

STEALTH PATHOGEN INDICATOR & IMMUNE LOAD ASSESSMENT

Client Name: _____ Date: _____

Purpose of this Tool

This tool helps identify clinical "red flags" suggesting the presence of stealth pathogens (viruses, tick-borne illnesses, or biofilms) and monitors the "Viral Load" during the **Sustain Phase** of the R.O.O.T.S. Method™.

Section 1: Clinical Indicator Checklist (The "Red Flags")

Check all that apply. Stealth pathogens often present as "normal" on standard labs but high-impact on vitality.

History & Fatigue - ☐ History of severe Mononucleosis (Glandular Fever) or "flu-like" illness that they never fully recovered from. - ☐ "Soul-crushing" fatigue that does not improve with rest. - ☐ Migratory joint or muscle pain (moves from place to place). - ☐ Post-exertional malaise (crashing after minor physical or mental effort).

Immune & Neurological - ☐ Chronic "Brain Fog" or cognitive processing delays. - ☐ History of "frequent flyer" status (always catching every cold/flu). - ☐ Chronic low-grade swollen lymph nodes (neck, armpits, or groin). - ☐ Night sweats or unexplained low-grade fevers.

Treatment Resistance (Biofilm Indicators) - ☐ History of multiple antibiotic rounds with symptoms returning immediately after stopping. - ☐ Sensitivity to many supplements (suggesting a high toxic/pathogen load). - ☐ Diagnosed with "catch-all" conditions: Fibromyalgia, CFS, or Hashimoto's.

Section 2: Functional Lab & Biomarker Tracker

Record values from functional testing to monitor the "Dynamic Relationship" between the host and microbe.

Marker	Ideal Range/Status	Client Value	Trend (Up/Down/Stable)
EBV Early Antigen (EA)	Negative/Low		
EBV IgG (VCA/EBNA)	< 4x Upper Limit		
CRP (Inflammation)	< 1.0 mg/L		
NK Cell Function	Robust Activity		
White Blood Cell (WBC)	5.0 – 8.0 (Functional)		

Section 3: The "Burglars & Alarms" Client Education

Use this analogy during the session to explain the findings:

"Think of a normal infection like a loud burglar breaking a window; the alarm goes off, and the police (your immune system) arrive. **Stealth pathogens** are like a burglar who has a key, turns off the alarm, and lives in your guest room for years. They slowly eat your food and drain your bank account (your energy/ATP) without you noticing until you are completely exhausted."

Section 4: Coaching Reflection & Strategy

Total Indicators Checked: ____ / 11

Current Phase of R.O.O.T.S. Method™: - ☐ **ORGANIZE:** Are drainage pathways (liver/lymph) open? (Must be done BEFORE killing). - ☐ **TARGET:** Are we using biofilm disruptors (NAC, enzymes) before antimicrobials? - ☐ **SUSTAIN:** Is the focus on keeping the "Viral Load" in check and supporting NK cells?

Observations/Notes:

Next Steps: 1. _____ 2. _____
