

Immune Resilience & Defense Assessment

Client Name: _____ Date: _____

Purpose: This tool helps identify early subjective signs of dysregulation in the **Defense and Repair Node**. It distinguishes between an overactive "Innate" response (the alarm) and a struggling "Adaptive" response (the special forces).

Section 1: The R.O.O.T.S. Subjective Indicator Check

Rate the following based on your experience over the last 3–6 months: (0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Frequently/Chronic)

Symptom / Sign	Score (0-3)	Practitioner Notes
Slow Healing: Do minor cuts, bruises, or scratches take more than 7 days to fully disappear?		Indicates "Repair" side failure.
The "Catch-All": Do you seem to catch every cold or flu that goes around?		Suggests poor barrier integrity/depletion.
Environmental Sensitivity: Do strong perfumes, cleaning chemicals, or exhaust fumes make you feel ill?		Sign of "Loss of Tolerance."
Migrating Discomfort: Do you have "puffy" joints or aches that move from place to place?		Indicates systemic cytokine "alarm" activity.
Lingering Illness: When you get sick, does it take you longer than 10 days to feel 100% again?		Adaptive "Special Forces" may be lagging.
Oral Health: Do your gums bleed when brushing, or do you have a history of root canals?		Hidden triggers for systemic inflammation.

Section 1 Total: ____ / 18

Section 2: Identifying the "Home Security" Status

Check the boxes that best describe your current state to identify the primary area of focus.

☐ Pattern A: The "False Alarm" (Innate Hyper-vigilance)

- **Signs:** You feel "inflamed" or puffy, have food sensitivities, and react to the environment.
- **The Goal:** Immunomodulation (calming the alarm) rather than "boosting."

☐ Pattern B: The "Open Door" (Adaptive/Barrier Weakness)

- **Signs:** Recurrent sinus, ear, or urinary tract infections; low energy; history of frequent antibiotic use.
 - **The Goal:** Strengthening barrier integrity and replenishing nutrient co-factors (Vit D, A, Zinc).
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Section 3: Reflection & Practitioner Insight

Total Score Interpretation: * **0–5:** Resilient. Focus on maintenance and seasonal support. * **6–12:** Moderate Dysregulation. Focus on identifying specific triggers (The "Total Toxic Burden"). * **13+:** Significant Immune Stress. Prioritize "Defense and Repair" node in the Functional Matrix.

Practitioner Observations:

Client Reflection: (How does your "Home Security" system feel—too sensitive, or too slow to respond?)

Next Steps:

- ☐ Review Dental History / Schedule Biological Dental cleaning.
 - ☐ Lab Work: Consider hs-CRP and Neutrophil-to-Lymphocyte Ratio (NLR).
 - ☐ Nutrition: Shift from "Immune Boosters" to "Immunomodulators" (e.g., Vitamin D optimization).
 - ☐ Environment: Reduce "Total Toxic Burden" by switching to fragrance-free products.
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