

Gut-Immune Axis: Systemic Load Assessment

Client Name: _____ Date: _____

Purpose: This tool helps identify if your "Immune Headquarters" (the GALT) is in a state of alarm or depletion. By mapping systemic symptoms to gut health, we can address the root cause of inflammation.

Section 1: The "Systemic Alarm" (Symptom Inventory)

The gut houses 70–80% of your immune system. When the gut barrier is compromised, toxins like **LPS** leak into the blood, causing "fire" throughout the body.

Check all that apply to you in the last 14 days: - ☐ **Brain Fog:** Difficulty concentrating or "cloudy" thinking. - ☐ **Joint/Muscle Pain:** Unexplained aches or stiffness. - ☐ **Persistent Fatigue:** Feeling "tired but wired" or exhausted despite sleep. - ☐ **Skin Flare-ups:** Acne, eczema, or unexplained rashes. - ☐ **Mood Swings:** Increased anxiety, irritability, or low mood. - ☐ **Sensitivities:** Reacting to foods or smells that didn't bother you before.

Section 2: Barrier Integrity & "Security Guard" Assessment

This section looks at **Secretory IgA (sIgA)**—your first line of defense—and potential **Zonulin** triggers (which open the "gates" of the gut).

Indicator	Frequency/Status	Potential Impact
Chronic Stress Levels	Low / Med / High	High cortisol depletes sIgA (defense).
Frequent Infections	Yes / No	Suggests low sIgA (weakened barrier).
Daily Gluten Intake	Yes / No	Primary trigger for Zonulin (leaky gut).
Industrial Seed Oils	Yes / No	Promotes systemic inflammation/dysbiosis.
Antibiotic History	Recent / Past / None	Disrupts the microbiome "trainers."

Section 3: The "Guard Trainer" (Butyrate & Fiber Tracker)

Beneficial bacteria produce **Butyrate**, which trains your "Peacekeeper" cells (Tregs) to prevent autoimmunity.

In the past week, how often did you consume the following "Microbiome Training" foods? (*Fiber-rich vegetables, resistant starches, fermented foods*) - ☐ **Day 1:** _____ - ☐
Day 2: _____ - ☐ **Day 3:** _____ - ☐ **Day 4:** _____ - ☐ **Day 5:** _____

Section 4: Practitioner Reflection & Scoring

Total Systemic Alarm Checkmarks (Section 1): ___ / 6 * 0–2: *Low systemic load.* | 3–4: *Moderate dysregulation.* | 5–6: *High systemic antigen loading.*

Observations (Patterns between gut triggers and systemic symptoms):

Next Steps:

- ☐ **Restore:** Increase Butyrate-producing fibers to support Treg production.
- ☐ **Fortify:** Support sIgA with targeted nutrients (Vitamin A, Zinc) and stress management.
- ☐ **Seal:** Remove Zonulin triggers (Gluten/Seed Oils) for the next 30 days.
- ☐ **Test:** Consider Functional Stool Testing to measure sIgA and Zonulin levels.

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