

Environmental Immunotoxicity & "Total Toxic Load" Assessment

Client Name: _____ Date: _____

Purpose: This tool helps identify if your "Toxic Bucket" is overflowing. Environmental immunotoxicity occurs when chronic exposure to toxins, molds, or metals confuses your immune system, leading to chronic inflammation, fatigue, and autoimmunity.

Section 1: Exposure History (The "Bucket" Check)

Check all that apply to your current or past environment:

Home & Lifestyle (POPs & EDCs) - [] I regularly use scented candles, air fresheners, or perfumes (Phthalates). - [] I frequently handle thermal paper receipts or use plastic water bottles/containers (BPA/BPS). - [] I consume non-organic produce or live near industrial/agricultural areas (Pesticides). - [] I have "silver" dental fillings (Mercury amalgams). - [] I consume large predatory fish (tuna, swordfish) more than twice weekly (Mercury).

Building & Water (Molds & Metals) - [] My home or workplace has a history of water leaks, flooding, or dampness. - [] I have noticed a "musty" or "earthy" smell in my home, basement, or office. - [] My home was built before 1978 (Potential Lead in pipes/paint). - [] I use unfiltered tap water for drinking or showering.

Section 2: Symptom Clusters (Immune Signaling)

Rate the following on a scale of 0-3 (0=Never, 1=Mild, 2=Moderate, 3=Severe)

Symptom	Rating (0-3)	Notes (e.g., Timing, Triggers)
The Triple Threat: Fatigue, Brain Fog, Chronic Pain		
Chemical Sensitivity: Headaches/nausea from perfumes/gas		
Migratory Pain: Pain that moves from joint to joint		
Skin Issues: New rashes, hives, or adult acne		

Symptom	Rating (0-3)	Notes (e.g., Timing, Triggers)
"Vacation Effect": Do you feel significantly better when away from home for 3+ days?	(Yes/No)	

Section 3: Scoring & Reflection

Total Checkmarks (Section 1): _ Total Symptom Score (Section 2): _

Practitioner Observations: Look for the "Multi-Susceptible" profile: High symptom score + "Vacation Effect" + "Musty Smell" = High probability of CIRS/Mycotoxin involvement.

Section 4: The R.O.O.T.S. Action Plan

Based on the assessment, the following initial steps are recommended:

1. REVEAL:

- [] Order Urinary Mycotoxin Panel
- [] Order Blood Heavy Metals / Environmental Pollutants Panel

2. ORGANIZE: Map findings to the Defense & Repair node of the Functional Matrix.

3. STABILIZE (Empty the Bucket):

- [] Switch to glass containers and fragrance-free personal care.
- [] Install high-quality HEPA air filtration.
- [] Begin targeted binder protocol (e.g., activated charcoal, zeolite) as tolerated.

Next Appointment Date: __ Primary Focus: _____

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