

Environmental Immune Trigger Assessment (The "Reveal" Checklist)

Client Name: _____ Date: _____

Instructions: This tool is designed to identify potential "invisible" triggers—antigens, adjuvants, and haptens—that may be confusing your immune system via molecular mimicry or toxic synergy. Please complete each section to the best of your ability.

Section 1: Molecular Mimicry & Dietary Cross-Reactivity

Check any that apply to your history or current diet.

- [] **Gluten/Gliadin Consumption:** Frequent intake of wheat, barley, or rye (Potential mimicry: Thyroid/TPO).
- [] **Dairy/Casein Consumption:** Frequent intake of milk, cheese, or whey (Potential mimicry: Myelin/Nervous System).
- [] **History of Strep Throat:** Recurrent infections, especially followed by mood or behavioral changes (Potential mimicry: Basal Ganglia).
- [] **History of Gut Infections:** Diagnosed *Yersinia*, *H. Pylori*, or persistent bloating/IBS (Potential mimicry: Thyroid receptors).

Section 2: ASIA Syndrome & Adjuvant Exposure

Adjuvants "prime" the immune system to overreact. Check for the presence of any foreign materials.

- [] **Surgical Implants:** Breast implants (silicone/saline), mesh (hernia/pelvic), or internal staples.
- [] **Orthopedic Hardware:** Metal screws, plates, or pins from past breaks/surgeries.
- [] **Dental Work:** Silver (amalgam) fillings, metal crowns, or dental implants.
- [] **Injection History:** History of reactions to vaccines or therapeutic injections containing aluminum or mineral oil.

Section 3: Hapten & Environmental Exposure

Haptens are small molecules (like metals) that bind to your proteins to create "new" targets for your immune system.

Exposure Type	Frequency (High/Med/Low)	Notes (Brands, specific jobs, etc.)
Heavy Metals (Jewelry, Amalgams)		
Mold/Water Damage (Home or Office)		
Personal Care (Phthalates/Parabens)		
Pesticides/Herbicides (Non-organic)		

Section 4: Clinical Symptom Cluster (ASIA Framework)

Rate the following symptoms from 0 (None) to 5 (Severe).

1. **Myalgia:** Muscle pain or unexplained weakness. []
 2. **Arthralgia:** Migrating joint pain (without a clear injury). []
 3. **Chronic Fatigue:** Sleep is not restorative; "bone-deep" tiredness. []
 4. **Cognitive Impairment:** Severe "brain fog" or memory lapses. []
 5. **Neurological:** Tingling, numbness, or "electric" sensations. []
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Section 5: Scoring & Practitioner Reflection

Total Symptom Score (Section 4): ___ / 25

Practitioner Observations: Are symptoms "migrating" (suggesting systemic immune activation)? Is there a clear timeline link between an exposure (e.g., dental work) and symptom onset?

Next Steps:

- [] **Advanced Testing:** (e.g., Environmental Pollutant Panel, Mycotoxin Test, Lymphocyte Map).
 - [] **Source Removal:** (e.g., Consult Biological Dentist, Mold Remediation).
 - [] **Biotransformation Support:** (e.g., NAC, Sulforaphane, Methylated B-Vitamins).
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