

IMMUNE MODULATION & RESOLUTION PROTOCOL

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

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**)

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
VDR Activation	Vitamin D3 + K2 (MK-7)	__ IU / __ mcg	<i>Maintain 1000:10 ratio for synergy.</i>
Pro-Resolution	SPMs (Resolvins/Lipoxins)	__ mg	<i>To "turn off" the inflammatory switch.</i>
Mast Cell Trio	Quercetin (Phytosome)	__ mg	<i>Take with Zinc for Ionophore effect.</i>
Mast Cell Trio	Zinc	__ mg	<i>Essential for T-cell function.</i>
Mast Cell Trio	Vitamin C	__ mg	<i>Natural antihistamine support.</i>
Botanical Edge	Astragalus / Mushrooms	__ mg	<i>Immune "training" & 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	[]			
3	[]			
5	[]			
7	[]			
10	[]			
14	[]			

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
