

ANTECEDENTS

Infection = a viral, bacterial or parasitic instance, as well as dysbiosis, yeast overgrowth in the gut and/or elsewhere in the system

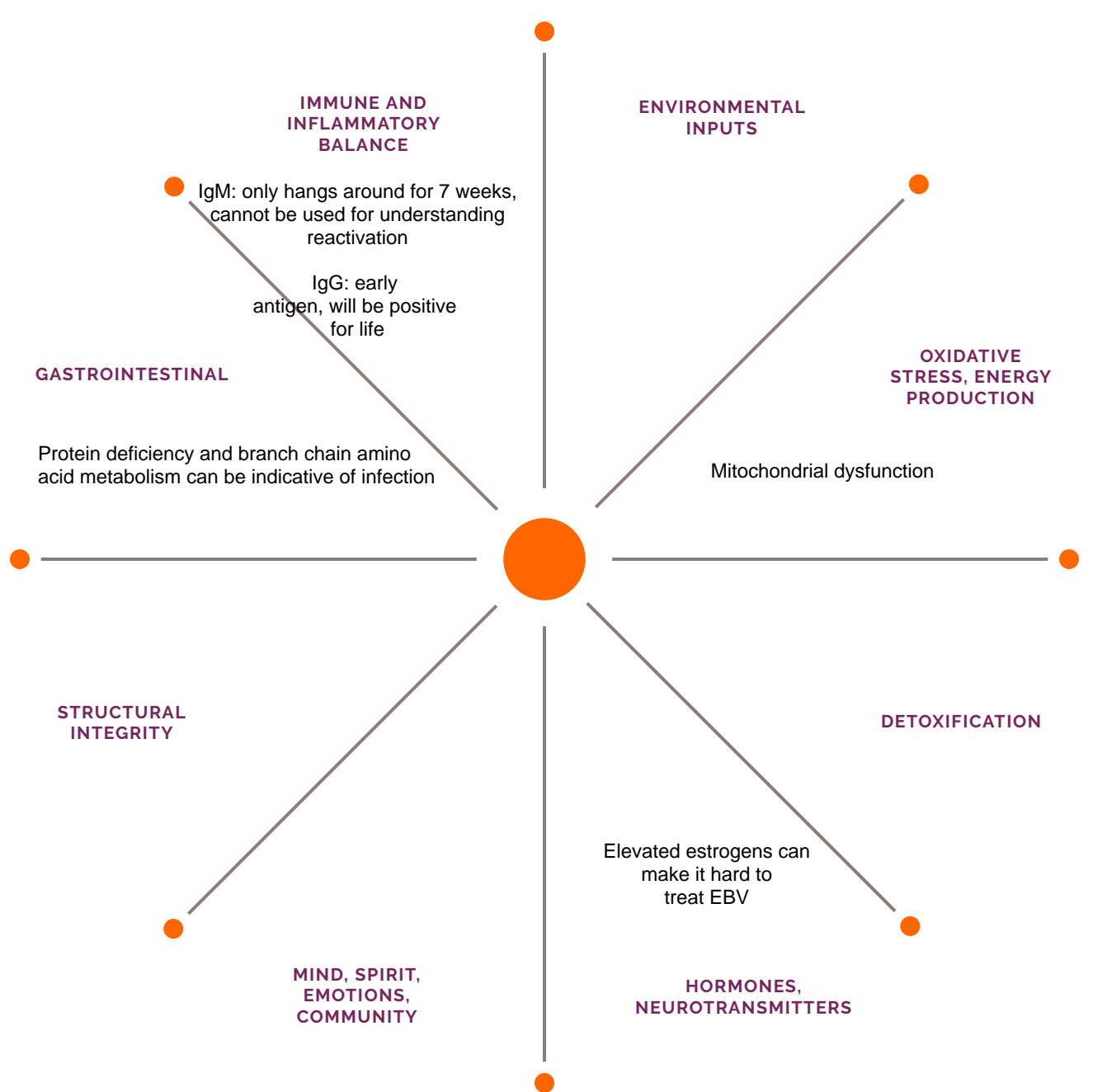
TRIGGERING EVENTS

Infections can be present before autoimmunity presents.
Ex: EBV (mononucleosis), yersinia enterocolitica, Lyme, Flu, cytomegalovirus, H. Pylori, Herpes 6

ACE's = major stress and traumas as a child can make it difficult to treat an infection

MEDIATORS

IgG elevation indicates that there is an immune challenge going on with the patient -- worth asking WHY



SLEEP/RELAXATION

Sleep needs to be treated more seriously for viruses to be treated successfully

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

STRESS/RESILIENCE

Identify all the major sources of stress in a patients life

RELATIONSHIPS/NETWORKS

Look at patient's relationships, networks, job, etc.