

# Gut-Immune Axis Mapping Tool: Assimilation & Defense Assessment

Client Name: \_\_ Date: \_\_\_\_\_

## Section 1: Assimilation Node Assessment (The "Gateway")

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

**Digestion & Absorption Indicators** - ☐ Upper GI bloating or gas immediately after eating - ☐ Heartburn or reflux ("feeling like food sits in my chest") - ☐ Undigested food visible in stool - ☐ Brittle nails or thinning hair - ☐ Metallic taste in the mouth - ☐ History of anemia (Iron or B12 deficiency)

**Microbiota & Barrier Integrity** - ☐ Frequent use of laxatives or stool softeners - ☐ History of multiple rounds of antibiotics - ☐ "Pregnant" look/bloating by the end of the day - ☐ Known food sensitivities (e.g., dairy, gluten) - ☐ Brain fog or "fuzzy headedness" after meals

## Section 2: Defense & Repair Node Assessment (The "Security System")

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

**Immune & Inflammatory Indicators** - ☐ Joint stiffness, especially for 30+ minutes in the morning - ☐ Frequent colds, flu, or "catching everything going around" - ☐ Unexplainable skin rashes, hives, or adult-onset acne - ☐ Slow-healing wounds or lingering infections - ☐ Feeling "inflamed" or puffy all over - ☐ Diagnosed autoimmune condition (e.g., Hashimoto's, RA, Psoriasis) - ☐ History of chronic viral issues (EBV, Cold Sores/HSV)

## Section 3: The Gut-Immune Connection Tracker

*Use this table for 3 days to identify "Crosstalk" between your gut and your immune/inflammatory response.*

Day	Digestive Symptoms (Assimilation)	Systemic Symptoms (Defense/Repair)	Potential Trigger (Food/Stress)
1			
2			

Day	Digestive Symptoms (Assimilation)	Systemic Symptoms (Defense/Repair)	Potential Trigger (Food/Stress)
3			

## Section 4: Scoring & Clinical Reflection

**Total Assimilation Markers:** \_ / 11 | **Total Defense & Repair Markers:** \_ / 10

**Practitioner Observations:** *Note patterns: e.g., "The 'Defense' system is on high alert because the 'Assimilation' gate is left open."*

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**The "Why" (Client Education):** Your symptoms are not a "laundry list" of random issues. In Functional Medicine, we see that **70-80% of your immune system** lives in your gut. Your joint pain or skin issues (Defense) are likely a reaction to your gut barrier (Assimilation) being compromised.

### Next Steps:

- [ ] **Phase 1:** Focus on Assimilation (Digestive support & barrier repair).
- [ ] **Phase 2:** Calm the Defense system (Anti-inflammatory support).
- [ ] **Follow-up Session Date:** \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool | Lesson 2.3: Matrix Mapping*