

Neuro-Inflammatory Crisis & BBB Integrity Assessment

Client Name: _____ Date: _____

Purpose: This tool is designed to help practitioners identify signs of neuro-excitotoxicity ("Brain on Fire") and Blood-Brain Barrier (BBB) permeability, and to initiate the Neuro-Stabilization Protocol.

Section 1: Symptom Severity Checklist (The "Brain on Fire" Scan)

Rate the following symptoms based on their occurrence/severity over the last 72 hours. (0 = None, 1 = Mild/Intermittent, 2 = Moderate, 3 = Severe/Disabling)

Symptom	Score (0-3)	Notes
Rapid-onset "Brain Fog" (sudden loss of clarity)		
Word-Finding Difficulties ("losing words")		
Light or Sound Sensitivity (Photophobia/Phonophobia)		
Acute Memory Lapses (forgetting familiar tasks/routes)		
Mental Fatigue (unable to read/focus >10 mins)		
Emotional Lability (sudden irritability or anxiety)		
Sleep Disturbance (wired but tired/racing thoughts)		
TOTAL SCORE:	/ 21	

Section 2: Clinical "Reveal" Markers (BBB & Neuro-Damage)

Record recent lab values if available to assess barrier integrity.

- **S100B (Astrocyte Marker):** _____ (High levels = BBB Breach)
- **Serum Zonulin:** _____ (Proxy for BBB/Gut permeability)
- **Neuron-Specific Enolase (NSE):** _____ (Indicates active neuronal damage)

- Glutamate:GABA Ratio: _____ (Target is ~4:1; higher indicates excitotoxicity)
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Section 3: Critical Safety Check (ER Referrals)

IF ANY OF THE FOLLOWING ARE PRESENT, STOP AND REFER TO THE ER

IMMEDIATELY: - [] Face Drooping (one-sided) - [] Arm Weakness (one-sided) - [] Speech Difficulty (slurred/incoherent) - [] Time: Sudden, "worst headache of life," or loss of consciousness.

Section 4: Neuro-Stabilization Protocol (Optimize)

Check the interventions implemented for this client.

Strategy	Specific Protocol	Check
Exogenous Ketones	1 serving BHB salts/esters (2x daily) to inhibit NLRP3	[]
Vagus Nerve Stim	Gargling, deep breathing, or cold-water face immersion	[]
NMDA Blockade	Magnesium Threonate (Target: 144mg elemental Mg)	[]
Glutamate Competition	L-Theanine (200mg, 2-3x daily)	[]
Redox Support	Liposomal Glutathione or NAC (600mg-1200mg)	[]
Microglial Modulation	Longvida Curcumin or Lion's Mane (Hericium)	[]

Section 5: Practitioner Observations & Reflection

Assessment Summary: (e.g., Degree of excitotoxicity, primary drivers)

Client Response to Initial Stabilization (14-Day Re-evaluation):

Next Steps: - [] Re-test S100B in 30 days. - [] Transition to Nutritional Ketosis (if appropriate). - [] Screen for systemic "Cytokine Storm" triggers (Lesson 1).

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