

Functional Immune Resilience Assessment & R.O.O.T.S. Tracker

Client Name: _____ Date: _____

Practitioner: _____ Goal: Identify "Silent" Immune Triggers

Section 1: The R.O.O.T.S. Discovery (Reveal Phase)

Identify the history and current lifestyle factors driving your immune signaling.

A – Antecedents (Predispositions) - [] Family history of autoimmune conditions (Thyroid, RA, Lupus, etc.) - [] Born via C-section / Lack of early breastfeeding - [] History of frequent antibiotic use in childhood

T – Triggers (The "Tipping Point" Events) - [] Recent severe viral or bacterial infection (e.g., EBV, COVID-19, Lyme) - [] Known exposure to environmental toxins (Mold, heavy metals, pesticides) - [] Significant emotional trauma or period of extreme prolonged stress

M – Mediators (Factors keeping the "fire" burning) - [] Diet high in ultra-processed foods, seed oils, or refined sugars - [] Poor sleep quality or getting less than 7 hours consistently - [] Chronic digestive issues (Bloating, food sensitivities, "Leaky Gut" symptoms) - [] High sedentary time / Lack of movement

Section 2: Functional Lab Interpretation

Compare your results to "Optimal" ranges rather than just "Pathological" ranges.

Biomarker	Conventional "Normal"	Functional OPTIMAL	Your Result	Status (High/Low/Optimal)
hs-CRP	0.0 – 3.0 mg/L	< 1.0 mg/L		
ESR (Sed Rate)	0 – 20 mm/hr	< 10 mm/hr		
Ferritin	15 – 150 ng/mL	40 – 100 ng/mL		
Neutrophil/Lymphocyte	N/A	1.5 – 2.0		

Note: If Ferritin is high (>150) AND hs-CRP is high (>1.0), your body may be in an "Acute Phase Response," sequestering iron to fight perceived inflammation.

Section 3: Hierarchy of Defense & Symptoms

Where is the "Castle Wall" being breached? Check all that apply.

Level 1: Physical Barriers (The Moat) - [] Skin rashes/eczema, seasonal allergies, or chronic sinus congestion (Mucosal breach) - [] Food sensitivities or indigestion (Gut barrier breach)

Level 2: Innate Immune System (The First Responders) - [] Frequent "low-grade" fevers or feeling "flu-ish" without being sick - [] General achiness, joint stiffness (especially in the morning), or slow healing

Level 3: Adaptive Immune System (The Special Forces) - [] History of high antibody counts on labs - [] Diagnosed autoimmune condition or "Molecular Mimicry" symptoms

Section 4: Meta-inflammation Indicators

- [] **Visceral Adiposity:** Presence of excess belly fat (Active endocrine tissue)
 - [] **Brain Fog:** Difficulty concentrating or "cloudy" thinking
 - [] **Fatigue:** Relentless exhaustion not resolved by sleep
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Practitioner Observations & Scoring:

Primary Immune Driver: () Meta-inflammation (Metabolic) () Barrier Breach (Gut/Skin) () Chronic Trigger (Infection/Toxin)

Notes:

Next Steps:

1. **Immediate Focus:** _____
 2. **Protocol:** _____
 3. **Re-test Labs in:** [] 30 Days [] 60 Days [] 90 Days
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