

Gut-Immune Axis: Mucosal Health Assessment & Action Plan

Client Name: _____ Date: _____

Section 1: The "Three-Legged Stool" Assessment

Based on Dr. Alessio Fasano's model, autoimmunity requires three factors. Check all that apply to identify your current "stool legs."

Leg 1: Genetic Predisposition - [] Family history of autoimmune disease (e.g., Hashimoto's, Celiac, RA, Lupus) - [] Known genetic SNPs related to inflammation or HLA types

Leg 2: Environmental Triggers - [] Recent or chronic viral/bacterial infections (e.g., EBV, COVID-19, Parasites) - [] High exposure to toxins (Heavy metals, mold, pesticides) - [] Known food sensitivities (Gluten, dairy, etc.) or recent dietary changes

Leg 3: Intestinal Permeability (The "Leaky" Leg) - [] Chronic bloating or gas - [] Systemic symptoms (Brain fog, joint pain, skin rashes, fatigue) - [] Multiple new food sensitivities (Loss of oral tolerance)

Section 2: Mucosal Barrier & "Border Patrol" (sIgA)

Use this section to interpret your lab results or clinical symptoms related to Secretory IgA.

Marker/Symptom	Status	Interpretation (Check One)
Lab: sIgA Levels	-	[] High: Acute stress/infection (Active defense)
		[] Low: Immune exhaustion/Mucosal depletion
Fiber Intake	-	[] Low: Insufficient butyrate for "Peacekeeper" Treg cells
Stress Levels	-	[] High: Chronic cortisol depleting mucosal lining

Section 3: The "Airport Security" Restoration Plan

We are retraining your GALT (Gut-Associated Lymphoid Tissue) to distinguish friend from foe.

Phase	Action Item	Priority (1-5)	Notes
REMOVE	Eliminate triggers (Gluten, inflammatory triggers)		
REPLACE	Add digestive enzymes or HCl if needed		
REINOCULATE	Increase prebiotic fiber (to boost Butyrate/Tregs)		
REPAIR	Mucosal support (L-Glutamine, Aloe, Zinc, ADL)		

Section 4: Practitioner Observations & Reflection

Key Goal: Restore Oral Tolerance (the ability to eat a diverse diet without reaction).

Current "Peacekeeper" (Treg) Status: [] Robust (Low systemic inflammation)
 [] Compromised (High systemic inflammation/reactivity)

Observations:

Next Steps:

- 1.
- 2.
- 3.

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

Practitioner Instructions:

- **The Analogy:** Explain to the client that their gut lining is like **Airport Security**. If the gates (tight junctions) are broken, "prohibited items" (toxins/undigested food) enter the blood, causing a "system-wide lockdown" (inflammation).
- **The Goal:** We aren't just avoiding foods; we are repairing the "Border Patrol" (sIgA) so the immune system can stop overreacting.
- **Butyrate Connection:** Emphasize that high fiber isn't just for "regularity"—it creates the butyrate needed to train the "Peacekeeper" cells that turn off autoimmunity.

