

Autoimmune-Gut-Brain Connectivity Tracker

Client Name: __ Date: __ Week #: __

Section 1: Baseline Symptom Check (The "Axis" Inventory)

Rate the severity of these symptoms over the last 24 hours (0 = None, 5 = Severe)

The Gut (Immune Gatekeeper): - [] Bloating/Distension (especially after meals): _ - []

Irregular Bowel Movements (Constipation/Diarrhea): _ - [] Abdominal Pain or Cramping:

The Brain (Neuro-inflammation): - [] "Brain Fog" (Difficulty focusing/word-finding): _ - []

Afternoon Fatigue (The "Crushing" Slump): _ - [] Mood Fluctuations (Anxiety/Irritability):

The System (Autoimmune Activity): - [] Joint Pain or Muscle Aches: _ - [] **Sensitivity to Cold / Brittle Hair or Nails:** _

Section 2: Daily Gut-Brain Correlation Log

Use this table to identify "Molecular Mimicry" triggers—where specific foods or stressors trigger immediate neurological (brain) or digestive (gut) responses.

Day	Food/Supplements (5R Protocol)	Digestive Response (Gut)	Clarity & Energy (Brain)	Notes (Stress/Sleep)
Mon		<input type="checkbox"/>	<input type="checkbox"/>	
Tue		<input type="checkbox"/>	<input type="checkbox"/>	
Wed		<input type="checkbox"/>	<input type="checkbox"/>	
Thu		<input type="checkbox"/>	<input type="checkbox"/>	
Fri		<input type="checkbox"/>	<input type="checkbox"/>	
Sat		<input type="checkbox"/>	<input type="checkbox"/>	
Sun		<input type="checkbox"/>	<input type="checkbox"/>	

Legend: □ = Symptom Flare (Note time of day in notes)

Section 3: Reflection & Pattern Recognition

- 1. Molecular Mimicry Check:** Did you notice a "Brain Fog" flare within 30–120 minutes of eating a specific food (e.g., gluten, dairy, corn, or coffee)?

- 2. The Vagus Nerve Connection:** Did your digestive symptoms (bloating) coincide with a high-stress event or poor sleep?

- 3. 5R Adherence:** Are you consistently taking your "Repair" (L-Glutamine/Zinc) and "Remove" (Antimicrobials) supports?

Weekly Connectivity Score (Total Flared Days): _____ / 7

Next Steps:

Based on this week's data, we will: - [] Refine the "Remove" phase (Identify hidden cross-reactive triggers). - [] Adjust "Replace" phase (Increase digestive enzymes/HCl). - [] Implement Vagus Nerve stimulation (Deep breathing/Gargling) to improve Gut-Brain communication.

Practitioner Signature: _____

AccrediPro Standards Institute Certified Tool | CFMP™ Module 16: Advanced Case Studies

How to use this tool:

- 1. For the Client:** Explain that the gut and brain are a "two-way street." If the gut is "on fire" (bloating/LPS leakage), the brain will feel "foggy" (microglia activation).
- 2. For the Practitioner:** Use Section 2 to look for patterns. If the client reports bloating and brain fog simultaneously, it confirms the **Autoimmune-Gut-Brain Axis** is active and requires tighter adherence to the 5R protocol and molecular mimicry avoidance.