

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Legend:

✓ Tested and confirmed • Suspected X Ruled out

### Primary mechanisms: What causes drive the disease?

<input type="checkbox"/> Covid-19 viral persistence	<input type="checkbox"/> Allergies
<input type="checkbox"/> Covid-19 spike protein persistence	<input type="checkbox"/> Lyme disease
<input type="checkbox"/> Covid-19 vaccination	<input type="checkbox"/> Environmental pollutants / Mold / Toxins
<input type="checkbox"/> Reactivated viruses (EBV, CMV, VZV, etc.)	<input type="checkbox"/> Heavy metal accumulation
<input type="checkbox"/> Bacteria	<input type="checkbox"/> Disrupted gut microbiome
<input type="checkbox"/> Parasites	<input type="checkbox"/> Leaky-Gut-Syndrome
<input type="checkbox"/> Fungal infection	<input type="checkbox"/> Inflammation or wounds on specific body parts:
<input type="checkbox"/> Pre-existing conditions:	<input type="checkbox"/> Craniocervical instability (CCI)
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:

### Secondary mechanisms: How does the body react?

<input type="checkbox"/> Weakened immune system	<input type="checkbox"/> Autoantibodies
<input type="checkbox"/> Systemic inflammation	<input type="checkbox"/> Oxidative stress (ROS)
<input type="checkbox"/> Weakened blood vessels	<input type="checkbox"/> Nitrosative stress (RNS)
<input type="checkbox"/> Microclots	<input type="checkbox"/> Impeded oxygen supply
<input type="checkbox"/> Weakened mitochondria	<input type="checkbox"/> Increased production of lactic acid
<input type="checkbox"/> Neuroinflammation	<input type="checkbox"/> Impaired sympathetic/parasympathetic nervous system
<input type="checkbox"/> Dysautonomia	<input type="checkbox"/> Impaired vagus nerve

# Post Covid Plan

<input type="checkbox"/> Impaired endocrine system	<input type="checkbox"/> Reduced utilization of vitamins and amino acids
<input type="checkbox"/> Mast Cell Activation Syndrome (MCAS)	<input type="checkbox"/> Small-Fiber-Neuropathy (SFN)
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:

## Aftermath: How do the secondary mechanisms manifest?

<input type="checkbox"/> Increased rate of infections	<input type="checkbox"/> Brain Fog
<input type="checkbox"/> Fatigue / CFS	<input type="checkbox"/> Crashes / PEM
<input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Heart palpitations / POTS
<input type="checkbox"/> Pain	<input type="checkbox"/> Impaired vision
<input type="checkbox"/> Impaired sleep	<input type="checkbox"/> Other:
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:

## Connections & Interrelationships

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

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