

Name: _____

Date: _____

Legend:

✓ Tested and confirmed ● Suspected X Ruled out

Primary mechanisms: What causes drive the disease?

☐ Covid-19 viral persistence

☐ Allergies

☐ Covid-19 spike protein persistence

☐ Lyme disease

☐ Covid-19 vaccination

☐ Environmental pollutants / Mold / Toxins

☐ Reactivated viruses
(EBV, CMV, VZV, etc.)

☐ Heavy metal accumulation

☐ Bacteria

☐ Disrupted gut microbiome

☐ Parasites

☐ Leaky-Gut-Syndrome

☐ Fungal infection

☐ Inflammation or wounds
on specific body parts:

☐ Pre-existing conditions:

☐ Craniocervical instability (CCI)

☐ Other:

☐ Other:

Secondary mechanisms: How does the body react?

☐ Weakened immune system

☐ Autoantibodies

☐ Systemic inflammation

☐ Oxidative stress (ROS)

☐ Weakened blood vessels

☐ Nitrosative stress (RNS)

☐ Microclots

☐ Impeded oxygen supply

☐ Weakened mitochondria

☐ Increased production of lactic acid

☐ Neuroinflammation

☐ Impaired sympathetic/parasympathetic
nervous system

☐ Dysautonomia

☐ Impaired vagus nerve

☐ Impaired endocrine system

☐ Reduced utilization of
vitamins and amino acids

☐ Mast Cell Activation Syndrome (MCAS)

☐ Small-Fiber-Neuropathy (SFN)

☐ Other:

☐ Other:

Aftermath: How do the secondary mechanisms manifest?

☐ Increased rate of infections

☐ Brain Fog

☐ Fatigue / CFS

☐ Crashes / PEM

☐ Difficulty breathing

☐ Heart palpitations / POTS

☐ Pain

☐ Impaired vision

☐ Impaired sleep

☐ Other:

☐ Other:

☐ Other:

☐ Other:

☐ Other:

Connections & Interrelationships

Can you identify correlations? Which cause is responsible for which symptoms?

Example: Viral residues => Autoantibodies => Neuroinflammation => Brain fog