

AUTOIMMUNE "THREE-LEGGED STOOL" & FLARE ASSESSMENT

Client Name: __ Date: _____

Section 1: The Three-Legged Stool (Root Cause Analysis)

According to Dr. Alessio Fasano's model, three factors must be present for autoimmunity to manifest. Identify the status of each "leg" below:

Leg 1: Genetic Susceptibility * ☐ Family history of autoimmunity (e.g., Hashimoto's, RA, Lupus, Celiac). * ☐ Known HLA-type markers (if tested). * **Notes:** _____

Leg 2: Environmental Triggers (The "Bad Intel") * ☐ **Food:** Known sensitivity to Gluten, Dairy, or Cross-reactives. * ☐ **Infections:** History of EBV, Lyme, Strep, or recent viral illness. * ☐ **Toxins:** Exposure to mold/mycotoxins, heavy metals, or harsh chemicals. * ☐ **Stress:** Recent major life stressor or chronic high-cortisol state.

Leg 3: Intestinal Permeability ("Leaky Gut") * ☐ Symptoms of bloating, gas, or food sensitivities. * ☐ Lab markers: High Zonulin or Actomyosin antibodies. * ☐ History of frequent NSAID or antibiotic use.

Section 2: Immune Confusion & Progression Tracker

Use this to identify if the "fire" is spreading (Epitope Spreading) or if "Molecular Mimicry" is likely.

Symptom/Diagnosis	Start Date	New or Migratory?	Potential Trigger (Food/Infection)
(Ex: Joint Pain)	(Jan 2023)	[X]	(Gluten consumption)
		[]	
		[]	
		[]	

The Neighborhood Effect: Are new symptoms appearing in different "rooms" (organs/tissues)? * ☐ Yes (Indicates Epitope Spreading/Active Flare) * ☐ No (Indicates

localized/stable condition)

Section 3: Supporting the "Brakes" (Treg Status)

Regulatory T-cells (Tregs) act as the brakes on your immune system. Check for the "fuel" required to maintain tolerance:

- ☐ **Vitamin D:** Is level between 60-80 ng/mL? (Current: _____)
 - ☐ **Vitamin A:** Adequate intake of retinol/beta-carotene?
 - ☐ **Fiber/SCFAs:** Consuming 25g+ of fiber daily to produce Butyrate?
 - ☐ **Tolerance:** Are you using SPMs (Specialized Pro-resolving Mediators) to "turn off" the fire?
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Section 4: Stability Reflection

Stool Stability Score (1-10): ____ (*1 = All 3 legs are unstable/active; 10 = Triggers removed, Gut healed, Genetics managed*)

Practitioner Observations:

Next Steps (The R.O.O.T.S. Plan):

1. **REVEAL:** Order testing for (Mold / Infections / Food Antigens).
 2. **TARGET:** Begin gut-sealing protocol (Glutamine, Zinc Carnosine).
 3. **OPTIMIZE:** Supplement Vitamin D and A to support Treg "Brakes."
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