

Systemic Integration & Allostatic Load Assessment

Client Name: _____ Date: _____

Practitioner Note: Use this tool during the "Organize" phase of the Functional Medicine journey. This assessment helps quantify the client's **Allostatic Load** (cumulative wear and tear) and identifies **Biological Crosstalk** between seemingly unrelated symptoms.

Section 1: The Allostatic Load (Cumulative Stressors)

Identify the "Total Toxic Burden" pushing the body toward the tipping point. Rate the impact of each from 0 (None) to 3 (Severe).

Stressor Category	Impact (0-3)	Notes (Duration/Frequency)
Environmental: (Toxins, mold, pollution, heavy metals)	_____	
Physiological: (Chronic infection, poor diet, lack of sleep)	_____	
Psychological: (Work stress, trauma, relationship strain)	_____	
Metabolic: (Blood sugar swings, high BMI, sedentary habits)	_____	

Total Allostatic Score: ___ / 12

(High scores indicate a system losing its ability to maintain homeostasis through change.)

Section 2: Mapping Biological Crosstalk (The Matrix Nodes)

Check all that apply. Notice how symptoms in one "Node" often trigger vibrations in another (The Spider Web Effect).

Node A: Assimilation (Gut & Digestion)

- Bloating, gas, or reflux
- History of antibiotic use or food sensitivities

- [] Diagnosed "Leaky Gut" or intestinal permeability
- [] **Crosstalk Link:** Do gut flare-ups coincide with brain fog or joint pain? (Yes/No)

Node B: Defense & Repair (Immune & Inflammation)

- [] Chronic joint or muscle pain ("Inflammaging")
- [] Frequent colds, flu, or slow wound healing
- [] High hs-CRP or inflammatory markers in bloodwork
- [] **Crosstalk Link:** Does systemic inflammation feel "low-grade" but constant? (Yes/No)

Node C: Communication (Hormones & Neurotransmitters)

- [] Fatigue, brain fog, or "wired but tired" feeling
 - [] Insulin resistance or difficulty losing weight (Adipokine signaling)
 - [] Mood swings, anxiety, or depression
 - [] **Crosstalk Link:** Is your energy level tied to your digestive health? (Yes/No)
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Section 3: Reflection & Systemic Strategy

The "Spider Web" Connection: Based on the checks above, identify the "Primary Tug." (e.g., "*My gut inflammation is 'tugging' on my brain health and joint integrity.*")

Visualizing the Matrix (Practitioner Use): Rank the priority of intervention based on the evidence of crosstalk: 1. **Primary Node to Address:** _____ (*Usually Assimilation or Defense/Repair*) 2. **Secondary Node Affected:** _____ 3. **Distal Goal:** _____ (e.g., "Reduce joint pain by healing the gut.")

Next Steps:

- [] Initiate 4R Gut Restoration Protocol (to reduce LPS-driven neuroinflammation).
 - [] Implement Anti-Inflammatory Nutrition Plan (to address "Inflammaging").
 - [] Schedule follow-up to re-evaluate Allostatic Load Score in 30 days.
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