

# IMMUNE LOAD & RESILIENCE ASSESSMENT

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Purpose:** This tool helps identify "Immune Load"—the metabolic and physiological cost your immune system is currently paying. It assesses whether your "Security Guard" is overworked, leading to systemic fatigue or dysregulation.

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## Section 1: The Metabolic Cost (Immune Surveillance)

*Immune activation is "metabolically expensive." Rate the following based on the last 30 days (0 = Never, 3 = Frequently/Severe).*

- ☐ **Post-Viral Fatigue:** Do you feel "wiped out" for days after a minor cold? \_\_\_\_\_
- ☐ **Brain Fog:** Do you feel mentally "cloudy" or lose focus easily? \_\_\_\_\_
- ☐ **Slow Healing:** Do minor cuts or bruises take a long time to disappear? \_\_\_\_\_
- ☐ **Temperature Swings:** Do you experience "flu-like" achiness or chills without a fever? \_\_\_\_\_
- ☐ **Lymphatic Congestion:** Do you have tender or swollen "glands" (neck, armpits, groin)? \_\_\_\_\_

**Section 1 Subtotal:** \_\_\_\_

## Section 2: T-Helper Polarization (The Seesaw)

*Check the boxes that apply to your chronic or recurring symptoms to identify potential "imbalance" in your immune generals.*

**Pattern A (Potential Th2/Extracellular):** \* ☐ Seasonal allergies or hay fever \* ☐ Asthma or wheezing \* ☐ Eczema, hives, or itchy skin rashes \* ☐ Sensitivity to many environmental chemicals/smells

**Pattern B (Potential Th1-Th17/Intracellular & Tissue):** \* ☐ History of known autoimmune diagnosis (e.g., Hashimoto's, RA) \* ☐ Chronic joint pain or stiffness (especially in the morning) \* ☐ Frequent "cold sores" or recurring viral flare-ups \* ☐ Recurrent sinus or urinary tract infections

## Section 3: The Infrastructure Check

*Functional indicators of immune "reserve" and "self" recognition.*

Indicator	Status/Notes
Age Factor	Are you over 45? (Thymic involution/reduced T-cell training) <input type="checkbox"/> Yes <input type="checkbox"/> No
Gut Health	Frequent bloating, gas, or food sensitivities? (70% of immunity is in the gut) <input type="checkbox"/> Yes <input type="checkbox"/> No
Vitamin D	Most recent lab level (if known): ___ ng/mL (Target: 50-80)
Stress Load	High chronic stress? (Cortisol is your "anti-inflammatory" brake) <input type="checkbox"/> Yes <input type="checkbox"/> No

## Section 4: Scoring & Reflection

Total Checkmarks/Score: \_\_\_\_

**Practitioner Observations:** \* **Low Load (0-5):** Immune system is likely in "Surveillance" mode. Focus on maintenance. \* **Moderate Load (6-12):** The "Security Guard" is getting cranky. High metabolic cost is likely causing the client's fatigue/brain fog. \* **High Load (13+):** Significant immune dysregulation. High risk for "Self vs. Non-Self" confusion. Priority: Gut (GALT) support and inflammation modulation.

Notes on Polarization: \_\_\_\_\_

## Next Steps:

1. **Support the Energy Node:** Address mitochondria to pay the "metabolic tax" of the immune system.
2. **Support the Assimilation Node:** Address gut integrity to lower Th17 (inflammatory) activation.
3. **Immune Rejuvenation:** Discuss Zinc, Vitamin D, and Stress Management to support the aging thymus.

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