

Immune Status Mapping & Strategy Worksheet

Client Name: _____ Date: __

Primary Concern: _____

Section 1: The Immune Status Triad (Assessment)

Review current symptoms and functional lab trends (CBC, NK Cell Activity, SIgA, Cyrex) to categorize the client's primary immune "posture." Check all that apply.

☐ **Bucket 1: Immune Deficiency ("The Tired System")**

- **Lab Clues:** Low NK cell activity, Low Secretory IgA (SIgA), Low Total Globulins, WBC < 4.5.
- **Symptom Check:**
 - ☐ Catches every cold/flu circulating
 - ☐ Slow wound healing
 - ☐ History of chronic viral "reactivation" (e.g., EBV, Cold Sores)
 - ☐ Chronic fatigue/low stamina

☐ **Bucket 2: Immune Reactivity ("The Angry System")**

- **Lab Clues:** High IgG/IgA food sensitivities, High Histamine, Eosinophilia, High Th2 markers.
- **Symptom Check:**
 - ☐ Seasonal allergies or asthma
 - ☐ Skin rashes, hives, or "flushing"
 - ☐ Immediate reactivity to foods or chemicals
 - ☐ Chronic sinusitis or "puffiness"

☐ **Bucket 3: Autoimmunity ("The Confused System")**

- **Lab Clues:** Positive tissue antibodies (TPO, ANA, RF), High Th1 or Th17, Cyrex Array 5 reactivity.
- **Symptom Check:**

- ☐ Diagnosed autoimmune condition (or strong family history)
- ☐ Migratory joint pain or stiffness
- ☐ Brain fog and "unexplained" systemic inflammation
- ☐ Symptoms that "flare" and "remit"

Section 2: Defense & Repair Matrix Mapping

Identify the "Why" behind the immune posture.

Matrix Component	Findings / Notes
Antecedents (Genetics/Birth)	HLA-DR4 status, C-section birth, early antibiotic use: _____
Triggers (The "Spark")	Recent viral infection (EBV/COVID), mold exposure, toxin/hapten: _____
Mediators (The "Fuel")	High IL-6, chronic stress, ongoing gut dysbiosis, lack of sleep: _____

Section 3: Cross-System Influence (Hormone-Immune Mapping)

The immune system does not act in a vacuum. Assess the regulators.

- **HPA Axis Status:** ☐ High Cortisol (Acute) ☐ Low Cortisol/Burnout ☐ Glucocorticoid Resistance
- **Sex Hormone Balance:**
 - ☐ Estrogen Dominance (Immune Stimulant)
 - ☐ Low Progesterone (Loss of immune-calming effect)
 - ☐ Low Testosterone (Loss of immune modulation)

Section 4: Clinical Roadmap & Reflection

Dominant Immune Posture: _____

Key Lab Priorities: * ☐ Lymphocyte Map (Th1/Th2/Th17 balance) * ☐ NK Cell Activity (First line of defense check) * ☐ Cyrex Array 5 or 12 (Predictive Autoimmunity/Pathogens)

Practitioner Observations:

Immediate Next Steps (Coaching Focus): 1. _____ 2. _____

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