

# Autoimmune-Gut-Brain Connectivity Tracker

Client Name: \_\_ Date: \_\_ Week #: \_\_\_\_

## Section 1: Baseline Symptom Check (The "Axis" Inventory)

*Rate the severity of these symptoms over the last 24 hours (0 = None, 5 = Severe)*

**The Gut (Immune Gatekeeper):** - [ ] Bloating/Distension (especially after meals): \_ - [ ]  
**Irregular Bowel Movements (Constipation/Diarrhea):** \_ - [ ] Abdominal Pain or Cramping:  
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**The Brain (Neuro-inflammation):** - [ ] "Brain Fog" (Difficulty focusing/word-finding): \_ - [ ]  
**Afternoon Fatigue (The "Crushing" Slump):** \_ - [ ] Mood Fluctuations (Anxiety/Irritability):  
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**The System (Autoimmune Activity):** - [ ] Joint Pain or Muscle Aches: \_ - [ ] **Sensitivity to Cold / Brittle Hair or Nails:** \_

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## Section 2: Daily Gut-Brain Correlation Log

Use this table to identify "Molecular Mimicry" triggers—where specific foods or stressors trigger immediate neurological (brain) or digestive (gut) responses.

Day	Food/Supplements (5R Protocol)	Digestive Response (Gut)	Clarity & Energy (Brain)	Notes (Stress/Sleep)
Mon		<input type="checkbox"/>	<input type="checkbox"/>	
Tue		<input type="checkbox"/>	<input type="checkbox"/>	
Wed		<input type="checkbox"/>	<input type="checkbox"/>	
Thu		<input type="checkbox"/>	<input type="checkbox"/>	
Fri		<input type="checkbox"/>	<input type="checkbox"/>	
Sat		<input type="checkbox"/>	<input type="checkbox"/>	
Sun		<input type="checkbox"/>	<input type="checkbox"/>	

Legend: ☐ = Symptom Flare (Note time of day in notes)

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## Section 3: Reflection & Pattern Recognition

**1. Molecular Mimicry Check:** Did you notice a "Brain Fog" flare within 30–120 minutes of eating a specific food (e.g., gluten, dairy, corn, or coffee)?

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**2. The Vagus Nerve Connection:** Did your digestive symptoms (bloating) coincide with a high-stress event or poor sleep?

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**3. 5R Adherence:** Are you consistently taking your "Repair" (L-Glutamine/Zinc) and "Remove" (Antimicrobials) supports?

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**Weekly Connectivity Score (Total Flared Days):** \_\_\_\_ / 7

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## Next Steps:

*Based on this week's data, we will:* - ☐ Refine the "Remove" phase (Identify hidden cross-reactive triggers). - ☐ Adjust "Replace" phase (Increase digestive enzymes/HCl). - ☐ Implement Vagus Nerve stimulation (Deep breathing/Gargling) to improve Gut-Brain communication.

**Practitioner Signature:** \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool | CFMP™ Module 16: Advanced Case Studies*

## How to use this tool:

- 1. For the Client:** Explain that the gut and brain are a "two-way street." If the gut is "on fire" (bloating/LPS leakage), the brain will feel "foggy" (microglia activation).
  - 2. For the Practitioner:** Use Section 2 to look for patterns. If the client reports bloating and brain fog simultaneously, it confirms the **Autoimmune-Gut-Brain Axis** is active and requires tighter adherence to the 5R protocol and molecular mimicry avoidance.
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