

# Systemic Integration & Allostatic Load Assessment

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

**Practitioner Note:** Use this tool during the "Organize" phase of the Functional Medicine journey. This assessment helps quantify the client's **Allostatic Load** (cumulative wear and tear) and identifies **Biological Crosstalk** between seemingly unrelated symptoms.

---

## Section 1: The Allostatic Load (Cumulative Stressors)

Identify the "Total Toxic Burden" pushing the body toward the tipping point. Rate the impact of each from 0 (None) to 3 (Severe).

Stressor Category	Impact (0-3)	Notes (Duration/Frequency)
<b>Environmental:</b> (Toxins, mold, pollution, heavy metals)	_____	
<b>Physiological:</b> (Chronic infection, poor diet, lack of sleep)	_____	
<b>Psychological:</b> (Work stress, trauma, relationship strain)	_____	
<b>Metabolic:</b> (Blood sugar swings, high BMI, sedentary habits)	_____	

**Total Allostatic Score:** \_\_ / 12

(High scores indicate a system losing its ability to maintain homeostasis through change.)

---

## Section 2: Mapping Biological Crosstalk (The Matrix Nodes)

Check all that apply. Notice how symptoms in one "Node" often trigger vibrations in another (The Spider Web Effect).

### Node A: Assimilation (Gut & Digestion)

- ☐ Bloating, gas, or reflux
- ☐ History of antibiotic use or food sensitivities

- ☐ Diagnosed "Leaky Gut" or intestinal permeability
- ☐ **Crosstalk Link:** Do gut flare-ups coincide with brain fog or joint pain? (Yes/No)

## Node B: Defense & Repair (Immune & Inflammation)

- ☐ Chronic joint or muscle pain ("Inflammaging")
- ☐ Frequent colds, flu, or slow wound healing
- ☐ High hs-CRP or inflammatory markers in bloodwork
- ☐ **Crosstalk Link:** Does systemic inflammation feel "low-grade" but constant? (Yes/No)

## Node C: Communication (Hormones & Neurotransmitters)

- ☐ Fatigue, brain fog, or "wired but tired" feeling
- ☐ Insulin resistance or difficulty losing weight (Adipokine signaling)
- ☐ Mood swings, anxiety, or depression
- ☐ **Crosstalk Link:** Is your energy level tied to your digestive health? (Yes/No)

---

## Section 3: Reflection & Systemic Strategy

**The "Spider Web" Connection:** Based on the checks above, identify the "Primary Tug." (e.g., "My gut inflammation is 'tugging' on my brain health and joint integrity.")

---

**Visualizing the Matrix (Practitioner Use):** Rank the priority of intervention based on the evidence of crosstalk: 1. **Primary Node to Address:** \_\_ (*Usually Assimilation or Defense/Repair*) 2. **Secondary Node Affected:** \_\_ 3. **Distal Goal:** \_\_\_\_\_ (e.g., "Reduce joint pain by healing the gut.")

## Next Steps:

- ☐ Initiate 4R Gut Restoration Protocol (to reduce LPS-driven neuroinflammation).
  - ☐ Implement Anti-Inflammatory Nutrition Plan (to address "Inflammaging").
  - ☐ Schedule follow-up to re-evaluate Allostatic Load Score in 30 days.
-

