

Nutrition Response Testing New Patient Orientation

WELCOME

If you are like most people who come to us for help, then most likely:

- You have one or more health conditions that have become chronic, and
- You have probably tried conventional medicine or even alternative practitioners and did not get the results you hoped for, and
- These conditions are impacting your personal life, your relationships with your spouse or children, your career or job performance, and/or your personal finances, and
- You know that as time goes by, these conditions are not going to get better and will probably continue to worsen unless you change what you are doing and do something really effective about it.

If this describes you and you are ready to make a real demand for improvement that will put you back in charge of your own health, you have come to the right place. If you are a Nutrition Response Testing case and you follow our recommendations to the letter, there is hope that you will receive the help you need to restore your health.

WHAT IS NUTRITION RESPONSE TESTING?

Nutrition Response Testing is a non-invasive system of analyzing the body in order to determine the underlying cause of ill health. When there are corrected through safe, natural, nutritional means, the body can repair itself in order to attain and maintain more optimum health.

Nutrition Response Testing is very precise and scientific. However, if I were to analyze you using Nutrition Response Testing before it was explained to you, you might find it strange, or simply not believable, only because it is probably very different from anything you may have experienced before.

In order for you to begin the healing process we need to make sure you understand what Nutrition Response Testing™ (NRT) is right from the start. NRT is probably very different from anything you may have experienced before. Although it is very precise and scientific, if we were to analyze you using NRT without an explanation you may find it strange or mysterious. We felt similarly when we first encountered it and, therefore, have studied it extensively to see if it really worked. We are happy we did because it has helped us greatly improve our own health and with NRT, we may be able to help you improve yours. It is important for you to understand Nutrition Response Testing™ because it is the foundation upon which we base our recommendations, and if you don't understand it you may be less likely to follow through with our advice. To put it simply, if you don't follow through with our advice, you won't get well and if you are not going to get well, why begin in the first place? The good news is that by using NRT, most clients experience 90% or better improvement in their overall health.

GETTING STARTED

In medical practice there are two key parts: the diagnosis (identifying and/or naming the "disease" or syndrome) and the treatment (drugs, surgery, etc.).

In Nutrition Response Testing™ we do not diagnose or treat disease but we also have two parts: the analysis (the assessment of your bodies current health status) and the personalized health improvement program (using designed clinical nutrition).

THE ANALYSIS

The analysis is performed simply by using your body's own muscle group in combination with acupressure points to determine where the underlying weakness is in the body and then, using the same technique we design a natural health improvement program to help you handle what we find in the analysis.

The analysis is done through testing the body's neurological reflexes and acupressure points. The neurological reflexes are derived from the part of the nervous system whose job is to regulate the functions of each and every organ. The acupuncture points are selected from the ancient Chinese system of acupuncture, which is thousands of years old. NRT is a study of how the different points on the surface of the body relate to the state of health and to the flow of energy in each and every organ and function of the body. Since human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points has become extremely useful in our practice

because they are so accurate.

THINK ABOUT IT

Each NRT reflex represents a specific organ, tissue, or function, and indicates the effect that energy, or the lack of energy, is having on the body. By testing these reflexes, we have a system of monitoring your body at each visit that helps us identify what your needs are and how well we are meeting those needs.

Doesn't this sound like something you would want for yourself in order to predict, with certainty, what is needed and wanted by the body to help you reach the next stage of optimal health?

HOW DO WE THE NUTRITION RESPONSE TEST ANALYSIS?

If we were to hook you up to an EKG machine and take a reading, that would make perfect sense to you, right? What is actually happening during that procedure? Electrical energy from the heart is running over the wires. This electrical energy makes the EKG record the energy pattern in the form of a graph or chart. We could then study this graph and tell you what it all means.

In Nutrition Response Testing™, instead of connecting electrodes to the specific points being tested, the practitioner contacts these points with his/her own hand. With the other hand, he/she will test the muscles of your extended arm. If the reflex being contacted is active, the nervous system will respond by reducing energy to the extended arm and the arm will weaken and drop. This drop signifies underlying stress or dysfunction, which may be affecting your health.

THE "PERSONALIZED HEALTH IMPROVEMENT PROGRAM"

Let's say the liver or kidney reflexes are active, then what?

Our next step is to test specific high quality nutritional supplements against those weak areas to find which ones bring the reflexes back to strength.

Decades of clinical experience tell us that when we have found the correct nutritional supplements, as indicated by this procedure, and when we work out a highly personalized nutritional supplement schedule, we have accomplished the most important first step of supporting the underlying deficiency or imbalance that caused the reflex to be active in the first place. By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health.

It's that simple!

In medicine, the medical doctor makes a diagnosis and then uses drugs or surgery to attack or suppress the symptom, or to surgically remove the "offending" organ or part. IN NRT, we use "DESIGNED CLINICAL NUTRITION" to correct the causes of the problem, so that the body can regain the ability to heal and support itself.

WHAT IS DESIGNED CLINICAL NUTRITION?

"Designed Clinical Nutrition" is exactly that: **designed** (specially prepared based on a specific plan) **clinical** (pertaining to the results from clinical use or actual practice on huge numbers of patients over many years) **nutrition** (real food, designed by nature to enable the body to repair itself and grow healthfully).

It is concentrated, whole food in a tablet, capsule, powder or liquid, prepared using a unique manufacturing process that preserves all of the active enzymes and vital components that make it work as nature intended. These real food supplements have been designed to match the needs of the body as determined by the positive response shown when tested against the active Nutrition Response Testing reflexes that were found on your individual NRT analysis. These are nutrients you are simply not getting or not assimilating in your current diet. These deficiencies may be due to your past personal eating habits and routines, but it is for sure due, in some large extent, to the lack of quality in the foods commercially available in the restaurants or grocery stores today.

An example of a whole food could be carrots. Carrots are high in Vit A Complex. A "complex" is something made up of many different parts that work together. Synthetic Vitamin A does not contain the whole "Vitamin A Complex" found in nature. So, if we were looking for a food high in Vitamin A, carrots might be one of our choices.

If one actually were deficient in any of the components of Vit A complex, one would be wise to seek out a supplement that was made from whole foods that were rich in this complex, not from chemicals re-engineered in a laboratory to look like one little part of the Vitamin A Complex that has erroneously been labeled as "Vitamin A."

Designed Clinical Nutrition is not 'over-the-counter' vitamins. Over-the-counter vitamins are pharmaceutically engineered chemical fractions of vitamin structures reproduced in a laboratory. Because they are not made from whole foods, "over-the-counter" vitamins are not "genuine replacement parts" as they lack many of the essential elements normally present in the WHOLE foods.

Vitamins that are being used all over today generally only need to have a small percentage of their actual content derived from natural sources to be labeled "natural". If they are not derived from whole foods, they often make you even more deficient and nutritionally out-of-balance. They can create other health problems, because they do not contain all of the co-factors found in nature that make the vitamins work.

So-called "scientific research," done with these substitutes, repeatedly "proves" that vitamins don't do much good to anyone! Can you imagine who pays for these "researches"?

S U M M A R Y

1. Through an analysis of your body's reflexes, we help you to determine the exact nutrients you need to supplement your diet in order to bring about balanced and improved health.
2. We make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in powdered form to "supplement" your current diet. That's why they are called "food supplements."
3. Depending on your individual situation, we may also require that you make some specific changes in your diet & eating habits and in your routines in order to bring about the best possible results.

How Are These Products Produced?

One example of a designed clinical nutrition supplement that we use is called "Catalyn". This product is produced by starting with a wide variety of carefully chosen organically grown vegetables. The water and fiber are taken out by using a vacuum, low heat process without heating or cooking the vegetables. The concentrated food is then utilized to make a bottle of Standard Process Catalyn tablets.

The key to this whole procedure is the way it is done, using the "Standard Process" method:

A. Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides, and no chemicals are ever used. Ph.D.'s check the soil before the seeds are sown to make sure of the fertility of the soil; the weeding is even done by hand.

B. The machinery involved in the processing of these products is made of glass and stainless steel only.

C. The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit so that the active ingredients are not cooked; they remain active and alive and have a very long shelf life.

Your vitality and energy is derived from live food. Most food today are all dead, or are not really foods at all, as in boxed cereals, canned vegetables, soda pop, etc. You can readily understand the difference between dead, devitalized pseudo-foods with the synthetic or isolated vitamins on the one hand and "Designed Clinical Nutrition" and a diet of real foods on the other.

T H E R E I S A G R E A T D E A L O F T E C H N O L O G Y A N D K N O W - H O W B E H I N D W H A T W E D O

Having been designed through decades of clinical use on tens of thousands of clients, and on clients from many different types of health care practitioners, you can be assured that Nutrition Response Testing™ is capable of evaluating and possibly solving your health concerns.

A complete NRT analysis can be done on each client on each subsequent visit . Often these reveal additional layers of dysfunction. These can also be addressed and supported in the correct sequence for your body.

In this way, each client gets completely individualized handling in the correct sequence for his or her body. Very much like opening a combination lock, you must use the right numbers in the right sequence and in the right direction at the right time – then the lock opens.

By following the correct sequence as revealed through Nutrition Response Testing™, you don't "shot -gun" your diet or

supplements. With a correctly done NRT analysis, we can determine the correct food supplements for you – designed to give your body the best possible chance of getting well and staying well.

IS IT POSSIBLE TO RESTORE YOUR HEALTH?

Many people we see in our practice have eaten themselves into their current state of ill-health, to one degree or another. Nutritional deficiencies or imbalances lead to a breakdown in resistance, or immunity, and a loss of the ability to cope with environmental stresses (chemical, microscopic, or otherwise). So, yes, the **good news** is that it may be possible to reverse the process!

What could be more natural? What could be more correct? Each cell, tissue, and organ in your body is in the process of replacing itself every day, month, and year. The health of each organ is dependent on making the correct nutrients available to upgrade or to maintain the health of the body at a cellular level.

DESIGNED CLINICAL NUTRITION PROVIDES THE RIGHT BASIC MATERIALS.

Nutrition Response Testing™ tells you when and what to use to bring about the desired results. With this understanding of what we do, we feel you can comprehend how we are able to work with you to help you more effectively improve your health. Once that is achieved, do you see how you might be able to use this approach to stay well?

NOW YOU HAVE THE COMPLETE 1-2-3 PACKAGE. YOU KNOW:

- *What we do*
- *How and why we do it*
- *What you need to do to gain the potential of restoring your health and staying healthy.*

It is important to remember that in the end you are the one responsible for your own condition. And with our guidance, we feel that – if you are a Nutrition Response Testing™ case – your chances of greatly improving your health can be as high as 90%, or better. In our experience, if our analysis indicates that you are not a Nutrition Response Testing™ / nutritional case, then in all probability, while a nutritional program may give you some benefit, it may not give you the maximum results you desire.

If our analysis confirms that you are a Nutrition Response Testing™ / clinical nutrition case, then, in our experience, nothing else may ever compare to what you may achieve by using NRT and Designed Clinical Nutrition.

We wish you the best of luck in your quest to take back full responsibility for your health. Just remember to do it one step at a time and that we are here to guide you in that quest.

Once we accept your case, you can count on us to do everything in our ability to help you achieve your health objectives and to help you achieve a healthier, happier life.

Nutrition Intake Form

Please Print clearly

Name _____ Date _____
Address _____ City _____ State _____ Zip code _____
Cell Phone (____) _____ Home Phone (____) _____ - _____ Work Phone (____) _____ - _____
E-mail Address _____

Shipping Address (if different from above) _____

***REFERRED BY:** _____ (\$10.00 Credit awarded to whomever referred you)
Your Occupation _____ Employer _____ Date of Birth _____
Age _____ Gender: Male/Female Height _____ Weight _____

Overall Health (circle one): **Excellent / Good / Fair / Poor / Other:** _____

Chief Complaint (the reason you're here!) _____

Previous treatments of this complaint _____

Other complaints or problems _____

Are you currently under the care of a physician or other healthcare professional? (if yes, please give name and date of last visit) _____ Date of last visit _____

Current Medications/drugs/nutritional supplements _____

Do you smoke? Do you drink coffee or alcohol? (if yes, indicate how much and how often)
Cigarettes, cigars, etc. _____ **Coffee** _____ **Alcohol** _____

List any major illnesses (with approx. dates) _____

List any surgery or operations (with approx. dates) _____

Past Accidents or injuries _____

NEW PATIENT INFORMATION FORM

Please print clearly:

Marital Status: Single/Married/Divorced/Widowed

Name of Spouse _____

Describe Health of Spouse _____ Number of children, if any _____

Names of Immediate Family	Age	Gender	Any physical conditions or concerns?
_____	_____	Male/Female	_____
_____	_____	Male/Female	_____
_____	_____	Male/Female	_____
_____	_____	Male/Female	_____
_____	_____	Male/Female	_____

Any family history of serious illness (circle all that apply) **Cancer / Diabetes / Heart / Other** _____

Any household pets or other animals you or your family members are in close contact with _____

What can we do to make you happier? _____

On a scale of 0 -10 (10 being the best), how willing are you to let Dr. Moller help you get better? _____

Dietary intake for the past two days before your appointment:

Breakfast:

Breakfast :

Lunch:

Lunch:

Dinner:

Dinner:

Snack:

Snack:

PERMISSION & AUTHORIZATION FORM REGARDING THE USE OF NUTRITION RESPONSE TESTING™ *PLEASE READ BEFORE SIGNING*

I specifically authorize the natural health practitioners at Living Well Family Chiropractic to perform a Nutrition Response Testing health analysis and to develop a natural, complementary health improvement program for me which may include dietary guidelines, nutritional supplements, etc. in order to assist me in improving my health, and not for the treatment, or "cure" of any disease. I understand that Nutrition Response Testing is a safe, noninvasive, natural method of analyzing the body's physical and nutritional needs, and that deficiencies of imbalance in these areas could cause or contribute to various health problems. I understand that Nutrition Response Testing is not a method for "diagnosing" or "treating" of any disease including conditions of cancer, AIDS, Infections, or other medical conditions, and that these are not being tested for or treated. No promise or guarantee has been made regarding the results of Nutrition Response Testing or any natural health, nutritional or dietary programs recommended, but rather I understand that Nutrition Response Testing is a means by which the body's natural reflexes can be used as an aid to determining possible nutritional imbalances, so that safe and natural programs can be developed for the purpose for bringing about a more optimum state of health. I have read and I understand the foregoing. This permission form applies to subsequent visits and consultations.

Date: _____ **Print Name:** _____

Signature: _____

(If a minor, please have parent or guardian sign)

Instructions: Circle number that applies to you, if symptom doesn't apply, leave blank. Use (1) **MILD** symptoms (occurs once or twice a month). (2) for **MODERATE** symptoms (occurs several times a month), and (3) for **SEVERE** symptoms (you are aware of it almost constantly).

GROUP ONE (symp dom)- Total Score: _____

1. 1 2 3 Acid foods upset
2. 1 2 3 Get chilled often
3. 1 2 3 "Lump" in throat
4. 1 2 3 Dry mouth-eye-nose
5. 1 2 3 Pulse speeds after meal
6. 1 2 3 Keyed up – fail to calm
7. 1 2 3 Cuts heal slowly
8. 1 2 3 Gag easily
9. 1 2 3 Unable to relax; startles easily
10. 1 2 3 Extremities cold, clammy
11. 1 2 3 Strong light irritates
12. 1 2 3 Urine amount reduced
13. 1 2 3 Heart pounds after retiring
14. 1 2 3 "Nervous" stomach
15. 1 2 3 Appetite reduced
16. 1 2 3 Cold sweats often
17. 1 2 3 Body temperature rises easily
18. 1 2 3 Skin sensitive to touch
19. 1 2 3 Staring, blinks little
20. 1 2 3 Frequently has a sour stomach

GROUP TWO (parsym dom)- Total Score: _____

21. 1 2 3 Joint stiffness after arising
22. 1 2 3 Muscle-leg-toe cramps at night
23. 1 2 3 "Butterfly" stomach, cramps
24. 1 2 3 Eyes or nose watery
25. 1 2 3 Eyes blink often
26. 1 2 3 Eyelids swollen, puffy
27. 1 2 3 Indigestion soon after meals
28. 1 2 3 Always seems hungry; "lightheaded" often
29. 1 2 3 Food digests rapidly
30. 1 2 3 Vomiting frequent
31. 1 2 3 Hoarseness frequent
32. 1 2 3 Breathing irregular
33. 1 2 3 Pulse slow; feels "irregular"
34. 1 2 3 Slow gag reflex
35. 1 2 3 Difficulty swallowing
36. 1 2 3 Alternating constipation & diarrhea
37. 1 2 3 "Slow starter"
38. 1 2 3 Not easily chilled
39. 1 2 3 Perspire easily
40. 1 2 3 Poor circulation or sensitive to cold
41. 1 2 3 Subject to colds, asthma, bronchitis

GROUP THREE (sugar handling)- Total Score: _____

42. 1 2 3 Eat when nervous
43. 1 2 3 Excessive appetite
44. 1 2 3 Hungry between meals
45. 1 2 3 Irritable before meals
46. 1 2 3 Get "shaky" if hungry
47. 1 2 3 Fatigue, eating relieves
48. 1 2 3 "Lightheaded" if meals delayed

49. 1 2 3 Heart palpitates if meals missed or delayed
50. 1 2 3 Afternoon headaches
51. 1 2 3 Upset feeling from excessive eating of sweets
52. 1 2 3 Awaken after few hours sleep, hard to get back to sleep
53. 1 2 3 Crave candy or coffee in afternoons
54. 1 2 3 Moods of depression "blues" or melancholy
55. 1 2 3 Abnormal craving for sweets or snacks

GROUP FOUR (cardiovascular)- Total Score: _____

56. 1 2 3 Hands and feet go to sleep easily, numbness
57. 1 2 3 Sigh frequently, "air hunger"
58. 1 2 3 Aware of "breathing heavily"
59. 1 2 3 High altitude discomfort
60. 1 2 3 Opens windows in closed room
61. 1 2 3 Susceptible to colds and fevers
62. 1 2 3 Afternoon "yawner"
63. 1 2 3 Get "drowsy" often
64. 1 2 3 Swollen ankles worse at night
65. 1 2 3 Muscle cramps, worse during exercise; "charley-house"
66. 1 2 3 Shortness of breath on exertion
67. 1 2 3 Dull pain in chest or radiating into left arm, worse on exertion
68. 1 2 3 Bruise easily, "black/blue" spots on arms or legs
69. 1 2 3 Tendency to anemia
70. 1 2 3 Frequently have "nose bleeds"
71. 1 2 3 "Ringing in ears" or noises in head
72. 1 2 3 Tension under the breast-bone, or feeling of "tightness in the chest, gets worse on exertion"

GROUP FIVE (biliary & liver)- Total Score: _____

73. 1 2 3 Dizziness
74. 1 2 3 Dry skin
75. 1 2 3 Burning feet
76. 1 2 3 Blurred vision
77. 1 2 3 Itching skin and feet
78. 1 2 3 Excessively falling hair
79. 1 2 3 Frequent skin rashes
80. 1 2 3 Bitter, metallic taste in mouth
81. 1 2 3 Bowel movement painful or difficult
82. 1 2 3 Feelings of worry, dread, or insecurity
83. 1 2 3 Feeling queasy; headache over eyes
84. 1 2 3 Greasy foods upset
85. 1 2 3 Stools light-colored
86. 1 2 3 Skin peels on foot soles
87. 1 2 3 Pain between shoulder blades
88. 1 2 3 Use laxatives
89. 1 2 3 Stools alternate from soft to watery
90. 1 2 3 History of gallbladder attacks or gallstones
91. 1 2 3 Sneezing attacks

92. 1 2 3 Dreaming, nightmare type bad dreams
93. 1 2 3 Bad breath (halitosis)
94. 1 2 3 Milk products cause distress
95. 1 2 3 Sensitive to hot weather
96. 1 2 3 Burning or itching anus
97. 1 2 3 Crave sweets
-

GROUP SIX (digestive)- Total Score: _____

98. 1 2 3 Loss of taste for meat
99. 1 2 3 Lower bowel gas several hrs after eating
100.1 2 3 Burning stomach sensations, eating
relieves
101.1 2 3 Coated tongue
102.1 2 3 Pass large amount of foul smelling gas
103.1 2 3 Indigestion 1/2-1 hrs after eating; may be
up to 3-4hrs
104.1 2 3 Mucous colitis or "irritable bowel"
105.1 2 3 Gas shortly after eating
106.1 2 3 Stomach bloating after eating
-

GROUP SEVEN (endocrine)

GROUP 7A – Total Score: _____

- 107.1 2 3 Insomnia
108.1 2 3 Nervousness
109.1 2 3 Can't gain weight
110.1 2 3 Intolerance to heat
111.1 2 3 Highly emotional
112.1 2 3 Flush easily
113.1 2 3 Night sweats
114.1 2 3 Skin is thin and moist
115.1 2 3 Inward trembling
116.1 2 3 Heart palpitations
117.1 2 3 Increased appetite without weight gain
118.1 2 3 Pulse races when resting
119.1 2 3 Eyelids and face twitch
120.1 2 3 Irritable and restless
121.1 2 3 Can't work under pressure
-

GROUP 7B – Total Score: _____

- 122.1 2 3 Noticeable weight gain
123.1 2 3 Decrease in appetite
124.1 2 3 Easily fatigued
125.1 2 3 Ringing in ears
126.1 2 3 Sleepy during day
127.1 2 3 Sensitive to cold
128.1 2 3 Dry or scaly skin
129.1 2 3 Constipation
130.1 2 3 Mental sluggishness
131.1 2 3 Hair coarse, falls out
132.1 2 3 Headaches upon arising wear off during
day
133.1 2 3 Pulse slow, below 65
134.1 2 3 Frequent urination
135.1 2 3 Impaired hearing
136.1 2 3 Reduced initiative
-

GROUP 7C – Total Score: _____

- 137.1 2 3 Failing memory
138.1 2 3 Low blood pressure
139.1 2 3 Increased sex drive

- 140.1 2 3 Headaches, "splitting or rending" type
141.1 2 3 Decreased sugar tolerance
-

GROUP 7D – Total Score: _____

- 142.1 2 3 Abnormal thirst
143.1 2 3 Bloating of the abdomen
144.1 2 3 Weight gain around hips or waist
145.1 2 3 Sex drive reduced or lacking
146.1 2 3 Tendency toward ulcers and/or colitis
147.1 2 3 Increased sugar tolerance
148.1 2 3 (FEMALE) Menstrual disorders
149.1 2 3 (YOUNG GIRLS) Lack of menstrual function
-

GROUP 7E – Total Score: _____

- 150.1 2 3 Dizziness
151.1 2 3 Headaches
152.1 2 3 Hot flashes
153.1 2 3 Increased blood pressure
154.1 2 3 (FEMALE) Hair growth on face or body
155.1 2 3 Sugar in urine (not diabetes)
156.1 2 3 (FEMALE) Masculine tendencies
-

GROUP 7F – Total Score: _____

- 157.1 2 3 Weakness and/or dizziness
158.1 2 3 Chronic fatigue
159.1 2 3 Low blood pressure
160.1 2 3 Nails weak and/or ridged
161.1 2 3 Tendency towards hives
162.1 2 3 Arthritic tendencies
163.1 2 3 Perspiration increase
164.1 2 3 Bowel disorders
165.1 2 3 Poor circulation
166.1 2 3 Swollen ankles
167.1 2 3 Crave salt
168.1 2 3 Brown spots or bronzing of skin
169.1 2 3 Allergies –tendency to asthma
170.1 2 3 Weakness after colds or influenza
171.1 2 3 Muscular and nervous exhaustion
172.1 2 3 Respiratory disorders
-

GROUP 8 (B & G defic) – Total Score: _____

- 173.1 2 3 Apprehension
174.1 2 3 Irritability
175.1 2 3 Morbid fears
176.1 2 3 Never seems to get well
177.1 2 3 Forgetfulness
178.1 2 3 Indigestion
179.1 2 3 Poor appetite
180.1 2 3 Craving for sweets
181.1 2 3 Muscular soreness
182.1 2 3 Depression; feelings of dread
183.1 2 3 Noise sensitivity
184.1 2 3 Acoustic hallucinations
185.1 2 3 Tendency to cry without reason
186.1 2 3 Hair is coarse and/or thinning
187.1 2 3 Weakness
188.1 2 3 Fatigue
189.1 2 3 Skin sensitive to touch
190.1 2 3 Tendency towards hives
191.1 2 3 Nervousness

- 192.1 2 3 Headache
- 193.1 2 3 Insomnia
- 194.1 2 3 Anxiety
- 195.1 2 3 Anorexia
- 196.1 2 3 Inability to concentrate; confusion
- 197.1 2 3 Frequent stuffy nose; sinus infections
- 198.1 2 3 Allergy to some foods
- 199.1 2 3 Loose joints

FEMALE ONLY – Total Score: _____

- 200.1 2 3 Very easily fatigued
- 201.1 2 3 Premenstrual tension
- 202.1 2 3 Painful menses
- 203.1 2 3 Depressed feelings before menstruation
- 204.1 2 3 Excessive and prolonged menstruation
- 205.1 2 3 Painful breasts
- 206.1 2 3 Menstruate too frequently
- 207.1 2 3 Vaginal discharge
- 208.1 2 3 Hysterectomy /ovaries removed
- 209.1 2 3 Menopausal hot flashes
- 210.1 2 3 Menses scanty or missed
- 211.1 2 3 Acne, worse at menses
- 212.1 2 3 Long standing depression

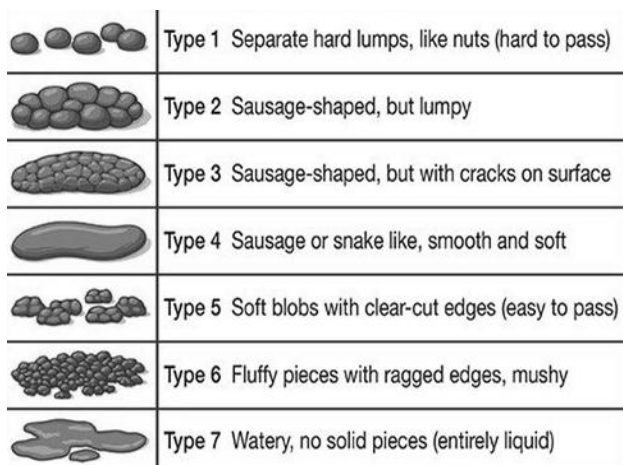
BOWEL MOVEMENTS

- **How many Bowel movements per day?** _____
- **What Color?** Brown Red Green
 - Clay or Light colored Non-brown
 - Yellow, greasy, fowl smelling, floating
 - Black or tarry
- **What type of Stool** (CIRCLE type pictured on the R →

MALE ONLY – Total Score: _____

- 213.1 2 3 Prostate trouble
- 214.1 2 3 Urination difficult or dribbling
- 215.1 2 3 Frequent night-time urination
- 216.1 2 3 Depression
- 217.1 2 3 Pain on inside of legs or heels
- 218.1 2 3 Feeling of incomplete bowel evacuation
- 219.1 2 3 Lack of energy
- 220.1 2 3 Migrating aches and pains
- 221.1 2 3 Too easily tired
- 222.1 2 3 avoids activity
- 223.1 2 3 Leg nervousness at night
- 224.1 2 3 Diminished sex drive

Blood type: _____
Vegetarian: Yes / No
Vegan: Yes / No
Kosher: Yes / N



IMPORTANT | Please list below the five main physical complaints you have in order of their importance.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

TO BE COMPLETED BY HEALTH CARE PROFESSIONAL

Digestion	Large Intestine (Palpate)	Adrenals	Pass/Fail Zinc Taste Test
_____ Hydrochloric Acid Point	_____ Ascending	Pass/Fail Pupil Dilation Exam	Pass/Fail Cuff Test
_____ Enzyme Point	_____ Transverse	Postural Hypotension	_____ Cuff Pressure
_____ Murphy's Sign	_____ Descending	_____ Supine	_____ pH of Saliva
		_____ Standing	_____ Pulse

BARNES THYROID TEST

The test is conducted by the patient in the morning before leaving bed, with the temperature being taken for 10 minutes. The test is invalidated if the patient expends any energy prior to taking the test such as getting up for any reason, shaking down the thermometer, etc. It is important that the test, be conducted for exactly 10 minutes, making the prior positioning of both the thermometer and a clock important.

PRE-MENSES FEMALES AND MENOPAUSAL FEMALES (any two days during the month)
 FEMALES HAVING MENSTRUAL CYCLES (the second and third days of flow or any five days in a row)
 MALES (any two days during the month)

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____

RESTRICTIONS ON USE

The systems survey is to be used only by trained health care professionals. If you are a patient, you should not use the systems survey. If you are not a trained health care practitioner, you should not use the systems survey. Health care practitioners should only use the systems survey to provide services that are within the scope of their license or professional training. The systems survey is intended to be used as a helpful tool for health care practitioners in collecting information concerning the health and wellness of patients.

