

# Autoimmune Pathogenesis & R.O.O.T.S. Strategy Worksheet

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

**Purpose:** This tool is designed to identify the "Triad of Pathogenesis" driving your symptoms and to map out a personalized strategy to dampen auto-aggressive immune responses using the R.O.O.T.S. Method™.

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## Section 1: The Triad Assessment (Identifying the "Stool")

*For an autoimmune response to persist, three factors must be present. Check all that apply.*

### 1. Genetic Predisposition (The "Wood")

- ☐ Family history of autoimmune disease (Thyroid, RA, Lupus, Celiac, etc.)
- ☐ Known HLA gene variants (if tested)
- ☐ Personal history of other "allergic" or "atopic" conditions (Asthma, Eczema)

### 2. Environmental Triggers (The "Match")

- ☐ **Infections:** History of EBV (Mono), Lyme, Giardia, or chronic sinus/dental infections.
- ☐ **Toxins:** Known exposure to mold (mycotoxins), heavy metals (mercury/lead), or pesticides.
- ☐ **Dietary Proteins:** Frequent consumption of gluten, dairy, or lectins.
- ☐ **Stress:** High-stress events immediately preceding symptom onset.

### 3. Intestinal Permeability (The "Wind")

- ☐ Frequent bloating, gas, or "leaky gut" symptoms.
  - ☐ Multiple food sensitivities.
  - ☐ History of NSAID use (Ibuprofen/Aspirin) or frequent antibiotic use.
  - ☐ Lab markers: Elevated Zonulin or Actomyosin antibodies (if available).
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## Section 2: Staging Your Immune Reactivity

*Based on your current labs and symptoms, which stage best describes your status?*

Stage	Description	Check One
Stage 1: Silent	Positive antibodies present; NO symptoms; NO tissue damage.	<input type="checkbox"/>
Stage 2: Reactivity	Positive antibodies + symptoms (fatigue, pain); NO permanent damage.	<input type="checkbox"/>
Stage 3: Disease	Positive antibodies + symptoms + measurable tissue/organ destruction.	<input type="checkbox"/>

## Section 3: The R.O.O.T.S. Strategy Plan

Work with your practitioner to define 1–2 priority actions for each phase.

- **REVEAL (Identify Triggers):**
  - Action: \_\_\_\_\_
- **ORGANIZE (Map to Matrix):**
  - Primary Node to address (e.g., Defense & Repair): \_\_\_\_\_
- **OPTIMIZE (Seal the Gut):**
  - Support (Glutamine, Zinc Carnosine, Aloe): \_\_\_\_\_
- **TARGET (Calm the Storm):**
  - Immunomodulators (Vitamin D, Omega-3, Glutathione): \_\_\_\_\_
- **SUSTAIN (Build Resilience):**
  - Lifestyle (Sleep, Stress, Circadian Rhythm): \_\_\_\_\_

## Section 4: Reflection & Observations

What is the "Primary Trigger" we are prioritizing this month?

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Client Notes on Progress (Energy, Stiffness, Brain Fog):

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### Next Steps:

- ☐ Schedule follow-up for predictive antibody re-testing (Date: \_\_\_\_)

- [ ] Begin "Seal and Send" gut protocol.
- [ ] Transition to [Gluten-Free / Paleo / AIP] dietary template.

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