

IMMUNE SCREENING:

Name: _____ Date of Screening: _____

RESULTS: Core Factors Directly Impacting Your Immunity and Resistance to Infection

Dietary Factors:

Dr. Henry Bieler made it perfectly clear, in his book “Food is Your Best Medicine,” emphasizing the essential role that proper nutrition plays in determining how well or sick you will be. The link between your dietary habits and how prepared your immune system will be to **prevent and combat infection** is undeniable. Note: The test results below are more meaningful when confirmed and correlated with other dietary information.

Test:

Vegetable intake

Sugar/refined flour intake

Concern:

Plant nutrients (phytonutrients) are instrumental in maintaining high resistance and strong immunity.

Consumption of sugar and refined flour slows your immune response, and weakens your resistance.

Your Result:

Very Low Low Good

High Moderate Low

Regardless of your nutrient test results, you (and your immune system!) would most likely benefit from, and want to always begin with, an evidence-based foundational nutrient formula to help **fill the nutrient ‘gaps’ in your daily diet**. You’ll want to utilize a formula that uses the correct form of each nutrient; considers lower and more synergistic dosages; is tested for purity and content; and includes probiotics, and antioxidants.

Recommendation: *Mature Essentials* or *Active Essentials* (available at our Clinic Pharmacy).

Nutrient Deficiencies:

When your body has all the nutrients it needs to make new cells (which is happening every second of your life), healthy cells are created, resulting in you looking, feeling, and functioning well – as Nature had intended. However, when one or more nutrients are low, your body has difficulty making healthy immune cells, and the stage for **infection and delayed recovery and healing** is set.

The following test results provide an *indication* of the status of two critical immune function nutrients, coupled with a health history factor. There are other factors and critical nutrients (like vitamin D, B-12) that should also be considered and tested (blood) to get a clearer picture of your nutrient status. Note: The test results below are more meaningful when confirmed and correlated with other nutrient tests (blood, urine, etc.).

Test:

Vitamin C levels

Zinc levels

Chronic health problems

Concern:

Door to infection is open with low Vitamin C levels.

Low zinc levels linked with delayed wound healing.

Recurring or persistent health challenges is a common sign of multiple nutrient deficiencies.

Your Result:

Very Low Low Normal

Very Low Low Normal

Yes Some No

ALERT! If you are low in certain nutrients, it is not wise to just dump a bunch of nutrients back into your body without knowing **what is safe to take; how much to take; and when to take it**. Nutritional science is quite complex, and should be approached with the same degree of caution and expertise as you would take before taking pharmaceutical drugs.

Excessive Toxic Burden:

'New-to-Nature' chemicals are increasingly ending up in your food, air, water supply, and eventually in your body. When your toxic 'load' exceeds your capacity, your cells break down, mutate, and often die. Immune challenges are the inevitable result, e.g., **increased infection**, cancer, arthritis, heart disease, dementia, accelerated aging, weight gain, as well as a substantial compromise in your health and vitality.

The following provides an indication for the potential of carrying an excessive toxic burden. Note: The results are more meaningful when correlated with toxicity tests (VCS, BIA, etc.).

Test:

Toxic Exposure
(medication, vaccines,..)

Exercise habits

Concern:

Repeated exposure to drugs and other toxic substances, can negatively impact your resistance to infection.

Without consistent and appropriate exercise, lymph flow is reduced, and so is your immune response.

Your Result:

Yes **Some** **No**

Poor **Lacking** **Good**

Sleep Debt:

Studies show that the average American is getting about 1-2 hours less sleep each night than they did in the recent past. For those that are ensuring that they are reserving enough time in bed for sleep, many of them aren't getting the restorative sleep that their brain and body requires.

Insufficient restorative sleep ('sleep debt') is epidemic and has been clearly **linked to immune compromise**, decreased resistance, obesity, heart disease, poor mental health, memory loss, and many other chronic degenerative diseases.

The following test results provide an indication of your sleep 'reserves'. Note: The test results are more meaningful when correlated with other data indicative of sleep debt.

Test:

HRV (Heart Rate Variability)

ESS (Epworth Sleepiness Score)

Concern:

Does this test indicate that you are getting enough restorative sleep to ensure healthy immunity?

Does the results indicate that you are getting enough restorative sleep to resist infection?

Your Result:

Probably Not **Maybe** **Yes**

Probably Not **Maybe** **Yes**

Unmanaged Stress:

Stress levels are on the rise, with more electromagnetic radiation and noise pollution, and a steady decline in physical activity and quality nourishment. Coupled with compounding sleep debt, "long days", and unnatural schedules, we continue to lose the stress game, shown to **weaken our immune function and response**, and promoting the development of heart disease, diabetes, hormone imbalances, and much more.

The following test results provide an indication of how well your body is responding and adapting to various stressors in your life. Note: The test results are more meaningful when correlated with other tests that reveal your stress resiliency.

Test:

HRV (Heart Rate Variability)

Health History

Concern:

Does this test indicate that stress appears to be significantly impacting your immune function?

Is stress likely impacting the reaction time of your immune cells?

Your Result:

Probably **Possibly** **No**

Probably **Possibly** **No**