

# Gut-Immune Integrity & Barrier Assessment

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

**Purpose:** This tool evaluates the health of your Gut-Associated Lymphoid Tissue (GALT) and the integrity of your intestinal barrier. It helps identify if your immune system "shield" is down and if systemic inflammation is being driven by "Metabolic Endotoxemia" (gut-derived toxins entering the blood).

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## Section 1: The "Shield" (Mucosal Defense & sIgA)

*Low Secretory IgA (sIgA) indicates immune exhaustion, while high levels suggest an active "fire."*

**Check all that apply:** - ☐ I seem to catch every cold or flu going around (Frequent infections). - ☐ I have developed new sensitivities to foods I used to eat without issue. - ☐ I am under chronic high stress or feel "burnt out" (HPA axis depletion). - ☐ I have been diagnosed with an autoimmune condition (e.g., Hashimoto's). - ☐ I experience frequent mouth ulcers or respiratory congestion. - ☐ I use NSAIDs (Ibuprofen/Aspirin) or consume alcohol more than 3x per week.

## Section 2: The "Arsonists" (LPS & Systemic Inflammation)

*Symptoms of Metabolic Endotoxemia occur when LPS (bacterial toxins) leak into the bloodstream.*

**Check all that apply:** - ☐ **Brain Fog:** I feel "cloudy" or have trouble concentrating after meals. - ☐ **Skin Flares:** I struggle with "random" hives, eczema, or acne. - ☐ **Joint/Muscle Pain:** I have migrating aches that don't stem from an injury. - ☐ **Post-Meal Fatigue:** I feel an overwhelming need to sleep after eating. - ☐ **Bloating:** I experience significant abdominal distension shortly after eating.

## Section 3: The "Peacekeepers" (SCFAs & Treg Support)

*Short-Chain Fatty Acids (SCFAs) like Butyrate are essential for immune tolerance.*

Dietary/Lifestyle Factor	Frequency (0-5)	Notes (Types of fiber/foods)
<b>Fiber Intake:</b> I eat 5+ servings of colorful veggies daily.	[ ]	
<b>Prebiotic Foods:</b> I eat onions, garlic, leeks, or asparagus.	[ ]	
<b>Polyphenols:</b> I consume green tea, berries, or dark cocoa.	[ ]	
<b>Fermented Foods:</b> I eat kimchi, kraut, or kefir.	[ ]	

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## Section 4: Scoring & Clinical Interpretation

**Total Checkmarks (Sections 1 & 2):** \_ **Average Fiber/Peacekeeper Score (Section 3):** \_

**Practitioner Observations:** \* **0-3 Checks:** Barrier likely intact; focus on maintenance. \* **4-7 Checks:** Moderate Barrier Dysfunction; "The Shield is Weakening." Likely low sIgA. \* **8+ Checks:** High probability of Leaky Gut/Metabolic Endotoxemia; "The Arsonists are active."

**Notes on GALT Status:** \_\_\_\_\_

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## Next Steps (Based on R.O.O.T.S. Method™):

1. **Identify Triggers:** (Stress management, pathogen screening, or food elimination) \_\_\_\_\_
2. **Support the Shield:** (Consider sIgA support like *S. boulardii* or Immunoglobulins) \_\_\_\_\_
3. **Feed the Peacekeepers:** (Increase Butyrate-producing fibers and polyphenols) \_\_\_\_\_
4. **Seal the Leaks:** (Consider L-Glutamine, Zinc Carnosine, or Aloe Vera) \_\_\_\_\_

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