

The Inflammation "Master Switch" & Energy Assessment

Client Name: _____ Date: _____

Purpose of this Tool:

This assessment helps identify if your body's "Master Switch" (NF- κ B) is stuck in the "ON" position and if your "Alarm System" (the NLRP3 Inflammasome) is triggering a Cytokine Storm. We are looking for the root causes of why your body has shifted from **Energy Production** to **Defense Mode**.

Section 1: The "Reveal" (Functional Biomarker Review)

Compare your recent lab results against Functional Medicine ranges (not just "standard" ranges).

Marker	Standard Range	Functional Target	Your Result	High Risk?
hs-CRP	< 3.0 mg/L	< 1.0 mg/L	—	[] Yes
ESR (Sed Rate)	< 20-30 mm/hr	< 15 mm/hr	—	[] Yes
Ferritin	15 - 150+ ng/mL	< 150 ng/mL*	—	[] Yes

*If Ferritin is high but iron levels are normal, it indicates cellular inflammation.

Section 2: Identifying the Drivers (The "Priming" Checklist)

Check any that apply to identify if Metabolic Endotoxemia (LPS) or other stressors are "Priming" your inflammation switch.

- [] **Post-Meal Fog:** Do you feel significantly more tired or "foggy" after a high-fat or heavy meal? (Possible LPS leakage)
- [] **Gut Issues:** Do you experience bloating, gas, or irregular movements? (Intestinal permeability)
- [] **Joint Migration:** Does your pain seem to move from one joint to another without injury?

- [] **Metabolic Hurdles:** Do you struggle with "weight loss resistance" despite eating well?
 - [] **Sugar/Uric Acid:** Do you have high intake of fructose or history of high uric acid? (NLRP3 activator)
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Section 3: The "Energy Node" Impact (Mitochondrial Retraction)

When your "Master Switch" is ON, your body stops making energy to focus on "Defense." Rate the following from 0 (Never) to 5 (Constant).

Symptom	Rating (0-5)	Notes
"Bone-deep" fatigue (not fixed by sleep)		
Brain fog / Cognitive "lag"		
Feeling like you are "aging overnight"		
Low exercise tolerance / slow recovery		

Total Energy Defense Score: ___ / 20 (High scores suggest your mitochondria are in "Defense Mode" due to cytokine signaling.)

Section 4: Practitioner Reflection & Action Plan

The Thermostat Analogy: Your inflammation thermostat is currently stuck on "High Heat." We need to fix the sensor and turn off the furnace so your body can stop fighting a "war" it doesn't need to fight.

Priority 1: Calm the Master Switch (NF- κ B) - [] Protocol: High-potency Curcumin / Resveratrol / Omega-3 - [] Action: _____

Priority 2: Seal the Barrier (LPS Reduction) - [] Protocol: Gut lining support / Reduce saturated fat "chaperones" temporarily - [] Action: _____

Observations:

AccrediPro Standards Institute Certified Tool | R.O.O.T.S. Method™ Compatible
