

Autoimmune "Root Cause" Discovery Worksheet

Client Name: _____ Date: _____

Purpose of this Tool

In Functional Medicine, we view autoimmunity not as a mistake, but as a systemic loss of tolerance. This worksheet uses the "**Three-Legged Stool**" model to help us identify why your immune system is currently "confused" and where we can intervene to restore the peace.

Section 1: The Three-Legged Stool Assessment

For an autoimmune response to persist, three factors must be present. Check all that apply.

Leg 1: Genetic Predisposition (The Blueprint)

- [] Family history of autoimmune disease (e.g., Hashimoto's, RA, Celiac, Psoriasis)
- [] Personal history of multiple "unrelated" symptoms (Joint pain + Skin issues + Fatigue)
- [] Known genetic markers (e.g., HLA-DQ2/DQ8, HLA-B27) if previously tested

Leg 2: Environmental Triggers (The "Pull" on the Trigger)

- [] **Infections:** Recent or chronic (EBV/Mono, Lyme, Strep, Gum disease/Gingivitis)
- [] **Toxins:** Known exposure to mold, heavy metals (mercury/lead), or pesticides
- [] **Dietary Proteins:** Frequent consumption of Gluten or Dairy
- [] **Stress:** A period of intense psychological or physical trauma preceding symptom onset

Leg 3: Intestinal Permeability (The "Bullet" - Leaky Gut)

- [] Frequent bloating, gas, or abdominal pain
 - [] History of frequent antibiotic, NSAID (Ibuprofen), or Steroid use
 - [] Diagnosed food sensitivities or "reacting to everything"
 - [] Brain fog or "soul-crushing" fatigue after meals
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Section 2: Molecular Mimicry & "Friendly Fire"

Based on the lesson's clinical examples, identify potential cross-reactivity targets:

Potential Trigger	Target Tissue	Symptoms (Check if experiencing)
Gluten (Gliadin)	Thyroid / Brain	[] Cold hands, thinning hair, brain fog
Dairy (Casein)	Pancreas / Joints	[] Blood sugar swings, joint stiffness
Oral Bacteria	Joints / Heart	[] Bleeding gums, chronic joint swelling
Viral (e.g., EBV)	Myelin / Nerves	[] Tingling, numbness, muscle weakness

Section 3: The ATM Matrix (Practitioner & Client Collaboration)

Organize your history to see the "web" of interactions.

- **Antecedents (The "Before"):** (e.g., C-section birth, childhood antibiotics, family history)

- **Triggers (The "Event"):** (e.g., "I haven't felt well since the flu in 2019" or "since my divorce") _____
- **Mediators (The "Now"):** (e.g., Poor sleep, high sugar intake, ongoing mold in home)

Section 4: Reflection & Opportunity Window

The Weather Forecast: If we have detected antibodies but tissue damage is minimal, we are in the "Prodromal Phase." We don't wait for the storm; we act now.

Total Burden Score (0-10): _ (0 = No triggers/symptoms; 10 = High genetic risk + active gut issues + multiple triggers)

What is the "Low-Hanging Fruit" we can address in the next 30 days?

Next Steps:

1. [] Begin **R.O.O.T.S. Protocol** (Anti-inflammatory diet)
2. [] Prioritize **Gut Repair** (Addressing the "Bullet")
3. [] Targeted testing for **Predictive Antibodies or Pathogens**

