

# MUCOSAL BARRIER & IMMUNE TOLERANCE ASSESSMENT

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

## Purpose:

This tool evaluates the integrity of your "Border Wall" (mucosal barrier) and the state of your "Immune University" (GALT). Use this to identify if your immune system is **Depleted** (Low IgA), **Reactive** (Leaky Gut), or **Uneducated** (Loss of Oral Tolerance).

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## Section 1: Clinical Indicators (The "Immune University" Survey)

*Check all that apply to your experience over the last 30 days:*

**Category A: Potential Low Secretory IgA (SIgA)** - [ ] Frequent respiratory or sinus infections - [ ] Chronic "thrush" or white coating on the tongue - [ ] "Burned out" feeling or history of chronic high stress - [ ] New food sensitivities appearing suddenly - [ ] History of frequent antibiotic use

**Category B: Potential Barrier Breach (Leaky Gut)** - [ ] Bloating or gas immediately after meals - [ ] Systemic joint pain or "aching all over" - [ ] Brain fog or difficulty concentrating after eating - [ ] Diagnosed autoimmune condition (e.g., Hashimoto's) - [ ] Skin flares (eczema, acne, or hives)

**Category C: Loss of Oral Tolerance (Treg Dysfunction)** - [ ] Reacting to almost every food (the "only 5 safe foods" syndrome) - [ ] Seasonal allergies or "hay fever" - [ ] Sensitivity to environmental chemicals or perfumes - [ ] Low intake of diverse fiber/prebiotics (less than 3 servings of veggies/day)

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## Section 2: Lifestyle & Nutrient Drivers

Factor	Current Status	Notes (Frequency/Type)
Stress Levels	Low / Med / High	
Fiber Diversity	Low / Med / High	
Vitamin D Levels	Known / Unknown	Last Lab: _____

Factor	Current Status	Notes (Frequency/Type)
Vitamin A Intake	Low / Med / High	(Organ meats, orange veggies)
Fermented Foods	Yes / No	(Targeting SCFAs/Butyrate)

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## Section 3: Scoring & Functional Interpretation

Count the checkmarks in Section 1:

- **0–3 Checks: Resilient Barrier.** Focus on maintenance and seasonal support.
- **4–7 Checks: Barrier Breach Likely.** High priority on "Sustaining" the nervous system and "Optimizing" the microbiome.
- **8+ Checks: Systemic Immune Activation.** Urgent need to address the GALT and restore oral tolerance.

Practitioner Observation:

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## Section 4: The Path to "Peace" (Action Plan)

Based on the Lesson 13.4 framework, prioritize the following:

1. **Sustain (For Low IgA):** Prioritize nervous system regulation. High cortisol "mutes" your first line of defense.
    - Action: \_\_\_\_\_
  2. **Fuel (For SCFAs/Butyrate):** Increase prebiotic fibers to fuel the "Peacekeeper" cells (Tregs).
    - Action: \_\_\_\_\_
  3. **Seal (For Barrier Breach):** Support tight junctions with targeted nutrients (Vitamin A, D, and Zinc).
    - Action: \_\_\_\_\_
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