar Spikes & Crashes) - ☐ Energy "crash" or brain fog 30–60 minutes after a meal - ☐ Intense cravings for sweets or refined carbohydrates - ☐ Increased thirst or frequent urination - ☐ Difficulty concentrating (Brain Fog) - ☐ "Hangry" feelings if a meal is missed

The Leptin Signal (Satiety & Storage) - ☐ Weight gain primarily in the midsection (adiposity) - ☐ Feeling hungry even after eating a full meal - ☐ Difficulty losing weight despite "eating less and moving more" - ☐ Late-night snacking or "mindless" eating habits - ☐ History of chronic inflammation or joint pain

The Matrix Connection (Sex Hormones & Glycation) - ☐ (Women) Irregular cycles, adult acne, or unwanted facial hair (High Free Testosterone) - ☐ (Men) Increased breast tissue or low libido (High Estrogen/Aromatization) - ☐ Skin tags or dark patches of skin (Acanthosis Nigricans) - ☐ Slow wound healing or "stiff" joints (Potential Glycation/AGEs)

Section 2: The "Reveal" Lab Tracker

Compare your results against Functional Medicine Optimal Ranges.

Biomarker	Standard Range	Functional Optimal	Client Result
Fasting Insulin	2.6 – 24.9 µIU/mL	2.0 – 5.0 µIU/mL	
Fasting Glucose	65 – 99 mg/dL	75 – 86 mg/dL	
HbA1c	< 5.7%	4.8% – 5.2%	
Fasting Leptin	Varies by BMI	4.0 – 10.0 ng/mL	

Section 3: HOMA-IR Calculation

The Homeostatic Model Assessment for Insulin Resistance reveals how hard your pancreas is working.

Formula: $[\text{Fasting Insulin } (\mu\text{IU/mL}) \times \text{Fasting Glucose (mg/dL)}] / 405$

Your Calculation: $[_ \times _] / 405 = __ \text{ (HOMA-IR)}$

- **Optimal:** < 1.5
- **Early Insulin Resistance:** $1.5 - 2.5$
- **Significant Insulin Resistance:** > 2.5

Section 4: Practitioner Observations & Reflection

The "Noisy Room" Status: Is the body "shouting" (high hormones) but the cells are wearing "noise-canceling headphones" (resistance)?

Glycation Impact: Are there signs of "tissue browning" (AGEs) affecting thyroid or cortisol receptors?

Next Steps & Intervention Plan:

- ☐ **Stabilize the Curve:** Aim for 30g of protein at breakfast to prevent postprandial spikes.
 - ☐ **Sensitize Receptors:** Discuss Myo-inositol, Alpha-Lipoic Acid, or Magnesium.
 - ☐ **Circadian Reset:** Implement a 12–14 hour overnight fast to lower insulin floor.
 - ☐ **Objective Data:** Consider Continuous Glucose Monitor (CGM) for 14 days.
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