

# Gut-Immune Axis: Mucosal Health Assessment & Action Plan

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

## Section 1: The "Three-Legged Stool" Assessment

*Based on Dr. Alessio Fasano's model, autoimmunity requires three factors. Check all that apply to identify your current "stool legs."*

**Leg 1: Genetic Predisposition** - ☐ Family history of autoimmune disease (e.g., Hashimoto's, Celiac, RA, Lupus) - ☐ Known genetic SNPs related to inflammation or HLA types

**Leg 2: Environmental Triggers** - ☐ Recent or chronic viral/bacterial infections (e.g., EBV, COVID-19, Parasites) - ☐ High exposure to toxins (Heavy metals, mold, pesticides) - ☐ Known food sensitivities (Gluten, dairy, etc.) or recent dietary changes

**Leg 3: Intestinal Permeability (The "Leaky" Leg)** - ☐ Chronic bloating or gas - ☐ Systemic symptoms (Brain fog, joint pain, skin rashes, fatigue) - ☐ Multiple new food sensitivities (Loss of oral tolerance)

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## Section 2: Mucosal Barrier & "Border Patrol" (sIgA)

*Use this section to interpret your lab results or clinical symptoms related to Secretory IgA.*

Marker/Symptom	Status	Interpretation (Check One)
Lab: sIgA Levels	—	<input type="checkbox"/> <b>High:</b> Acute stress/infection (Active defense)
		<input type="checkbox"/> <b>Low:</b> Immune exhaustion/Mucosal depletion
Fiber Intake	—	<input type="checkbox"/> <b>Low:</b> Insufficient butyrate for "Peacekeeper" Treg cells
Stress Levels	—	<input type="checkbox"/> <b>High:</b> Chronic cortisol depleting mucosal lining

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## Section 3: The "Airport Security" Restoration Plan

*We are retraining your GALT (Gut-Associated Lymphoid Tissue) to distinguish friend from foe.*

Phase	Action Item	Priority (1-5)	Notes
REMOVE	Eliminate triggers (Gluten, inflammatory triggers)		
REPLACE	Add digestive enzymes or HCl if needed		
REINOCULATE	Increase prebiotic fiber (to boost Butyrate/Tregs)		
REPAIR	Mucosal support (L-Glutamine, Aloe, Zinc, ADL)		

## Section 4: Practitioner Observations & Reflection

**Key Goal:** Restore **Oral Tolerance** (the ability to eat a diverse diet without reaction).

**Current "Peacekeeper" (Treg) Status:** ☐ Robust (Low systemic inflammation)

☐ Compromised (High systemic inflammation/reactivity)

**Observations:**

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**Next Steps:**

1. 

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2. 

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3. 

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### Practitioner Instructions:

- **The Analogy:** Explain to the client that their gut lining is like **Airport Security**. If the gates (tight junctions) are broken, "prohibited items" (toxins/undigested food) enter the blood, causing a "system-wide lockdown" (inflammation).
- **The Goal:** We aren't just avoiding foods; we are repairing the "Border Patrol" (sIgA) so the immune system can stop overreacting.
- **Butyrate Connection:** Emphasize that high fiber isn't just for "regularity"—it creates the butyrate needed to train the "Peacekeeper" cells that turn off autoimmunity.

