

Answer Key

Total Points	What Your Points Mean	Treatment Recommendations
0–2	You may be at low-moderate risk of having an autoimmune disease.	Complete a 2-week reset addressing your areas of concern: sleep, diet, movement, stress management.
3–7	You may be at moderate-high risk of having an autoimmune disease.	Complete a 4-week reset. Consider additional treatments based on your presentation.
≥8	You may be at high risk of having an autoimmune disease.	Treating an imbalanced immune response should be a major focus of treatment for this patient. An autoimmune condition may stand in the way of improvement elsewhere. You would benefit from a 4-week reset, but an evaluation and personalized care plan are necessary.