

# Total Toxic Burden: The "Reveal Phase" Assessment

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

**Practitioner Note:** This tool is designed to identify the "fire" behind chronic inflammation. Use this during the **Reveal Phase** to quantify the client's "Total Toxic Burden" and determine which environmental triggers are filling their "biological bucket."

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## Section 1: Stealth Infection & Immune Exhaustion

*Check all that apply. These indicate potential "smoldering" pathogens (EBV, Borrelia, etc.).*

- ☐ **Persistent Fatigue:** Unrelieved by 8+ hours of sleep.
- ☐ **Migrating Pain:** Joint or muscle pain that moves to different locations.
- ☐ **Brain Fog:** Significant cognitive lapses or "word-finding" difficulties.
- ☐ **Swollen Glands:** History of frequent sore throats or tender lymph nodes.
- ☐ **Lab Indicator:** Positive EBV Early Antigen (EA-D) IgG (Active replication).
- ☐ **Immune History:** History of "Long-Haul" symptoms after a viral event.

## Section 2: Environmental Haptens (Toxins & Metals)

*Haptens bind to body proteins to trigger immune attacks. Assess for cumulative exposure.*

Trigger Source	Exposure Risk (High/Med/Low)	Symptoms (Headaches, Rashes, etc.)
Water-Damaged Buildings		
Amalgam (Silver) Fillings		
Non-Organic Produce		
Predatory Fish (Tuna/Swordfish)		
Grains/Coffee (Mycotoxins)		

## Section 3: Oral Tolerance & Food Antigens

*Loss of oral tolerance leads to systemic inflammation via the gut-immune axis.*

- ☐ **Delayed Reactions:** Symptoms (fatigue/joint pain) appearing 24–72 hours after eating.
- ☐ **Multiple Sensitivities:** Reacting to more than 5-10 different foods.
- ☐ **Cross-Reactivity:** Known sensitivity to Gluten (potential Thyroid/Hashimoto's link).
- ☐ **Barrier Issues:** History of bloating, gas, or diagnosed "Leaky Gut."

## Section 4: Invisible Triggers (EMF & Mast Cell)

*Assess for Mast Cell Activation (MCAS) driven by modern environmental frequencies.*

- ☐ **Digital Habits:** Sleeping with a smartphone within 3 feet of the head.
  - ☐ **WiFi Environment:** Working in a high-density office or constant WiFi exposure.
  - ☐ **Blue Light:** Exposure to screens/LEDs after 7:00 PM without blockers.
  - ☐ **MCAS Signs:** Unexplained hives, sudden anxiety, or insomnia.
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## Section 5: The "Bucket" Reflection

**Total Checkmarks/High Risks:** \_\_\_\_\_

**Current "Bucket" Level (Circle One):** 1. **Low:** Immune system is resilient; symptoms are mild/occasional. 2. **Moderate:** The bucket is nearing capacity; occasional "overflow" (flares). 3. **High:** The bucket is overflowing; chronic systemic inflammation/exhaustion.

**Primary Triggers Identified:** 1. \_\_\_\_\_ 2. \_\_\_\_\_

## Practitioner Recommendations (Next Steps):

- ☐ **Lab Testing:** Order Mycotoxin (Urine) or EBV Panel (EA-D).
  - ☐ **Environmental Clean-up:** Remediation of mold or EMF mitigation.
  - ☐ **Immune Support:** Viral suppression, binders, or gut barrier restoration.
  - ☐ **Digital Sunset:** Turn off WiFi at night; Blue-light blockers after 7 PM.
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