

Name _____

Date _____



Cogence Brief Immunological Assessment

Please **CIRCLE** the number that reflects whether the statement applies to you:

0 = Does not apply | 1 = Rarely applies | 2 = Sometimes applies | 3 = Applies | 4 = Strongly applies

Th1 Polarization Support Factors						Th2 Modulation Factors					
Chronic inflammation	0	1	2	3	4	Childhood asthma	No=0		Yes=3		
High stress level	0	1	2	3	4	Childhood intestinal problems	No=0		Yes=3		
Autoimmune disease flares	0	1	2	3	4	Childhood ear infections	No=0		Yes=3		
Tendency to intestinal problems	0	1	2	3	4	Tendency to asthma or other lung issues	0	1	2	3	4
Current intestinal problem	0	1	2	3	4	Active or medicated asthma	0	1	2	3	4
Catch colds that are going around	0	1	2	3	4	Active or medicated other lung problem	0	1	2	3	4
Stay sick longer once you get sick	0	1	2	3	4	Tendency to sinusitis	0	1	2	3	4
Get cold sores	0	1	2	3	4	Headache in forehead, cheek, face	0	1	2	3	4
Tendency to bladder infections	0	1	2	3	4	Current sinus problem	0	1	2	3	4
Current bladder infection	0	1	2	3	4	Produce copious nasal mucous	0	1	2	3	4
Tendency to sinus infections	0	1	2	3	4	Mucous in stool	0	1	2	3	4
Current sinus infection	0	1	2	3	4	Allergy to environment (pollen, mold, etc.)	0	1	2	3	4
Tendency to respiratory infections	0	1	2	3	4	Food sensitivities/reactions	0	1	2	3	4
Current respiratory infection	0	1	2	3	4	Tendency to IBS, SIBO, Dysbiosis, etc.	0	1	2	3	4
Chronically elevated viral burden	0	1	2	3	4	IBS, SIBO, Dysbiosis, other GI currently	0	1	2	3	4
Age: add 2 points for every 5 years over 50						Chronic Stress	0	1	2	3	4
Total of the numbers you circled plus any for age						Work with toxic chemicals	0	1	2	3	4
						Age: add 2 points for every 5 years over 50					
						Total of the numbers you circled plus any for age					

Number of days with symptoms of autoimmune flare in the past month ____ in the past week ____

Number of days with symptoms of inflammation in the past month ____ in the past week ____

Can be body inflammation (aches & pains, body fatigue, GI symptoms, etc.) or brain inflammation (mental fatigue, brain fog, etc.)

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