

Questionnaire

Understanding key contributors to immune health will help identify the best course of action for recovery of immune function. After reviewing this questionnaire with your health care provider, **ask about** dietary, lifestyle and nutrient therapy recommendations.

Please list your top 3 major health concerns in order of importance:

1. _____
2. _____
3. _____

Overall Immune & Inflammatory Balance

- Do you tend to catch cold easily or recover slowly from illness? Y N
- Have you been diagnosed with a recent or chronic infection (such as Lyme disease, Epstein-Barr, Candidiasis, herpes simplex)? Y N
- Do you suffer from chronic fatigue, chronic pain, fibromyalgia or migraine headaches? Y N
- Do you have unexplained rashes, redness or itching? Y N

Diet & Lifestyle

- Do you eat at least five servings of fruits and vegetables per day? Y N
- Do you regularly eat at restaurants or consume prepared foods from the grocery store? Y N
- Do you exercise at least five days per week? Y N
- Do you have any known allergies or sensitivities to foods or medications? Y N

Gastrointestinal Health

- Do you regularly have less than one or more than three bowel movements per day? Y N
- Do you experience frequent heartburn, burping, gas or bloating? Y N
- Have you used antibiotic medications within the past two years? Y N
- Do you consume alcohol, antacids or anti-inflammatory/pain killer drugs regularly? Y N

Stress

- Do you feel less able to handle stress or experience more stress now than in the past? Y N
- Do you experience mental foggy or have trouble concentrating? Y N
- Do you have trouble falling or staying asleep? Y N
- Do you wake feeling unrested or depend on caffeine to keep yourself going throughout the day? Y N

Environmental & Toxic Exposures

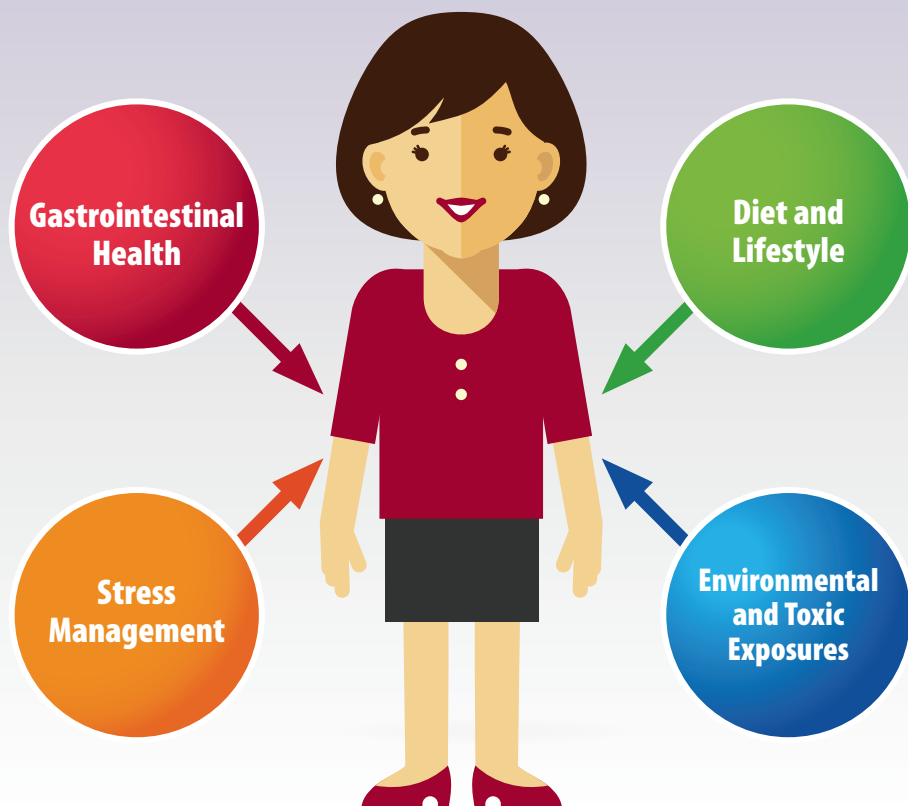
- Do you have regular exposure to exhaust fumes, tobacco smoke, pesticides, commercial chemicals, paint, cleaning chemicals or volatile fumes? Y N
- Have you lived in a house or worked in an office environment with a history of water damage or known mold? Y N
- Are you sensitive to smells or fragrances? Y N
- Do you have seasonal allergies, asthma or an autoimmune disease? Y N

Your Timeline

Mapping out your own timeline—past illnesses, stressful events, toxic exposures—can often reveal root causes and contributors to symptoms and conditions. Maintaining balanced immune and inflammatory function ensures that the immune system continues to recognize what is and is not dangerous to the body, respond to infections and injuries, and repair damage appropriately.

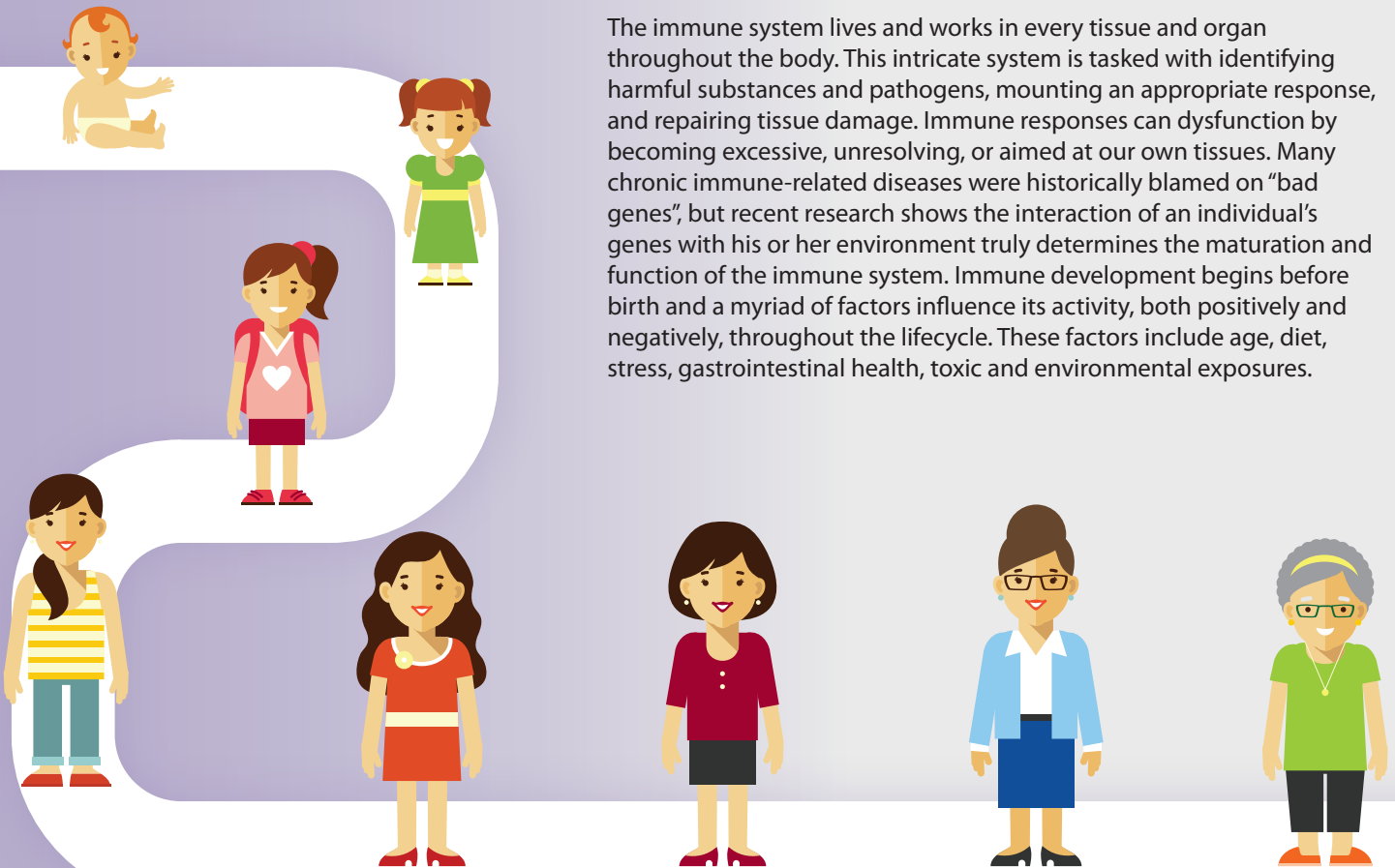
Protecting and Boosting Immune Function and Health Relies On These Key Areas:

- Gastrointestinal Health
- Stress Management
- Diet and Lifestyle
- Environmental and Toxic Exposures



The Timeline of Immune Development

The immune system lives and works in every tissue and organ throughout the body. This intricate system is tasked with identifying harmful substances and pathogens, mounting an appropriate response, and repairing tissue damage. Immune responses can dysfunction by becoming excessive, unresolving, or aimed at our own tissues. Many chronic immune-related diseases were historically blamed on “bad genes”, but recent research shows the interaction of an individual’s genes with his or her environment truly determines the maturation and function of the immune system. Immune development begins before birth and a myriad of factors influence its activity, both positively and negatively, throughout the lifecycle. These factors include age, diet, stress, gastrointestinal health, toxic and environmental exposures.



The Timeline in Action

Immune cells have a long lifespan with memory for past infections. While this lifespan and memory normally protects us from repeated infections, cumulative toxic exposures or inadequate energy for these cells can deteriorate functioning. Understanding how various factors affect immune functioning can be the key to clearing a path for improvement of immune function and overall health.



BEFORE BIRTH

A pregnant woman’s age, diet, lifestyle and nutrient reserves play crucial roles in fetal development. Illness or major stressors during pregnancy can alter the development of the fetal immune system. Furthermore, some toxins are able to cross the placenta to affect the growing fetus’ immune system.

Factors To Consider:

- Did your mother or father have a chronic illness, such as an autoimmune disease, before you were conceived?

- Did your mother take any medications regularly before your birth?

- What was your mother’s diet like before and during her pregnancy?

- What living environment did your mother occupy while she was pregnant (type of home, stress level, presence of abuse, area of the world)?



CHILDHOOD & ADOLESCENCE

Starting at birth, the environment in which we are raised is key factor in our immune maturation. Whether we are breastfed, treated with antibiotics for infections, or regularly exposed to environmental allergens or toxic chemicals affect not only immune function at that time, but increase risks for misdirected, exaggerated, or inappropriate immune or inflammatory responses later in life.

Factors To Consider:

- Were you breastfed?

- Did you have frequent infections in childhood, such as ear infections?

- How often did you take antibiotics?

- Did you have a pet growing up?

- What was your diet like at home and at school?



ADULTHOOD

Lifestyle—ranging from diet, nutrient intake and reserves, physical activity, stress levels, and environment—influence immune functioning. Major life changes and events can shift immune functioning from normal to inadequate or overzealous.

Factors To Consider:

- What is your average stress level?

- How often do you get eight hours of sleep a night?

-
- What does your diet look like?

-
- Do you take medications?

-
- Do you have autoimmunity in your family history?
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ADVANCED AGE

With age, the body and immune system become less resilient. Functional disruptions, such as hormonal changes, decreases in energy production, or build-up of cellular toxins, lead to increased levels of inflammation, slowed immune responses, and greater susceptibility to infection.

Factors To Consider:

- Do you consume meat?

-
- Do you suffer from constipation?

-
- Do you take medications?

-
- Do you currently work?
-

Areas to Review With Your Doctor

Key area(s) to be addressed:

☐ Overall Immune & Inflammatory Balance

☐ Diet & Lifestyle

☐ Stress

☐ Gastrointestinal Health

☐ Environmental & Toxic Exposures

Formulation	Dose (capsules, tablets or scoops)	Frequency Per Day

Additional Recommendations:
