

Total Toxic Burden & Immune Trigger Assessment

Client Name: _____ Date: _____

Practitioner Note: This tool is designed to identify the "R.O.O.T.S." of immune dysregulation and determine if the client's "Toxic Bucket" is overflowing. Use this to map the Defense and Repair node of the Functional Medicine Matrix.

Section 1: Signs of "Smoldering" (Chronic) Inflammation

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

- ☐ **Migrating Pain:** Joint or muscle pain that moves from one spot to another.
- ☐ **Morning Stagnation:** Puffy fingers, face, or stiff joints upon waking.
- ☐ **Brain Fog:** Difficulty focusing or feeling "cloudy" despite adequate sleep.
- ☐ **Unexplained Fatigue:** Deep exhaustion that isn't resolved by rest.
- ☐ **Skin Flashes:** Random redness, itching, or "hot" spots on the skin.
- ☐ **Slow Recovery:** Minor scratches or bruises take a long time to heal.

Section 2: The R.O.O.T.S. Inventory

Identify potential triggers currently "priming" your immune system.

Category	Potential Trigger Check	Notes (Frequency/Severity)
Allergens	<input type="checkbox"/> Seasonal/Pollen <input type="checkbox"/> Mold/Dampness <input type="checkbox"/> Pet Dander <input type="checkbox"/> Specific Foods (Gluten/Dairy)	
Microbes	<input type="checkbox"/> History of Mono/EBV <input type="checkbox"/> Frequent Sinus Issues <input type="checkbox"/> Gut Bloating/Gas <input type="checkbox"/> Recent Viral Infection	
Toxins	<input type="checkbox"/> New Home/Renovation <input type="checkbox"/> High Plastic Use (BPA) <input type="checkbox"/> Tap Water Consumption <input type="checkbox"/> Heavy Pesticide Exposure	

Section 3: Meta-inflammation & Metabolic Load

Metabolic excess can "fire up" the immune system (Meta-inflammation).

1. **Waist-to-Hip Ratio:** Waist (in) / Hips (in) = ____ (*Target: <0.85 for women; <0.90 for men*)
2. **Blood Sugar Stability:** Do you experience "hangry" episodes or afternoon energy crashes? ☐ Yes ☐ No
3. **Adipose Stress:** Do you carry weight primarily around your midsection? ☐ Yes ☐ No

Section 4: Scoring & Reflection

Total Checkmarks (Sections 1-3): ____

- **0-5 Low Burden:** Your "Security Guard" is likely alert but calm. Focus on maintenance.
- **6-12 Moderate Burden:** Your "Toxic Bucket" is filling. Immune tolerance may be wavering.
- **13+ High Burden:** Your immune system is likely "trigger-happy." Immediate intervention in the Defense and Repair node is recommended.

Client Reflection: What is the one "trigger" in your environment you feel has the biggest impact on your daily energy?

Practitioner Next Steps:

- ☐ **Cool the Fire:** Address blood sugar/Meta-inflammation first.
- ☐ **Lower the Burden:** Identify top 2 environmental toxins to eliminate this month.
- ☐ **Support Repair:** Consider glutathione precursors or SPMs (Specialized Pro-resolving Mediators).

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