

# Gut-Immune Integrity & "Metabolic Endotoxemia" Assessment

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

## Purpose

This tool helps identify if your "Gut Shield" (Mucosal Immunity) is compromised and if your immune system is in a state of "High Alert" due to intestinal permeability (Leaky Gut).

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## Section 1: The "Unzippers" (Zonulin & Permeability Risk)

Check all that apply to identify factors that may be triggering Zonulin and "unzipping" your tight junctions.

- ☐ **Gluten Consumption:** Do you consume wheat, barley, or rye regularly?
- ☐ **Bacterial Overgrowth Signs:** Frequent bloating, gas, or a diagnosis of SIBO?
- ☐ **Chronic Stress:** High-pressure lifestyle or history of trauma (High Cortisol)?
- ☐ **NSAID Use:** Regular use of Ibuprofen, Aspirin, or Naproxen?
- ☐ **Alcohol Intake:** More than 3-4 drinks per week?

## Section 2: The "Shield" Status (sIgA & Mucosal Defense)

Rate the following symptoms from 0 (Never) to 3 (Frequent/Severe) to assess your Secretory IgA (sIgA) health.

Indicator	Score (0-3)	Practitioner Notes
Recurrent infections (Sinus, UTI, Colds)		<i>Low sIgA indicator</i>
Multiple food sensitivities/reactions		<i>Immune exclusion failure</i>
History of chronic "Brain Fog" after meals		<i>LPS/Endotoxemia indicator</i>
History of Autoimmune conditions		<i>Loss of Treg "Peacekeepers"</i>
Fatigue or "Crash" after high-fat meals		<i>LPS transport risk</i>

**Total Section 2 Score:** \_\_\_\_ (Score > 7 suggests significant mucosal barrier exhaustion)

## Section 3: Metabolic Endotoxemia & LPS Tracking

Identify "Red Flag" systemic symptoms that suggest Gut-Immune leakage into the bloodstream.

- ☐ **Post-Prandial Inflammation:** Do you feel achy, foggy, or swollen after eating?
  - ☐ **Metabolic Resistance:** Difficulty losing weight despite diet/exercise (Insulin resistance)?
  - ☐ **Mood Shifts:** Noticeable anxiety or low mood linked to digestive flares?
  - ☐ **Skin Issues:** Acne, eczema, or rashes that flare with digestive upset?
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## Section 4: The "GALT Guard" Action Plan

Based on the assessment above, prioritize the following interventions:

1. **Strengthen the Shield:** Consider *Saccharomyces boulardii* and Vitamin A to support sIgA levels.
2. **Calm the Peacekeepers:** Use specific probiotic strains (e.g., *L. rhamnosus* GG) to increase Treg cell production.
3. **Remove the Trigger:** Eliminate Gliadin (Gluten) for \_\_\_\_ days to lower Zonulin levels.
4. **Bind the Toxins:** Support the clearance of LPS (Endotoxemia) through fiber and hydration.

## Practitioner Observations & Reflection:

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## Next Steps:

- ☐ Order Functional Stool Test (Check sIgA/Zonulin levels)
  - ☐ Follow-up appointment scheduled for: \_\_\_\_\_
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