

Inflammation Mapping & Resolution Tracker

Client Name: _____ Date: _____

Section 1: The "Smoldering Fire" Symptom Checklist

Chronic Low-Grade Inflammation (CLGI) is often "silent." Check any symptoms that have been persistent over the last 30 days.

- ☐ **Morning Stiffness:** Do your joints feel "rusty" for more than 15 minutes after waking?
- ☐ **Brain Fog:** Difficulty concentrating or a feeling of "mental cloudiness"?
- ☐ **Unexplained Fatigue:** Feeling tired despite getting 7+ hours of sleep?
- ☐ **Weight Loss Resistance:** Difficulty losing weight despite a calorie deficit/exercise?
- ☐ **Skin Flare-ups:** Redness, puffiness, or unexplained rashes/acne?
- ☐ **Digestive Bloating:** Frequent gas or discomfort after meals (potential LPS/Gut trigger)?
- ☐ **Slow Recovery:** Do you stay sore for days after mild physical activity?

Section 2: Biomarker "Functional Range" Tracker

Record your latest lab results here. Note that "Functional Optimal" ranges are narrower than conventional "Normal" ranges to catch inflammation early.

Biomarker	Your Value	Functional Optimal	Clinical Significance
hs-CRP	_____	< 1.0 mg/L	Systemic "smoke signal" / CV risk
ESR (Sed Rate)	_____	< 10 mm/hr	"Heavy blood" / Chronic response
Ferritin	_____	40 - 100 ng/mL	High levels suggest hidden inflammation
Fibrinogen	_____	225 - 300 mg/dL	Vascular inflammation & clotting risk

Section 3: NF-κB "Master Switch" Trigger Map

The NF-κB pathway is like a "General" in your cells. When triggered, it flips the switch on 200+ pro-inflammatory genes. Identify which triggers may be keeping your "General" in combat mode:

Potential Trigger	Presence (Low to High 1-5)	Notes (e.g., "High stress at work")
Gut Health (LPS/Leaky Gut)	1 2 3 4 5	
Chronic Stress (High Cortisol)	1 2 3 4 5	
Environmental Toxins	1 2 3 4 5	
High Sugar/Processed Oils	1 2 3 4 5	

Section 4: The Resolution Check (SPMs)

Are you providing the "brakes" to turn off the fire? Specialized Pro-resolving Mediators (SPMs) are needed to "clean up the battlefield."

1. **Omega-3 Intake:** Do you consume wild-caught oily fish 3+ times per week? ☐ Yes ☐ No
2. **Supplementation:** Are you currently taking an Omega-3 or SPM-specific formula? ☐ Yes ☐ No
3. **Antioxidant Status:** Are you eating 5-7 servings of colorful phytonutrients daily to stop the "Redox-Immune" loop? ☐ Yes ☐ No

Practitioner Observations & Reflection

Inflammation Load Score (Total Checkmarks/High Triggers): ____

Practitioner Notes:

Next Steps:

- ☐ **Target Phase:** Focus on removing the #1 NF-κB trigger identified in Section 3.
- ☐ **Resolution Phase:** Increase Omega-3/SPM intake to support "battlefield cleanup."
- ☐ **Re-test:** Schedule follow-up labs for hs-CRP in _____ weeks.
