

Mitochondrial Toxic Burden Screen (The "Reveal" Phase)

Client Name: _____ Date: _____

Purpose: This tool uses the R.O.O.T.S. Method™ to identify environmental triggers—heavy metals, mycotoxins, glyphosate, and EMFs—that may be causing "mitochondrial decay." By identifying your **Total Toxic Burden**, we can move from "cleaning the engine" to restoring your cellular energy.

Section 1: Symptom & History "Canary" Check

Mitochondria are the "canaries in the coal mine." Check any that apply to you:

- ☐ "Crushing fatigue" that does not improve with 8+ hours of sleep
- ☐ Brain fog or word-finding difficulties
- ☐ Feeling "wired but tired" (exhausted but unable to relax)
- ☐ Heavy feeling in the limbs or "exercise intolerance"
- ☐ Sensitivity to smells, chemicals, or fragrances
- ☐ History of high-performance periods followed by a sudden "crash"

Section 2: The Environmental Trigger Screen

Please answer the following based on your current environment and history:

A. Heavy Metals (ETC Blockers)

- ☐ Do you have (or have you ever had) silver/mercury dental amalgams?
- ☐ Do you consume high-mercury fish (tuna, swordfish, shark) more than once a week?
- ☐ Do you live in a home built before 1978 (potential lead paint/pipes)?
- ☐ **Target:** Mercury, Lead, and Arsenic disrupt the Electron Transport Chain (ETC).

B. Mycotoxins (Mitochondrial Uncouplers)

- ☐ Has your current or past home/workplace ever had water damage or leaks?
- ☐ Do you ever notice a "musty" or "earthy" smell in your environment?
- ☐ Do you experience increased symptoms in damp or humid buildings?

- ☐ **Target:** Mold toxins "uncouple" ATP production, turning energy into wasted heat.

C. Glyphosate & POPs (Enzyme Inhibitors)

- ☐ Do you consume conventional (non-organic) grains, corn, or soy regularly?
- ☐ Do you live near industrial farms, golf courses, or high-spray areas?
- ☐ Do you use conventional lawn pesticides or "Roundup" at home?
- ☐ **Target:** Glyphosate inhibits Complexes II & III, leading to electron "leakage."

D. EMFs (Calcium Signal Disruptors)

- ☐ Is there a "smart meter" on your bedroom wall or near your living space?
- ☐ Do you sleep with your cellphone on your nightstand or under your pillow?
- ☐ Do you use WiFi/Bluetooth devices (wearables) for more than 12 hours a day?
- ☐ **Target:** EMFs trigger Voltage-Gated Calcium Channels, leading to DNA-damaging Peroxynitrite.

Section 3: Scoring & Prioritization

Total Number of Boxes Checked: _____

Priority Level: * **1-3 Checks:** Low Burden. Focus on general mitochondrial support (CoQ10, PQQ). * **4-7 Checks:** Moderate Burden. Begin identifying the "most active" trigger for removal. * **8+ Checks:** High Burden. Mitochondrial decay is likely a primary driver of symptoms.

Top 2 Triggers to Address Immediately: 1. _____ 2. _____

Section 4: Practitioner Observations & Next Steps

The "Engine Analogy" Reflection: (*Practitioner: Note where the "fuel" is dirty or where the "soot" is building up most.*)

Recommended "Reveal" Testing (if applicable): - ☐ Mycotoxin Urine Profile - ☐ Heavy Metal Challenge/Hair Tissue Mineral Analysis (HTMA) - ☐ Environmental Toxins Screen (Glyphosate/POPs)
