Nutritional Self/Evaluation

Previously Diagnosed Conditions: Please check all items that have affected your health!

☐ Acne  ☐ Hashimoto's disease
☐ Allergies – airborne  ☐ Headaches/migraines
☐ Allergies – food  ☐ Heart Disease
☐ Anemia  ☐ Hiatal hernia
☐ Arthritis – osteo  ☐ Hyperactivity – ADD
☐ Arthritis – rheumatoid  ☐ Infections
☐ Allergies – food  ☐ Insomnia
☐ Asthma  ☐ Lyme
☐ Autoimmune disease  ☐ Lupus
☐ Cancer  ☐ Menopause
☐ Cholesterol – need to lower  ☐ MS
☐ Colitis  ☐ Pain Identification – chronic
☐ Crohn's syndrome  ☐ Pain Identification – trauma – accident
☐ Depression  ☐ Pancreatitis
☐ Diabetes  ☐ Post War Syndrome
☐ Fibromyalgia  ☐ PMS
☐ Gastritis  ☐ Scleroderma
☐ Gout  ☐ Surgery
☐ Grave's disease  ☐ Thyroid condition
☐ Hair loss – Alopecia  ☐ Urinary tract inflammation
☐ Hair loss – Crown  ☐ Vasculitis
☐ Hair loss – Overall thinning  ☐ Vitiligo

Please list foods and fluids consumed in the last 24 hours.

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Acidosis – Chemical/Heavy Metal Toxicity Self Evaluation/Assessment

**Neurological (Brain function)**
- Chronic or frequent headaches
- Numbness and tingling anywhere
- Dizziness
- Ringing or noises in the ear
- Tremors in hands, feet, lips, eyelids

**Psychological (Liver, Kidneys, Bladder)**
- Irritability
- Nervousness
- Shyness or timidity
- Loss of memory
- Inability to concentrate
- Mood changes
- Attention Deficit Syndrome
- Decline of intellect
- Loss of self-confidence
- Anger and loss of self control
- Depression
- Crying spells
- Anxiety
- Drowsiness
- Insomnia

**Oral Cavity**
- Bleeding gums
- Bone loss and loosening of teeth
- Foul breath
- Excessive salivation
- Metallic taste
- Chronic inflammation of gums

**Digestive/Immune & Gut Dysfunction**
- Abdominal cramps
- Constipation or diarrhea
- Irritable bowel syndrome
- Colitis
- Nausea
- Loss of appetite
- Voracious appetite and obesity
- Excessive thirst

**Cardiovascular**
- Irregular heartbeat
- Alterations in blood pressure

**Inflammatory and Immunological (Lungs, Large Intestine)**
- Chronic Fatigue Syndrome
- Fibromyalgia
- Rheumatoid arthritis
- Allergies
- Sinusitis
- Asthma
- Muscle weakness and joint pain

**Other problems**
- Excessive perspiration without fever
- Low body temperature/clamminess
- Skin rashes, especially around the face/neck
- Dim or double vision
- Hypoxia (lack of oxygen)
- Optic nerve degeneration