

# Immune Phenotype & Resilience Assessment

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

**Instructions:** This tool helps identify where your immune system may have "lost its way." Please check the boxes that apply to your experience over the last 3-6 months. This is not a diagnostic tool, but a map to help us "Organize" your immune triggers using the R.O.O.T.S. Method™.

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## Section 1: Identifying the "Seesaw" (Th1/Th2/Th17)

*Check all that apply to identify your dominant immune phenotype.*

**Group A (The Vigilant / Th1 Dominant)** - ☐ I rarely get the common cold or flu ("I haven't been sick in years"). - ☐ I struggle with organ-specific issues (e.g., thyroid, joint-specific stiffness). - ☐ I experience "brain fog" or intense fatigue even without a fever. - ☐ I have a history of viral flares (e.g., Cold sores, EBV, Shingles).

**Group B (The Atopic / Th2 Dominant)** - ☐ I suffer from seasonal allergies or hay fever. - ☐ I have a history of eczema, hives, or skin rashes. - ☐ I react strongly to environmental triggers (dust, mold, pet dander). - ☐ I have been diagnosed with asthma or frequent bronchitis.

**Group C (The Tissue-Reactive / Th17 Dominant)** - ☐ I have significant joint swelling or inflammatory skin conditions (e.g., Psoriasis). - ☐ I experience frequent digestive flares or "leaky gut" symptoms. - ☐ My inflammatory symptoms feel "aggressive" and cause visible tissue changes.

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## Section 2: The Mucosal Shield & Stress (sIgA Status)

*This section assesses the integrity of your first line of defense.*

- ☐ **Stress Threshold:** I am currently in a period of high stress or recovering from grief/trauma.
  - ☐ **Post-Deadline Crash:** I often get sick immediately after a big project or stressful event ends.
  - ☐ **Sensitivity:** I have developed new sensitivities to foods I used to eat without trouble.
  - ☐ **Frequency:** I get frequent sinus infections, UTIs, or "stomach bugs."
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### Section 3: The Peacekeeper Check (Treg Support)

*T-Regulatory cells require specific "signals" to maintain peace. Do you have these gaps?*

Factor	Status	Notes
Vitamin D Levels	<input type="checkbox"/> Low / <input type="checkbox"/> Unknown	Last Lab Date: ____
Fiber/Prebiotics	<input type="checkbox"/> Low intake	(Necessary for Butyrate/SCFAs)
Daily Stillness	<input type="checkbox"/> < 10 mins	(Meditation/Breathwork for Tregs)
Sunlight Exposure	<input type="checkbox"/> Minimal	

### Section 4: Scoring & Reflection

**Dominant Group (A, B, or C):** \_\_\_\_ *Note: If you checked 3+ in any group, your "seesaw" may be stuck in that position.*

**Shield Vulnerability:** ☐ Low ☐ Moderate ☐ High *Note: If you checked 2+ in Section 2, your slgA (mucosal shield) may be depleted.*

**Practitioner Observations:**

### Next Steps & Recommendations:

- ☐ **Balance the Seesaw:** (e.g., Modulators like Reishi, Perilla, or targeted gut repair).
- ☐ **Support the Peacekeepers:** Optimize Vitamin D levels and increase soluble fiber.
- ☐ **Reinforce the Shield:** Implement a "Stress Recovery Protocol" to boost slgA.
- ☐ **Follow-up:** Re-assess in \_\_\_\_\_ weeks.

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