

Functional Immune Lab Interpretation Worksheet

Client Name: __ Date: __ Reviewer: __

Section 1: The CBC Functional Differential

Use the client's most recent Complete Blood Count (CBC) with Differential to calculate functional patterns.

The Neutrophil-to-Lymphocyte Ratio (NLR) Formula: $\text{Neutrophil Count} \div \text{Lymphocyte Count} = \text{NLR}$ * **Current NLR:** __ * ☐ **Optimal (1.0 – 2.0):** Immune balance. * ☐ **Moderate (2.1 – 3.0):** Mild systemic inflammation; check gut/stress. * ☐ **High (> 3.0):** High inflammatory load or HPA axis (cortisol) stress.

White Blood Cell (WBC) Pattern Assessment * ☐ **WBC Count:** __ (Functional Range: 5.0–8.0) * ☐ **Low Lymphocytes:** May indicate chronic stress/high cortisol or immune exhaustion. * ☐ **Elevated Neutrophils:** May indicate acute stress or early innate immune response.

Section 2: Barrier Integrity & Sensitivity Profile

Compare IgE (Allergy) vs. IgG/IgA (Sensitivity) to assess mucosal barrier health.

Marker Type	Findings/Results	Clinical Interpretation
IgE (Allergy)		True Allergy: Immediate response.
IgG (Delayed)		"Sea of Red": Suggests Intestinal Permeability.
IgA (Mucosal)		Mucosal Barrier Breach: Localized gut reaction.

Barrier Status Observation: ☐ **Intact:** Few sensitivities noted. ☐ **Leaky Gut Signature:** Multiple IgG/IgA elevations across different food families.

Section 3: Advanced Immunophenotyping & Autoimmunity

Review lymphocyte subsets and predictive antibody screening (e.g., Cyrex Arrays).

- **CD4/CD8 Ratio:** __ (Functional Range: 1.2–2.0)
 - *If < 1.0:* Consider chronic viral suppression or immune senescence.
- **NK Cell Activity (CD56+):** ☐ Low ☐ Normal ☐ High

- **Predictive Autoantibodies (Cyrex Array 5):**

- List positive tissues: _____

Section 4: Oxidative Stress (The "Fire" Proxy)

Identify if immune activation is causing collateral tissue damage.

- ☐ **8-OHdG:** ____ (DNA damage marker. If high, prioritize mitochondrial support.)
- ☐ **Glutathione (GSH):** ____ (If low, antioxidant defenses are depleted.)
- ☐ **F2-Isoprostanes:** ____ (If high, cell membranes are under attack.)

Section 5: Clinical Summary & Coaching Reflection

Total Inflammatory Load Score: ☐ Low ☐ Moderate ☐ High

Coach Observations:

Next Steps & R.O.O.T.S. Strategy:

- ☐ **Reveal:** Order follow-up testing (e.g., Cyrex Array 2 for gut permeability).
- ☐ **Target:** Support master antioxidants (Glutathione, CoQ10) to lower oxidative stress.
- ☐ **Support:** Implement stress management to address NLR/Cortisol relationship.

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