

The "Reveal" Phase: Stealth Infection & Toxic Load Assessment

Client Name: _____ Date: _____

Purpose: This tool helps identify potential environmental triggers—latent viruses, heavy metals, and mycotoxins—that may be driving chronic immune dysregulation and "Immune System Debt."

Section 1: Viral Latency & Immune Exhaustion

Check any symptoms or history that apply to you currently or in the past.

History of "The Great Triggering Event" - ☐ I have never felt the same since a specific viral illness (e.g., Mono, Flu, COVID-19). - ☐ I experienced a period of high stress followed immediately by chronic fatigue. - ☐ I have "flares" of symptoms that feel like I'm coming down with a cold, but it never fully develops.

Current Indicators of T-Cell Exhaustion - ☐ Persistent, unexplained fatigue that does not improve with rest. - ☐ Swollen lymph nodes (neck, armpits) that come and go. - ☐ Frequent sore throats or low-grade fevers. - ☐ History of Epstein-Barr Virus (EBV), CMV, or "Mono." - ☐ History of cold sores (Herpes Simplex) or Shingles.

Section 2: Environmental Toxic Burden

Identify potential exposure points for toxicants acting as "signal jammers" in your immune system.

Exposure Category	Potential Sources (Check all that apply)
Heavy Metals	<input type="checkbox"/> Silver (amalgam) dental fillings <input type="checkbox"/> High predatory fish intake (tuna/swordfish) <input type="checkbox"/> Known lead paint/pipe exposure <input type="checkbox"/> History of working with industrial chemicals/arts
Biotoxins (Mold)	<input type="checkbox"/> Lived/worked in a building with water damage <input type="checkbox"/> Visible mold or "musty" smells <input type="checkbox"/> History of "allergic-type" reactions (hives, sneezing) without a clear cause

Exposure Category	Potential Sources (Check all that apply)
Solvents/Plastics	<input type="checkbox"/> Frequent use of strong chemical cleaners/solvents <input type="checkbox"/> High use of plastic food containers/bottles <input type="checkbox"/> History of working in salons, dry cleaners, or print shops

Section 3: Hapten & Self-Attack Indicators

Haptens occur when chemicals bind to your proteins, potentially triggering autoimmunity. - ☐

Do you have a diagnosed autoimmune condition (e.g., Hashimoto's)? Yes / No - ☐ Do you notice your symptoms (joint pain, brain fog) worsen when exposed to strong scents, perfumes, or exhaust? Yes / No - ☐ Do you feel "toxic" or "heavy" after using household chemicals? Yes / No

Section 4: Prioritization & Reflection

Total Checkmarks: ____

Practitioner Observations: *Based on the "Clinical Chronology," which trigger appears to be the primary driver? (e.g., Did symptoms start after moving into a new house or after a severe viral infection?)*

Client Reflection: *Which area (Viruses, Metals, or Mold) feels most relevant to your personal health timeline?*

Next Steps (The "Reveal" Plan):

- ☐ **Viral Panel:** Request EBV Early Antigen (EA) to check for active replication.
- ☐ **Toxicology:** Consider Urine Mycotoxin or Provoked Toxic Elements testing.
- ☐ **Foundational Support:** Begin Biotransformation support (Module 2) and Targeted Nutrition (e.g., Lysine for viral quiescence).

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