

Immune Polarization & Cytokine Balance Assessment

Client Name: _____ Date: _____

Purpose: This tool helps identify whether your immune system is "leaning" toward a specific response pattern (Th1, Th2, or Th17). This allows us to move from "boosting" the immune system to **modulating** it for better balance.

Section 1: Symptom Checklist

Rank each symptom based on the last 30 days: 0 (Never) | 1 (Mild/Rare) | 2 (Moderate) | 3 (Severe/Frequent)

Part A: Th1 Dominance (Cellular Defense)

- [] Known autoimmune condition (Hashimoto's, MS, Type 1 Diabetes) _____
- [] Delayed food sensitivities (reactions 24–72 hours after eating) _____
- [] Frequent "cold sores" or viral outbreaks (HSV, EBV) _____
- [] "Never getting sick" (while everyone else around you does) _____
- [] Worse symptoms after taking Echinacea, Astragalus, or Licorice **Th1 Subtotal:** _____

Part B: Th2 Dominance (Humoral/Allergic Defense)

- [] Seasonal allergies, hay fever, or chronic sinus congestion _____
- [] History of asthma, eczema, or hives _____
- [] Sensitivity to perfumes, exhaust, or cleaning chemicals (MCS) _____
- [] Immediate reactions to high-histamine foods (red face, brain fog) _____
- [] Jittery or "flared" feeling after Green Tea (EGCG) or Caffeine **Th2 Subtotal:** _____

Part C: Th17/Treg Axis (Inflammatory Driver)

- [] Chronic joint pain or rapid "tissue flares" (swelling/heat) _____
- [] History of chronic fungal/yeast infections (Candida) _____
- [] Known Vitamin D deficiency (Levels < 60 ng/mL) _____
- [] Significant gut issues (bloating, gas, "leaky gut" symptoms) _____

- [] High Neutrophil-to-Lymphocyte Ratio (NLR > 3.0) on recent bloodwork _ **Th17**
Subtotal: _
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Section 2: Pattern Interpretation

Dominant Section	Likely Polarization	Primary Focus
Highest Score: Part A	Th1 Dominant	Calm cellular attack; avoid Th1-stimulating herbs.
Highest Score: Part B	Th2 Dominant	Reduce histamine/allergen load; support Th1 balance.
Highest Score: Part C	Th17/Treg Imbalance	High risk of tissue damage. Focus on Gut and Vitamin D.
High A AND High B	Mixed / Treg Deficient	The "Peacekeepers" (Tregs) are low. Systemic regulation needed.

Section 3: Reflection & Observations

What triggers seem to cause the most immediate "flare" in your symptoms?

Describe your energy levels during an immune flare (e.g., "wired but tired" vs. "crashing"):

Next Steps:

- [] **Vitamin D Optimization:** Goal range 60-80 ng/mL to support Treg "peacekeepers."
- [] **Gut Barrier Support:** Address intestinal permeability to lower Th17-driving LPS.
- [] **Strategic Supplementation:** _____
- [] **Follow-up Lab Work:** (e.g., Lymphocyte Map or CBC with Differential)

Practitioner Notes:
