

Inflammaging & Systemic Inflammation Risk Assessment

Client Name: _____ Date: _____

Instructions: This tool helps identify the "silent fire" of chronic inflammation and "Inflammaging." Complete the three sections below to determine your total inflammatory burden and identify the triggers activating your "molecular switches."

Section 1: Clinical Signs of 'Inflammaging'

Check all that apply to your experience over the last 30 days.

- ☐ **Morning Stiffness:** Do your joints feel "rusty" or stiff for more than 15 minutes after waking?
- ☐ **Brain Fog:** Do you experience frequent "cloudy" thinking or loss of mental sharpness?
- ☐ **Stubborn Weight:** Difficulty losing weight, specifically around the midsection (abdominal fat)?
- ☐ **Skin Changes:** Increased "aging" of the skin, thinning, or slow healing of minor cuts?
- ☐ **Post-Meal Fatigue:** Feeling significantly "wiped out" or inflamed after a heavy/processed meal?
- ☐ **Exercise Intolerance:** Taking longer than 48 hours to recover from moderate physical activity?
- ☐ **Low-Grade Aches:** General "flu-like" body aches without having an actual virus?

Section 2: Functional Biomarker Tracker

Enter your most recent lab results. Compare them against the Functional Optimal ranges (which are stricter than conventional "normal" ranges).

Biomarker	Your Value	Functional Optimal	Clinical Significance
hs-CRP	_____	< 1.0 mg/L	General systemic inflammation
ESR (Sed Rate)	_____	< 10 mm/hr	Blood "stickiness" / protein changes

Biomarker	Your Value	Functional Optimal	Clinical Significance
Ferritin	_____	30 - 100 ng/mL	Iron storage / Acute-phase reactant
Fibrinogen	_____	250 - 350 mg/dL	Vascular inflammation / Clotting risk

Section 3: NF-kB & LPS Trigger Audit

These factors flip the "NF-kB switch" and drive "Metabolic Endotoxemia" (LPS toxins entering the blood).

- 1. Dietary Triggers:** How many "Western" style meals (high-sugar, deep-fried, or trans fats) do you consume per week? ____
- 2. Gut Health:** Do you experience bloating or gas regularly? (Sign of potential gut permeability/LPS leakage) ☐ Yes ☐ No
- 3. Stress Load:** On a scale of 1-10, how would you rate your chronic psychological stress? ____
- 4. Environmental:** Are you regularly exposed to mold, heavy pollution, or tobacco smoke? ☐ Yes ☐ No

Section 4: Scoring & Reflection

Total Checkmarks (Section 1): _ / 7 **Biomarkers Out of Optimal Range (Section 2):** _ / 4

Risk Interpretation: * **0-3 Total Points:** Low Inflammatory Burden. Focus on prevention. *

4-7 Total Points: Moderate Inflammaging. Targeted R.O.O.T.S.™ strategies required. * **8+**

Total Points: High Inflammatory Burden. Significant "molecular fire" present.

Practitioner/Client Observations:

Next Steps:

- ☐ **Extinguish the Fire:** Reduce NF-kB triggers (eliminate trans fats and high-fructose corn syrup).
- ☐ **Seal the Barrier:** Address gut permeability to stop LPS translocation (Metabolic Endotoxemia).

- [] **Support Resolution:** Consider pro-resolving mediators and anti-inflammatory phytonutrients.
- [] **Re-test:** Schedule follow-up labs for Ferritin and hs-CRP in _____ days.

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