

IMMUNE LOAD & RESILIENCE ASSESSMENT

Client Name: _____ Date: _____

Purpose: This tool helps identify "Immune Load"—the metabolic and physiological cost your immune system is currently paying. It assesses whether your "Security Guard" is overworked, leading to systemic fatigue or dysregulation.

Section 1: The Metabolic Cost (Immune Surveillance)

Immune activation is "metabolically expensive." Rate the following based on the last 30 days (0 = Never, 3 = Frequently/Severe).

- [] **Post-Viral Fatigue:** Do you feel "wiped out" for days after a minor cold? _____
- [] **Brain Fog:** Do you feel mentally "cloudy" or lose focus easily? _____
- [] **Slow Healing:** Do minor cuts or bruises take a long time to disappear? _____
- [] **Temperature Swings:** Do you experience "flu-like" achiness or chills without a fever?

- [] **Lymphatic Congestion:** Do you have tender or swollen "glands" (neck, armpits, groin)? _____

Section 1 Subtotal: _____

Section 2: T-Helper Polarization (The Seesaw)

Check the boxes that apply to your chronic or recurring symptoms to identify potential "imbalance" in your immune generals.

Pattern A (Potential Th2/Extracellular): * [] Seasonal allergies or hay fever * [] Asthma or wheezing * [] Eczema, hives, or itchy skin rashes * [] Sensitivity to many environmental chemicals/smells

Pattern B (Potential Th1-Th17/Intracellular & Tissue): * [] History of known autoimmune diagnosis (e.g., Hashimoto's, RA) * [] Chronic joint pain or stiffness (especially in the morning) * [] Frequent "cold sores" or recurring viral flare-ups * [] Recurrent sinus or urinary tract infections

Section 3: The Infrastructure Check

Functional indicators of immune "reserve" and "self" recognition.

Indicator	Status/Notes
Age Factor	Are you over 45? (Thymic involution/reduced T-cell training) [] Yes [] No
Gut Health	Frequent bloating, gas, or food sensitivities? (70% of immunity is in the gut) [] Yes [] No
Vitamin D	Most recent lab level (if known): __ ng/mL (Target: 50-80)
Stress Load	High chronic stress? (Cortisol is your "anti-inflammatory" brake) [] Yes [] No

Section 4: Scoring & Reflection

Total Checkmarks/Score: _____

Practitioner Observations: * **Low Load (0-5):** Immune system is likely in "Surveillance" mode. Focus on maintenance. * **Moderate Load (6-12):** The "Security Guard" is getting cranky. High metabolic cost is likely causing the client's fatigue/brain fog. * **High Load (13+):** Significant immune dysregulation. High risk for "Self vs. Non-Self" confusion. Priority: Gut (GALT) support and inflammation modulation.

Notes on Polarization: _____

Next Steps:

- Support the Energy Node:** Address mitochondria to pay the "metabolic tax" of the immune system.
 - Support the Assimilation Node:** Address gut integrity to lower Th17 (inflammatory) activation.
 - Immune Rejuvenation:** Discuss Zinc, Vitamin D, and Stress Management to support the aging thymus.
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