

Stealth Pathogen & Viral Reactivation Screener

Client Name: _____ Date: __

Purpose: This tool helps identify the potential presence of a "stealth" infectious burden (such as reactivated EBV, HHV-6, or Borrelia) and assesses your readiness for a recovery protocol.

Section 1: Symptom Cluster Assessment

Check all that apply over the last 30–90 days:

The "Symptom Signature" - ☐ **Profound Fatigue:** Exhaustion not relieved by sleep (often worse in the morning). - ☐ **"Heavy" Limbs:** Feeling like you are walking through water or your limbs are weighted. - ☐ **Low-Grade Fever:** Intermittent feeling of being "feverish" without a high temp. - ☐ **Recurring Sore Throat:** Scratchy or swollen throat that comes and goes. - ☐ **Migratory Pain:** Joint or muscle pain that moves to different parts of the body. - ☐ **Brain Fog:** Significant cognitive "haze" or word-finding difficulties. - ☐ **Swollen Glands:** Tenderness in the neck, armpits, or groin.

Section 2: Trigger & Terrain Analysis

Stealth pathogens are opportunistic. Let's identify the "breach in the wall":

1. **Hormonal Shifts:** Are you currently in perimenopause, menopause, or experiencing significant cycle irregularities? (Yes / No)
2. **Oxidative Stress:** Have you experienced a period of high emotional or physical stress recently? (Yes / No)
3. **Drainage Check:** Are you having at least one complete bowel movement daily? (Yes / No)
4. **History:** Have you ever been diagnosed with Mononucleosis (Mono) or Lyme Disease in the past? (Yes / No)

Section 3: Lab Interpretation Tracker (If applicable)

Bring your recent bloodwork. Look for these specific markers:

Marker	Result	Interpretation (Functional View)
EBV VCA IgG	—	High levels (>reference) suggest chronic immune "shouting."
EBV Early Antigen (EA)	—	Positive indicates active viral replication (The Smoking Gun).
EBV Nuclear Ag (EBNA)	—	Positive indicates the virus is in a latent (hidden) phase.
Monocytes	—	High-normal or elevated levels often signal viral activity.

Section 4: Scoring & Reflection

Total Checkmarks (Section 1): _

Score Interpretation: * **0–2 Low Suspicion:** Symptoms may be driven by other factors (e.g., pure nutrient deficiency). * **3–5 Moderate Suspicion:** Potential infectious burden. Focus on "Supporting the Terrain." * **6+ High Suspicion:** Strong indicator of a stealth pathogen/viral reactivation. Protocol intervention recommended.

Client Reflection: Do your symptoms flare up during times of high stress or hormonal changes?

Next Steps:

- [] **Phase 1 (Drainage):** Ensure daily bowel movements and hydration before starting botanicals.
 - [] **Phase 2 (Support):** Optimize Glutathione levels to reduce oxidative stress triggers.
 - [] **Phase 3 (Target):** Discuss targeted botanicals (e.g., Monolaurin, Cat's Claw, or Lysine) with your practitioner.
 - [] **Biofilm Strategy:** Consider systemic enzymes if progress plateaus after 4 weeks.
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