

Gut-Immune Axis Mapping Tool: Assimilation & Defense Assessment

Client Name: _____ Date: _____

Section 1: Assimilation Node Assessment (The "Gateway")

Check all that apply to your experience over the last 30 days.

Digestion & Absorption Indicators - [] Upper GI bloating or gas immediately after eating -
[] Heartburn or reflux ("feeling like food sits in my chest") - [] Undigested food visible in stool
- [] Brittle nails or thinning hair - [] Metallic taste in the mouth - [] History of anemia (Iron or B12 deficiency)

Microbiota & Barrier Integrity - [] Frequent use of laxatives or stool softeners - [] History of multiple rounds of antibiotics - [] "Pregnant" look/bloating by the end of the day - [] Known food sensitivities (e.g., dairy, gluten) - [] Brain fog or "fuzzy headedness" after meals

Section 2: Defense & Repair Node Assessment (The "Security System")

Check all that apply to your experience over the last 30 days.

Immune & Inflammatory Indicators - [] Joint stiffness, especially for 30+ minutes in the morning - [] Frequent colds, flu, or "catching everything going around" - [] Unexplainable skin rashes, hives, or adult-onset acne - [] Slow-healing wounds or lingering infections - [] Feeling "inflamed" or puffy all over - [] Diagnosed autoimmune condition (e.g., Hashimoto's, RA, Psoriasis) - [] History of chronic viral issues (EBV, Cold Sores/HSV)

Section 3: The Gut-Immune Connection Tracker

Use this table for 3 days to identify "Crosstalk" between your gut and your immune/inflammatory response.

Day	Digestive Symptoms (Assimilation)	Systemic Symptoms (Defense/Repair)	Potential Trigger (Food/Stress)
1			
2			

Day	Digestive Symptoms (Assimilation)	Systemic Symptoms (Defense/Repair)	Potential Trigger (Food/Stress)
3			

Section 4: Scoring & Clinical Reflection

Total Assimilation Markers: _ / 11 | **Total Defense & Repair Markers:** _ / 10

Practitioner Observations: Note patterns: e.g., "The 'Defense' system is on high alert because the 'Assimilation' gate is left open."

The "Why" (Client Education): Your symptoms are not a "laundry list" of random issues. In Functional Medicine, we see that **70-80% of your immune system** lives in your gut. Your joint pain or skin issues (Defense) are likely a reaction to your gut barrier (Assimilation) being compromised.

Next Steps:

- [] **Phase 1:** Focus on Assimilation (Digestive support & barrier repair).
 - [] **Phase 2:** Calm the Defense system (Anti-inflammatory support).
 - [] **Follow-up Session Date:** _____
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AccrediPro Standards Institute Certified Tool | Lesson 2.3: Matrix Mapping
