

Mitochondrial Toxic Burden & Bioenergetic Block Assessment

Client Name: _____ Date: _____

Instructions: This assessment helps identify potential "mitochondrial poisons" that may be inhibiting ATP production and triggering the Cell Danger Response (CDR). Use this during the **Reveal** phase of the R.O.O.T.S. Method™ to determine if fatigue is driven by toxic interference rather than nutritional deficiency.

Section 1: Environmental Exposure Screening

Check any that apply to your current or past living/working environments.

Heavy Metal Indicators - ☐ Lived in a home built before 1978 (Lead paint/pipes) - ☐ Presence of "silver" dental amalgam fillings (Mercury) - ☐ High consumption of large fish (Tuna, Swordfish) or shellfish (Mercury/Cadmium) - ☐ History of smoking or significant secondhand smoke exposure (Cadmium) - ☐ Regular consumption of non-organic rice or well-water (Arsenic) - ☐ Occupation involving metalwork, mechanics, or printing (Lead/Mercury)

Mycotoxin & POPs Indicators - ☐ History of living or working in a water-damaged building (Musty smells/visible mold) - ☐ Frequent consumption of "high-risk" grains, coffee, or nuts that aren't mold-tested - ☐ Frequent use of conventional lawn pesticides or living near industrial farms - ☐ Diet primarily consists of non-organic produce (Glyphosate/POPs exposure)

Section 2: Pharmaceutical & Chemical Interference

Identify medications or substances that may be uncoupling oxidative phosphorylation.

Substance Class	Specific Examples	Currently Using / Past Use?
Statins	Lipitor, Zocor, Crestor	<input type="checkbox"/>
Fluoroquinolones	Cipro, Levaquin, Avelox	<input type="checkbox"/>
NSAIDs	Daily Aspirin, Ibuprofen, Naproxen	<input type="checkbox"/>

Substance Class	Specific Examples	Currently Using / Past Use?
Metformin	Glucophage (Complex I Inhibitor)	[]
Herbicides	Regular exposure to Roundup/Glyphosate	[]

Section 3: Cell Danger Response (CDR) Symptom Cluster

Mitochondria "stuck" in defense mode often present with these specific clinical markers.

- [] **Exercise Intolerance:** Feeling "wiped out" for 24+ hours after moderate activity.
- [] **Cognitive Blocks:** Significant word-finding difficulties or "brain fog."
- [] **Sensitivity:** Increased sensitivity to smells, light, or sounds (CNS signaling).
- [] **Thermoregulation:** Feeling cold often or having a low basal body temperature.
- [] **Unresponsive Fatigue:** Fatigue that does not improve with sleep or calories.

Section 4: Scoring & Reflection

Total Checkmarks: ____

Risk Level: * **0-3 Low Burden:** Focus on optimization and nutrient density. * **4-7 Moderate Burden:** Potential mitochondrial inhibition. Investigate specific binders. * **8+ High Burden:** High probability of CDR. Prioritize "Unloading" strategies immediately.

Practitioner Observations:

Next Steps:

- [] Transition to 100% Organic Diet (Glyphosate elimination)
- [] Recommend Clinical Testing (Urinary Mycotoxins / Heavy Metal Provocation / OAT)
- [] Support Thiol Groups (Liposomal Glutathione / NAC)
- [] Signaling Support (CoQ10 / PQQ to signal biogenesis)

