

Total Toxic Burden: The "Reveal Phase" Assessment

Client Name: _____ Date: _____

Practitioner Note: This tool is designed to identify the "fire" behind chronic inflammation. Use this during the **Reveal Phase** to quantify the client's "Total Toxic Burden" and determine which environmental triggers are filling their "biological bucket."

Section 1: Stealth Infection & Immune Exhaustion

Check all that apply. These indicate potential "smoldering" pathogens (EBV, Borrelia, etc.).

- [] **Persistent Fatigue:** Unrelieved by 8+ hours of sleep.
- [] **Migrating Pain:** Joint or muscle pain that moves to different locations.
- [] **Brain Fog:** Significant cognitive lapses or "word-finding" difficulties.
- [] **Swollen Glands:** History of frequent sore throats or tender lymph nodes.
- [] **Lab Indicator:** Positive EBV Early Antigen (EA-D) IgG (Active replication).
- [] **Immune History:** History of "Long-Haul" symptoms after a viral event.

Section 2: Environmental Haptens (Toxins & Metals)

Haptens bind to body proteins to trigger immune attacks. Assess for cumulative exposure.

Trigger Source	Exposure Risk (High/Med/Low)	Symptoms (Headaches, Rashes, etc.)
Water-Damaged Buildings		
Amalgam (Silver) Fillings		
Non-Organic Produce		
Predatory Fish (Tuna/Swordfish)		
Grains/Coffee (Mycotoxins)		

Section 3: Oral Tolerance & Food Antigens

Loss of oral tolerance leads to systemic inflammation via the gut-immune axis.

- [] **Delayed Reactions:** Symptoms (fatigue/joint pain) appearing 24–72 hours after eating.
- [] **Multiple Sensitivities:** Reacting to more than 5-10 different foods.
- [] **Cross-Reactivity:** Known sensitivity to Gluten (potential Thyroid/Hashimoto's link).
- [] **Barrier Issues:** History of bloating, gas, or diagnosed "Leaky Gut."

Section 4: Invisible Triggers (EMF & Mast Cell)

Assess for Mast Cell Activation (MCAS) driven by modern environmental frequencies.

- [] **Digital Habits:** Sleeping with a smartphone within 3 feet of the head.
 - [] **WiFi Environment:** Working in a high-density office or constant WiFi exposure.
 - [] **Blue Light:** Exposure to screens/LEDs after 7:00 PM without blockers.
 - [] **MCAS Signs:** Unexplained hives, sudden anxiety, or insomnia.
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Section 5: The "Bucket" Reflection

Total Checkmarks/High Risks: _____

Current "Bucket" Level (Circle One): 1. **Low:** Immune system is resilient; symptoms are mild/occasional. 2. **Moderate:** The bucket is nearing capacity; occasional "overflow" (flares). 3. **High:** The bucket is overflowing; chronic systemic inflammation/exhaustion.

Primary Triggers Identified: 1. _____ 2. _____

Practitioner Recommendations (Next Steps):

- [] **Lab Testing:** Order Mycotoxin (Urine) or EBV Panel (EA-D).
 - [] **Environmental Clean-up:** Remediation of mold or EMF mitigation.
 - [] **Immune Support:** Viral suppression, binders, or gut barrier restoration.
 - [] **Digital Sunset:** Turn off WiFi at night; Blue-light blockers after 7 PM.
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