

# Immune Balance & Polarization Assessment

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

## Overview

This tool helps identify potential imbalances in your adaptive immune system (T-cell polarization) and assesses the "Three Pillars of Autoimmunity." It is designed to help your coach determine where to focus within the **R.O.O.T.S. Method™**.

## Section 1: The Three Pillars Assessment

Check any that apply to identify your "Perfect Storm" factors.

**Pillar 1: Genetic Predisposition** - ☐ Family history of autoimmunity (Hashimoto's, RA, Lupus, Type 1 Diabetes, etc.) - ☐ Personal history of more than one autoimmune diagnosis

**Pillar 2: Environmental Triggers** - ☐ Known chronic infections (EBV, Lyme, Herpes, etc.) - ☐ History of heavy metal exposure (mercury fillings, industrial work) - ☐ High stress levels (Physical, Emotional, or Chemical)

**Pillar 3: Intestinal Permeability ("Leaky Gut")** - ☐ Frequent bloating, gas, or abdominal pain - ☐ History of antibiotic use or NSAID use (Ibuprofen/Aspirin) - ☐ Food sensitivities (reacting to foods you previously tolerated)

## Section 2: T-Cell Polarization Screening

Rate the following symptoms from 0 (Never) to 3 (Frequent/Severe).

Symptom Category	Score (0-3)	Potential Polarization
<b>Group A:</b> Joint pain, organ-specific inflammation, brain fog	—	<b>Th1 Dominance</b>
<b>Group B:</b> Seasonal allergies, asthma, eczema, hives	—	<b>Th2 Dominance</b>
<b>Group C:</b> Chemical sensitivities (perfumes, exhaust, cleaners)	—	<b>Th2 Dominance</b>

Symptom Category	Score (0-3)	Potential Polarization
<b>Group D:</b> Intense flares, skin psoriasis, digestive "attacks"	—	<b>Th17 Dominance</b>
<b>Group E:</b> "Reacting to everything," slow recovery from exercise	—	<b>Treg Deficiency</b>

**Dominant Group(s):** \_\_\_\_\_

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### Section 3: Molecular Mimicry & Antibody Check

- **IgE (Immediate):** Do you have any "true" allergies (anaphylaxis, immediate hives)? ☐ Yes ☐ No
  - **IgG (Delayed):** Do you feel worse 24–72 hours after eating specific foods? ☐ Yes ☐ No
  - **Molecular Mimicry:** Do you notice a flare in your thyroid or joint symptoms after consuming gluten or dairy? ☐ Yes ☐ No
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### Section 4: Practitioner Reflection & Notes

**Total Symptom Load:** \_\_\_\_

**Primary Focus Area:** - ☐ **Remove:** Eliminate molecular mimicry triggers (e.g., Gluten/Dairy). - ☐ **Optimize:** Support the "Brakes" (Treg cells) with Vitamin D3, Vit A, and Glutathione. - ☐ **Target:** Address intestinal permeability (The 3rd Pillar).

**Notes on Polarization:**

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### Next Steps:

1. \_\_\_\_\_
  2. \_\_\_\_\_
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