

# The "Reveal" Phase: Stealth Infection & Toxic Load Assessment

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

**Purpose:** This tool helps identify potential environmental triggers—latent viruses, heavy metals, and mycotoxins—that may be driving chronic immune dysregulation and "Immune System Debt."

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## Section 1: Viral Latency & Immune Exhaustion

*Check any symptoms or history that apply to you currently or in the past.*

**History of "The Great Triggering Event"** - [ ] I have never felt the same since a specific viral illness (e.g., Mono, Flu, COVID-19). - [ ] I experienced a period of high stress followed immediately by chronic fatigue. - [ ] I have "flares" of symptoms that feel like I'm coming down with a cold, but it never fully develops.

**Current Indicators of T-Cell Exhaustion** - [ ] Persistent, unexplained fatigue that does not improve with rest. - [ ] Swollen lymph nodes (neck, armpits) that come and go. - [ ] Frequent sore throats or low-grade fevers. - [ ] History of Epstein-Barr Virus (EBV), CMV, or "Mono." - [ ] History of cold sores (Herpes Simplex) or Shingles.

## Section 2: Environmental Toxic Burden

*Identify potential exposure points for toxicants acting as "signal jammers" in your immune system.*

Exposure Category	Potential Sources (Check all that apply)
Heavy Metals	[ ] Silver (amalgam) dental fillings [ ] High predatory fish intake (tuna/swordfish) [ ] Known lead paint/pipe exposure [ ] History of working with industrial chemicals/arts
Biotoxins (Mold)	[ ] Lived/worked in a building with water damage [ ] Visible mold or "musty" smells [ ] History of "allergic-type" reactions (hives, sneezing) without a clear cause

Exposure Category	Potential Sources (Check all that apply)
<b>Solvents/Plastics</b>	[ ] Frequent use of strong chemical cleaners/solvents [ ] High use of plastic food containers/bottles [ ] History of working in salons, dry cleaners, or print shops

## Section 3: Hapten & Self-Attack Indicators

*Haptens occur when chemicals bind to your proteins, potentially triggering autoimmunity.* - [ ] Do you have a diagnosed autoimmune condition (e.g., Hashimoto's)? Yes / No - [ ] Do you notice your symptoms (joint pain, brain fog) worsen when exposed to strong scents, perfumes, or exhaust? Yes / No - [ ] Do you feel "toxic" or "heavy" after using household chemicals? Yes / No

## Section 4: Prioritization & Reflection

Total Checkmarks: \_\_\_\_\_

**Practitioner Observations:** Based on the "Clinical Chronology," which trigger appears to be the primary driver? (e.g., Did symptoms start after moving into a new house or after a severe viral infection?)

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**Client Reflection:** Which area (Viruses, Metals, or Mold) feels most relevant to your personal health timeline?

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## Next Steps (The "Reveal" Plan):

- [ ] **Viral Panel:** Request EBV Early Antigen (EA) to check for active replication.
  - [ ] **Toxicology:** Consider Urine Mycotoxin or Provoked Toxic Elements testing.
  - [ ] **Foundational Support:** Begin Biotransformation support (Module 2) and Targeted Nutrition (e.g., Lysine for viral quiescence).
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