

Resiliency Checklist

Impaired Bacteria Pathogen Resiliency

- Susceptible to bacterial infections
 - Suffer from chronic or reoccurring bacterial infections: gastritis, bronchitis, pneumonia, sinusitis, urinary tract infections
 - Resistant to antibiotic therapy
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Impaired Viral Pathogen Resiliency

- Susceptibility to viral infections
 - Reoccurrence of latent viral infections
 - Significant tissue injury with chronic persistent viral infection
 - Acute viral infection recovery is prolonged
 - Severe immune response to viral infections
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Impaired Parasitic Pathogen Resiliency

- Prone to parasitic infections
 - Difficulty eradicating parasitic infections
 - Reoccurring parasitic infections
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Impaired Mold Pathogen Resiliency

- Noticeable reactions when exposed to mold
- Symptoms develop in damp or water-damaged buildings
- Notice improvement in symptoms and function when outside some buildings
- Muscle pain/Joint pain
- Often experience wheezing, shortness of breath, nasal congestion, itchy eyes

Impaired Immune Resiliency

- Chronically low white blood cell counts
 - Chronic lymph node swelling
 - Susceptibility to infections
 - Prolonged recovery from infections
 - Diagnosis of autoimmune disease
 - Diagnosis of cancer
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Impaired Microbiome Resiliency

- Dysentery with dietary changes or when traveling
 - Gastrointestinal symptoms from changes in hormones
 - Gastrointestinal symptoms from changes in exercise frequency and intensity
 - Gastrointestinal symptoms from stress or psychological challenges
 - Inability to tolerate probiotics, prebiotics, or fiber supplements
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Impaired Stress Resiliency

- Sleep disturbances when under stress
 - Depression/Anxiety/Rage when under stress
 - Weight gain/Weight loss when under stress
 - Microbiome disturbances when under stress
 - Promotion of dysglycemia when under stress
 - Gastric burning when under stress
 - Immune weakness when under stress
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Impaired Psychological Resiliency

- Impairment of function with psychological stressor
- Inability to socially communicate when under psychological stress
- Perseveration about negative stressor
- Unable to find positive outcomes
- Development of mood disorder from stressor

Impaired Cognitive Resiliency

- Reduced attention span and concentration with cognitive tasks
 - Impaired short-term memory
 - Impaired long-term memory
 - Difficulty planning and organizing
 - Difficulty learning
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Impaired Toxicological Resiliency

- Increased reactions to chemical odors
 - Adverse reactions in air pollution environments
 - Increased skin reactions with chemical exposures
 - Noticeable change in function and health when exposed to chemicals, toxins, or pollutants
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Impaired Dietary Resiliency

- Increased reactions to different foods
 - Unable to digest protein-rich food efficiently
 - Unable to digest high-fat food efficiently
 - Unable to digest high-starch food efficiently
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Impaired Inflammatory Resiliency

- Experience pain more frequently
- Stiffness and pain throughout the body
- Increased episodes of brain fog
- Exaggerated responses to dietary or environmental allergens

Impaired Physical Resiliency

- Recovery time is prolonged after workouts or physical tasks
 - Endurance time is reduced with exercise or physical tasks
 - Physical intensity is reduced with exercise or physical tasks
 - Injury-prone with exercise or physical tasks
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Impaired Blood Sugar Resiliency

- Unable to eat a meal without fatigue
 - Must use coffee or nicotine after meals to function
 - Reduced tolerance for sugars and carbohydrates
 - Unable to function for long without meals or snacks
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Impaired Sleep Resiliency

- Inability to fall asleep
 - Must use medication or nutraceuticals to fall asleep
 - Unable to recover from sleep
 - Must sleep for many hours to function normally
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Impaired Thermal Resiliency

Cold

- Unable to tolerate cold temperatures
- Less tolerance for changes in temperature getting colder

Heat

- Unable to tolerate warm temperatures
- Must use air conditioning to function when temperature is hot