

Immune Phenotype & Resilience Assessment

Client Name: _____ Date: _____

Instructions: This tool helps identify where your immune system may have "lost its way." Please check the boxes that apply to your experience over the last 3-6 months. This is not a diagnostic tool, but a map to help us "Organize" your immune triggers using the R.O.O.T.S. Method™.

Section 1: Identifying the "Seesaw" (Th1/Th2/Th17)

Check all that apply to identify your dominant immune phenotype.

Group A (The Vigilant / Th1 Dominant) - [] I rarely get the common cold or flu ("I haven't been sick in years"). - [] I struggle with organ-specific issues (e.g., thyroid, joint-specific stiffness). - [] I experience "brain fog" or intense fatigue even without a fever. - [] I have a history of viral flares (e.g., Cold sores, EBV, Shingles).

Group B (The Atopic / Th2 Dominant) - [] I suffer from seasonal allergies or hay fever. - [] I have a history of eczema, hives, or skin rashes. - [] I react strongly to environmental triggers (dust, mold, pet dander). - [] I have been diagnosed with asthma or frequent bronchitis.

Group C (The Tissue-Reactive / Th17 Dominant) - [] I have significant joint swelling or inflammatory skin conditions (e.g., Psoriasis). - [] I experience frequent digestive flares or "leaky gut" symptoms. - [] My inflammatory symptoms feel "aggressive" and cause visible tissue changes.

Section 2: The Mucosal Shield & Stress (sIgA Status)

This section assesses the integrity of your first line of defense.

- [] **Stress Threshold:** I am currently in a period of high stress or recovering from grief/trauma.
 - [] **Post-Deadline Crash:** I often get sick immediately after a big project or stressful event ends.
 - [] **Sensitivity:** I have developed new sensitivities to foods I used to eat without trouble.
 - [] **Frequency:** I get frequent sinus infections, UTIs, or "stomach bugs."
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Section 3: The Peacekeeper Check (Treg Support)

T-Regulatory cells require specific "signals" to maintain peace. Do you have these gaps?

Factor	Status	Notes
Vitamin D Levels	[] Low / [] Unknown	Last Lab Date: _____
Fiber/Prebiotics	[] Low intake	(Necessary for Butyrate/SCFAs)
Daily Stillness	[] < 10 mins	(Meditation/Breathwork for Tregs)
Sunlight Exposure	[] Minimal	

Section 4: Scoring & Reflection

Dominant Group (A, B, or C): ____ *Note: If you checked 3+ in any group, your "seesaw" may be stuck in that position.*

Shield Vulnerability: [] Low [] Moderate [] High *Note: If you checked 2+ in Section 2, your sIgA (mucosal shield) may be depleted.*

Practitioner Observations:

Next Steps & Recommendations:

- [] **Balance the Seesaw:** (e.g., Modulators like Reishi, Perilla, or targeted gut repair).
- [] **Support the Peacekeepers:** Optimize Vitamin D levels and increase soluble fiber.
- [] **Reinforce the Shield:** Implement a "Stress Recovery Protocol" to boost sIgA.
- [] **Follow-up:** Re-assess in _____ weeks.

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