

Immune Balance & Polarization Assessment

Client Name: _____ Date: _____

Overview

This tool helps identify potential imbalances in your adaptive immune system (T-cell polarization) and assesses the "Three Pillars of Autoimmunity." It is designed to help your coach determine where to focus within the **R.O.O.T.S. Method™**.

Section 1: The Three Pillars Assessment

Check any that apply to identify your "Perfect Storm" factors.

Pillar 1: Genetic Predisposition - [] Family history of autoimmunity (Hashimoto's, RA, Lupus, Type 1 Diabetes, etc.) - [] Personal history of more than one autoimmune diagnosis

Pillar 2: Environmental Triggers - [] Known chronic infections (EBV, Lyme, Herpes, etc.) - [] History of heavy metal exposure (mercury fillings, industrial work) - [] High stress levels (Physical, Emotional, or Chemical)

Pillar 3: Intestinal Permeability ("Leaky Gut") - [] Frequent bloating, gas, or abdominal pain - [] History of antibiotic use or NSAID use (Ibuprofen/Aspirin) - [] Food sensitivities (reacting to foods you previously tolerated)

Section 2: T-Cell Polarization Screening

Rate the following symptoms from 0 (Never) to 3 (Frequent/Severe).

Symptom Category	Score (0-3)	Potential Polarization
Group A: Joint pain, organ-specific inflammation, brain fog	-	Th1 Dominance
Group B: Seasonal allergies, asthma, eczema, hives	-	Th2 Dominance
Group C: Chemical sensitivities (perfumes, exhaust, cleaners)	-	Th2 Dominance

Symptom Category	Score (0-3)	Potential Polarization
Group D: Intense flares, skin psoriasis, digestive "attacks"	—	Th17 Dominance
Group E: "Reacting to everything," slow recovery from exercise	—	Treg Deficiency

Dominant Group(s): _____

Section 3: Molecular Mimicry & Antibody Check

- **IgE (Immediate):** Do you have any "true" allergies (anaphylaxis, immediate hives)? [] Yes [] No
 - **IgG (Delayed):** Do you feel worse 24–72 hours after eating specific foods? [] Yes [] No
 - **Molecular Mimicry:** Do you notice a flare in your thyroid or joint symptoms after consuming gluten or dairy? [] Yes [] No
-

Section 4: Practitioner Reflection & Notes

Total Symptom Load: _____

Primary Focus Area: - [] **Remove:** Eliminate molecular mimicry triggers (e.g., Gluten/Dairy). - [] **Optimize:** Support the "Brakes" (Treg cells) with Vitamin D3, Vit A, and Glutathione. - [] **Target:** Address intestinal permeability (The 3rd Pillar).

Notes on Polarization:

Next Steps:

- _____
 - _____
-