



Holistic Naturopathic Center Health Assessment Questionnaire

Glenn B. Gero, N.D., R.N.C., M.H., C.E.S.
Board Certified Doctor of Naturopathy
Registered Nutritionist
Master Herbalist • Certified Exercise Specialist

Name (Please Print): _____ Date: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____

Date of Birth: _____ Sex: _____

The Holistic Naturopathic Health Assessment Questionnaire is a comprehensive test for nutritional assessment purposes. It is designed to assess bodily signs that may relate to nutritional imbalances and/or deficiencies. Its sole purpose is to educate and to inform. This test is not for everyone. It has been designed for health conscious, intelligent and motivated individuals seeking a complement to conventional medicine and who are also willing to become proactive and responsible for their personal wellness and future. The purpose of this questionnaire is not intended to diagnose disease conditions. If you suspect that you may have a serious medical problem, please seek appropriate medical care.

Degenerative disease takes many years to develop. Nutritional deficiencies manifest themselves by way of symptoms, body signs and signals, long before the disease process gets a foothold. When nutritional deficiencies remain unaddressed, they eventually develop into "full blown" named medical conditions. Nutrition is essential to the preventative, regeneration and healing process. No medical treatment is complete, nor can it achieve its full therapeutic potential without the implementation of proper nutrition. Nutritional therapy is both primary and foundational to every known medical and human condition.

TO COMPLETE THIS FORM: If any part of a statement is true for you, place a "1," "2" or "3" in the box beside it. Use "1" for "sometimes" or "mild," "2" to "often" or "moderate," and "3" for "very often" or "severe." Skip over all statements that do not apply to you. At the end of each section, total the numbers in the boxes and multiply by the factor indicated. Do not "agonize" over any statement. If it is unclear or questionable, ignore it and go to the next statement. **NOTE: Some questions are repeated in different sections. Rate each to the best of your knowledge. Each section refers to a different body system.**

Holistic Naturopathic Center
256 Colfax Avenue
Clifton, NJ 07013

Phone: 973-471-5758 • Fax: 973-471-1776

E-mail: NJnaturaldoc@aol.com Web: www.holisticnaturopath.com



SECTION 1

- Indigestion or sourness 2 or 3 hours after meals
- Stomach bloating or swelling
- Full, stuffed feeling after heavy meat meal
- Foul smelling stool
- Excessive gas, belching or burping after meals
- Heavy, tired feeling after eating
- Constipation or diarrhea
- Heartburn or burning sensation in stomach, esophagus (throat) or chest
- Dry hair or skin

TOTAL x 6 = Sec. 1 Score = _____

SECTION 2

- Consistent gas & bloating from most foods
- Fats or greasy foods cause nausea, headaches
- Onions, cabbage, radishes, cucumbers cause bloating, gas, distress
- Stool appears yellow, clay-colored, foul odor
- Skin oily on nose and forehead
- Constipation (less than 1x/day)
- Bad breath or bad taste in mouth, excess body odor
- Jaundice or yellow discoloration of skin
- Red blood in stool

TOTAL x 6 = Sec. 2 Score = _____

SECTION 3

- Diarrhea without apparent cause
- Blood or pus in stools
- Have less than 3 bowel movements daily
- Painful, hard bowel movements
- Thin, pencil-like bowel movements
- Alternating constipation and diarrhea
- Hemorrhoids or rectal fissure
- Severe cramping
- Bladder & kidney infections

TOTAL x 6 = Sec. 3 Score = _____

SECTION 4

- Excess fluid retention (edema) in hands or feet
- Nausea or dizziness
- Poor coordination
- General, overall weakness
- Anemia
- Cataracts
- Catch colds, flu, infections easily
- Cuticles tear easily
- Loss of muscle
- Premature aging
- Mental depression or apathy
- Hair dull, dry, sparse, loose, falling out
- Skin lesions

TOTAL x 4 = Sec. 4 Score = _____

SECTION 5

- Rough, dry, flaky or scaly skin or eczema
- Dry, brittle hair
- Wounds heal poorly
- Get infections easily
- High blood pressure
- Dry eyes
- Problems losing weight
- Inflammatory health problems, e.g., arthritis
- Constipation (less than 1x/day)

TOTAL x 6 = Sec. 5 Score = _____

SECTION 6

- Brittle fingernails
- Pain in forearm or biceps
- Cramps in calf muscle during sleep or exercise
- Painful cramping of feet or toes
- Joint pains
- Teeth crowded, with poor placement in mouth
- Teeth prone to decay, frequent toothaches
- Frequent bone fractures
- Nervous tics or twitches
- Nervousness or irritability
- Unusual sensitivity to noise

...continued

SECTION 6 continued

- Deformed spinal column
- Poor bone density
- Insomnia
- Heart palpitations
- High blood pressure
- FEMALES:** Excessive, lengthy, painful menses

[] TOTAL x 4 = Sec. 6 Score = _____

SECTION 7

- High blood cholesterol
- Intolerance to alcohol
- Glucose intolerance, hypoglycemia, diabetes
- Anxiety
- Dizziness
- Low energy
- Numbness in hands or feet

[] TOTAL x 8 = Sec. 7 Score = _____

SECTION 8

- Dry hair
- Brittle nails
- Slow mental reactions
- High blood cholesterol
- Enlargement of thyroid gland, goiter
- Heart palpitations
- Irritability
- Overweight, obesity
- Sluggish metabolism
- Constipation (less than 1x/day)

[] TOTAL x 5 = Sec. 8 Score = _____

SECTION 9

- Pale skin, palms of hands very pale
- Fingernails very light in color
- Fingernails flat or concave (spoon-shaped) or lengthwise ridges
- Thin, fragile, brittle nails
- Inner side of lower eyelid is pale
- Lack of endurance or stamina, anemia
- Cravings for ice, ice eating
- Fatigue

- Heart races with exertion

[] TOTAL x 5 = Sec. 9 Score = _____

SECTION 10

- Irritable nerves or muscles, nervous tics/twitches
- Muscle spasms, tremors, convulsions or seizures
- Irregular heartbeat
- Painful and/or cold hands or feet
- Excessive body odor
- Loose or sensitive teeth
- Anxiety, confusion, disorientation, irritability
- Nausea, dizziness or lightheadedness
- Mental depression or apathy
- Very sensitive to noise
- Poor coordination
- Cravings for chocolate
- Insomnia, restlessness, hyperactivity
- Bone spurs
- High blood pressure
- Asthma or breathing problems
- Skin problems

[] TOTAL x 3 = Sec. 10 Score = _____

SECTION 11

- Prone to athletic injuries, strained knees, elbow
- Loss of ligament tone or strength
- Muscular weakness
- Numbness
- Loss of hearing or sight
- Dizziness

[] TOTAL x 8 = Sec. 11 Score = _____

SECTION 12

- Swelling of ankles or hands
- Dry skin
- Slow, rapid or irregular heartbeat, palpitations
- Constipation (less than 1x/day)
- Unusual thirst

...continue

SECTION 12 continued

- Unusually sore or stiff muscles after exercising
- High blood pressure
- Insomnia
- Apathy or cognitive impairment
- Irritability
- Feelings of pins and needles

TOTAL x 5 = Sec. 12 Score = _____

SECTION 13

- Muscular degeneration, muscular dystrophy
- Weakened heart tissue, cardiomyopathy
- Cancer
- Cataracts
- Cystic fibrosis
- Signs of premature aging

TOTAL x 8 = Sec. 13 Score = _____

SECTION 14

- Cuts, wounds, sores heal slowly
- Hair and/or nails grow slowly
- Excessive hair loss
- Rashes or skin lesions
- Loss of sense of smell or taste
- Catch infections easily
- Brittle nails
- White spots on fingernails
- Acne
- Stretch marks
- Sterility or impotence
- White coating on tongue
- Loss of appetite, anorexia
- Sleep disturbances
- Diarrhea
- MALES:** Prostate problems
- MALES:** Low sperm count

TOTAL x 4 = Sec. 14 Score = _____

SECTION 15

- Poor night vision, unable to see well in dim light
- Eyes sensitive to glare, sunlight or

- bright lights
- Inability to adjust eyes when entering a dark room
- Dry eyes – lack of tears
- Eyelids red, scaly or dry
- Eye inflammations, discharge, eyelids swollen or pus laden
- Get colds or respiratory infections easily
- Sinus problems
- Abscesses in ears, mouth or salivary glands
- Brittle hair
- Dry, rough or scaly skin
- Hard “goose bumps” on back of arms that won’t go away
- Acne, pimples or blackheads
- Warts
- Kidney, urinary or bladder infections, burning or itching when urinating

TOTAL x 3 = Sec. 15 Score = _____

SECTION 16

- Heart palpitations or gallop rhythm
- Slow heart beat or rapid heart beat
- Enlarged heart
- Diastolic blood pressure over 90
- Forgetfulness, poor memory, short attention span
- Muscular tenderness, weakness
- Feel depressed
- Irritability
- Loss of appetite or loss of weight
- Numbness or tingling in hands or feet
- Loss of ankle or knee jerk reflexes
- Poor coordination
- Stiffness or swelling in ankles, feet or legs
- Cramping pains in legs
- Tenderness in calf muscle under pressure
- Constipation (less than 1x/day)

TOTAL x 3 = Sec. 16 Score = _____

SECTION 17

- Cracks or sores in corner of mouth

...continued

SECTION 17 continued

- Reddish-purple (magenta) colored tongue
- Shiny, sore or swollen tongue
- Lips red, white, scaly, swollen or chapped
- Conjunctivitis
- Cataracts
- Sensation of sand on inside of eyelids
- Eyes sensitive to light or dimming of vision
- Eyes red, itchy, burning
- Red lines in whites of eyes
- See spots before the eyes
- Abnormally greasy or scaly skin around nose
- Shrinking or "disappearing" upper lip
- Falling hair, abnormal hair loss
- Oily hair

TOTAL x 3 = Sec. 17 Score = _____

SECTION 18

- Diarrhea
- Chapping of backs of hands
- Itchy, red or inflamed skin, dermatitis
- Irritability, anxiety or depression
- Mental aberrations or schizophrenia
- Loss of sense of humor
- Indigestion
- Small ulcers or canker sores in mouth
- Burning sensation in hands or feet
- Insomnia
- Whitish, coated tongue
- Brilliant red, painful tongue
- Swollen tongue with red tips and sides
- Feel as if hands or feet go numb
- Dizziness

TOTAL x 4 = Sec. 18 Score = _____

SECTION 19

- Irritability or nervousness
- Feel confused
- Can't remember dreams
- Dizziness
- Swelling of hands, feet or ankles
- Unable to close hands into tight, flat fists

- Soreness, tenderness, weakness of thumb muscles
- Greasy scaliness on skin near nose, mouth, eyes
- Greenish tint to urine
- Muscular twitching
- Hyperactivity
- Poor coordination in walking
- FEMALES:** Nausea during pregnancy
- FEMALES:** acne worse during periods

TOTAL x 4 = Sec. 19 Score = _____

SECTION 20

- Sore, beefy red tongue
- Lemon-yellowish tint to skin, pale complexion
- Numbness, tingling, soreness or weakness in hands or feet
- Jerking of limbs
- Loss of balance
- Skin bruises easily
- Memory loss
- Stammer
- Apathy, feel as if have lost incentive in life
- Depression, irritability or moodiness
- Anemia
- Paranoia, delusions or hallucinations
- Loss of appetite
- Confusion, disorientation or agitation
- Back pains
- Dizziness
- Dimmed vision
- Poor stomach digestion, low stomach acid
- FEMALES:** Menstrual disturbances

TOTAL x 3 = Sec. 20 Score = _____

SECTION 21

- Skin shiny, dry and scaly
- Nausea
- Tongue purplish-red (magenta) swollen and painful
- Muscular pains
- Loss of muscle reflexes
- Mental depression

...continued

SECTION 21 continued

- Poor appetite
- Conjunctivitis
- Fingernails a pale color
- Sleeplessness
- Irregular heart beat
- Hair loss
- Extreme weariness, exhaustion

[] TOTAL x 5 = Sec. 21 Score = _____

SECTION 22

- Eczema
- High blood pressure
- High cholesterol levels
- Bleeding ulcer
- Having difficulty losing weight
- Nerve degeneration

[] TOTAL x 8 = Sec. 22 Score = _____

SECTION 23

- Tongue red, shiny, smooth and painful
- Ulcers in mouth
- Red, swollen or bleeding gums
- Digestive problems
- Diarrhea
- Swelling of ankles
- Loss of appetite, weight loss
- Heart palpitations
- Lightheadedness, faintness
- Apathy or depression
- Forgetfulness
- Graying hair
- Excess pigmentation of skin
- Irritable, agitated, brooding or self-conscious
- Anemia
- Cracked lips
- FEMALES:** Cervical dysplasia

[] TOTAL x 3 = Sec. 23 Score = _____

SECTION 24

- Skin sensitive to sun, photosensitivity
- White patches on skin, loss of pigment, vitiligo
- Constipation (less than 1x/day)

- Depression
- Irritability
- Low sex drive
- Lupus erythematosus
- Scleroderma

[] TOTAL x 6 = Sec. 24 Score = _____

SECTION 25

- Pupils in eyes are unusually large, dilated
- Periods of deep depression
- Burning sensation of hands or feet
- Poor coordination
- Lightheaded or dizzy when getting up out of a lying or sitting position
- Diarrhea or constipation
- Numbness or tingling in hands or feet
- Joint pains
- Muscle cramps
- Rapid heartbeat on exertion
- Irritability
- Headaches
- Insomnia, sleeplessness
- Fatigue, tiredness, lack of energy
- Poor concentration
- Exhaustion after light exercise

[] TOTAL x 3 = Sec. 25 Score = _____

SECTION 26

- Skin bruises easily, "black & blue" marks
- Hemorrhages or ruptured blood vessels in eye
- Gums bleed easily, especially when brushing teeth
- Bluish-red, swollen or inflamed gums
- Loose teeth, loss of dental fillings
- "Fleeting" pains in joints or legs, joint tenderness
- Catch infections, colds, flu or viruses easily
- Listlessness, lack of endurance, tire easily
- Cuticles tear easily
- Cuts, sores or wounds heal slowly
- Excessive hair loss

...continued

SECTION 26 continued

- Restlessness or irritability
- Nosebleeds
- Broken capillaries, hemorrhages or little pink spots on skin
- Bloating or puffiness in face
- Anemia
- Fragile bones

] TOTAL x 3 = Sec. 26 Score = _____

SECTION 27

- Burning in mouth and throat
- Poor bone development
- Abnormal number of dental cavities
- Osteoporosis (demineralized bone)
- Osteomalacia (softening of bone)
- Rickets (bowlegs, knock-knees)
- Joint pains
- Muscular cramps
- Nearsightedness, myopia
- Nervousness
- Insomnia
- Constipation (less than 1x/day)

] TOTAL x 5 = Sec. 27 Score = _____

SECTION 28

- Muscular degeneration
- Brittle or falling hair
- Dry skin or hair
- Hemolytic anemia
- Abnormal fat accumulation
- Loss of balance
- Easy bruising
- Poor wound healing
- Cataracts
- Eczema or psoriasis
- FEMALES:** Menstrual discomfort
- MALES:** Low sex drive

] TOTAL x 6 = Sec. 28 Score = _____

SECTION 29

- Rough skin
- Excessive perspiration
- Loss of former taste or craving for meat
- Nausea, inclination to vomit

- Potatoes disagree with you
- Belching accompanied by head colds
- Constipation accompanied by throbbing headaches
- Numbness, stiffness or loss of sensation in arms or legs
- Stitching or burning pain in head with dizziness, relieved by eating
- Poor or failing memory

] TOTAL x 5 = Sec. 29 Score = _____

SECTION 30

- High or low blood pressure
- Anemia
- Emphysema
- Kidney disease
- Extreme restlessness or irritability
- Persistent cough or dry throat
- Bone disease
- Headaches

] TOTAL x 8 = Sec. 30 Score = _____

SECTION 31

- Nausea or vomiting
- Abdominal pain
- Diarrhea
- Excessive hair loss
- Hyperactivity, irritability or nervousness
- Depression

] TOTAL x 8 = Sec. 31 Score = _____

SECTION 32

- Constipation
- Cramps or vague abdominal aches or discomfort
- Dizziness
- Mental confusion
- Numbness or tingling in extremities
- Hostility
- Anxiety or irritability
- Nervousness or restlessness
- Lack of ambition, apathy or depression
- Hand tremors
- Poor coordination

...continued

SECTION 32 continued

- Sallow complexion, grayish-greenish-yellow tint
- Convulsions, seizures
- Paralysis
- Catch colds, infections easily
- Vomiting
- CHILDREN:** Hyperactivity

[] TOTAL x 4 = Sec. 32 Score = _____

SECTION 33

- Tremors or poor coordination
- Loss of ability to speak
- Inflamed gums and/or loss of teeth
- High blood pressure
- Stomach pain and/or diarrhea
- Kidney problems
- Mental disturbances, moodiness or personality changes
- Poor memory
- Depression or uncontrollable crying
- Metallic taste in mouth
- Allergic tendencies
- Loss of self-confidence
- Food cravings
- Facial and back pain
- Irritability
- Excessive salivation
- Loss of appetite

[] TOTAL x 3 = Sec. 33 Score = _____

SECTION 34

- High blood pressure
- Irritability, restlessness, excitement
- Nausea, vomiting
- Convulsions
- Tremors
- Frequent urination
- Irregular heartbeat
- Ringing sound in ear (tinnitus)

[] TOTAL x 6 = Sec. 34 Score = _____

SECTION 35

- High blood pressure
- Shingles, hives

- Anemia

[] TOTAL x 16 = Sec. 35 Score = _____

SECTION 36

- Whitish, yellowish or brown staining or discoloration of teeth
- Pitting of teeth
- Nausea or vomiting
- Pain and aching of bones and spine

[] TOTAL x 12 = Sec. 36 Score = _____

SECTION 37

- Excitement
- Confusion
- Depression
- Muscular twitching
- Abdominal cramps
- Spasmodic muscular contractions
- Heart palpitations
- Rapid breathing

[] TOTAL x 6 = Sec. 37 Score = _____

SECTION 38

- High blood pressure
- Stools dry, shrunken
- Excess fluid retention, edema
- Stomach ulcers
- Tremors, convulsions or seizures
- Irritability
- Excessive thirst or excessive urination
- Heartbeat irregularity

[] TOTAL x 6 = Sec. 38 Score = _____

SECTION 39

- Eyes sensitive to bright lights, headlights, sunlight
- Tightness or "lump" in throat, hurts when emotionally disturbed
- Form gooseflesh easily or "cold sweats"
- Voice rises to high pitch or is "lost" during stress, arguments, public appearances, etc.

...continued

SECTION 39 continued

- Easily shaken up or startled, heart pounds hard from unexpected noise
- Prefer being alone, uneasy when center of attention
- Blood pressure fluctuates, sometimes too low
- Known as a "perfectionist," set high standards
- Work off worries, things left undone cause unusual concern
- Allergies, such as skin rash, dermatitis, hay fever, severe sneezing attacks, asthma, etc.
- Inferiority complex
- Emotional upsets cause complete exhaustion, must go and lie down when under heavy stress
- Unusual craving for salt
- Perspire excessively
- Tend to be negative
- More than usual neck, head, shoulder tension

TOTAL x 3 = Sec. 39 Score = _____

SECTION 40

- Persistent high blood pressure
- Rapid pulse
- Fluid retention of facial tissues, puffy face
- Stronger than average physically
- Strong feelings, tend to "blow up," dislike being crossed
- FEMALES:** Excess hair on face, arms, legs
- MALES:** Baldness, excess hair on arms and back, muscular "square" build, aggressive in business or sports

TOTAL x 8 = Sec. 40 Score = _____

SECTION 41

FEMALES ONLY

- Irregular or discomforting menstrual periods
- Menopausal symptoms: hot flashes, nervousness, depression
- Have had uterus and/or ovaries

removed

- Lost or diminished sex drive
- Feel nervous or depressed before periods
- Unable to have children because of sterility (not because of age or operation)

TOTAL x 8 = Sec. 41 Score = _____

MALES ONLY

- Difficulty urinating, burning
- Back or leg pains while urinating
- Have to urinate more than twice during the night
- Urine of abnormal color
- Prostate trouble or prostate surgery
- Lost or diminished sex drive

TOTAL x 8 = Sec. 41 Score = _____

SECTION 42

- Burning sensation upon urination
- High diastolic blood pressure (above 90)
- Lower back pains, one or both sides
- Puffiness around eyes
- Have to urinate more than twice per night
- Legs often feel heavy
- Unable to control flow of urine, incontinence
- Joint pains
- Anemia or weakness
- Loss of appetite
- Blood in urine
- Pain in pelvic area

TOTAL x 5 = Sec. 42 Score = _____

SECTION 43

- Fatigue
- Pain on inside of left shoulder blade
- Pain on left side of abdomen
- Shingles on trunk of body
- Cold hands and/or feet
- Feel cold and sweaty

...continued

SECTION 43 continued

- Slow healing of wounds, cuts, abrasions
- Shakiness
- Constant, intense thirst
- Frequent or large volume urination (more than 2 quarts a day)
- Breath smells sweet or of acetone
- Peculiar sensations in hands or feet, e.g., tingling, burning, sharp jabs, numbness, etc.
- Vision failing
- Urine contains sugar
- Moody with marked ups and downs, elations or depressions, hyperactivity or laziness
- Vague, unrelated complaints which can be relieved by eating, only to return with a vengeance
- Cold sweats of the hands even when warm
- Fainting, blacking out or convulsions
- Decreased resistance to infection, especially urinary infections
- Yeast infections of skin, mouth or vagina

] TOTAL x 3 = Sec. 43 Score = _____

SECTION 44

- Extreme lethargy
- Cold hands or feet, cold all over
- Infertility or impotence
- Headaches affecting one side of head
- Excessive urination
- Left upper neck pain
- Left little finger pain
- Overweight from waist down
- Overweight from waist up
- Feelings of inadequacy
- Changeable temperament, moody
- Low blood pressure
- Low blood sugar, weakness
- Feelings dominate over logic
- Abdominal "apron" of fat
- Fluid swelling in ankles, fingers, feet or under eyes
- FEMALES:** Loss of menstrual function (if pre-menopausal)

] TOTAL x 4 = Sec. 44 Score = _____

SECTION 45

- Stomach pain 5 or 6 hours after eating, usually at night, relieved by eating or by drinking milk
- Stomach complaints aggravated by worry or tension
- History of ulcers
- Black stool (if not taking iron supplements)

] TOTAL x 12 = Sec. 45 Score = _____

SECTION 46

- Susceptible to flu, infections
- Swollen glands in armpit, groin, tonsils
- Feeling of puffiness in throat
- Soreness on both sides of neck at shoulder level
- Irregular heartbeat
- More than usual number of cavities
- Look older than chronological age

] TOTAL x 7 = Sec. 46 Score = _____

SECTION 47

- Muscles stiff in morning, feel need to limber up
- Feel "creaky" after sitting still for some time
- Heart seems to miss beats or turn "flip-flops"
- These symptoms worse at night: coughing, hoarseness, muscle cramps
- Nauseated in morning
- Start slow in morning, gain speed in afternoon
- Motion sickness when traveling
- Dizzy in morning or when moving up and down
- Cold hands or feet
- Sensitivity to cold, prefer warm climate
- Hair scanty, dry, brittle, dull, lusterless, lifeless
- Flaky, dry, rough skin
- Sleeplessness, restlessness
- Poor short-term memory, forgetfulness

...continued

SECTION 47 continued

- Poor response to exercising
- Hypoglycemia (low blood sugar)
- High cholesterol
- Constipation, less than 1 bowel movement daily
- "Go to pieces" easily, cry easily
- Dislike working under pressure, being watched
- Diminished sex drive
- Gain weight easily, fail to lose on diets
- Difficulty concentrating, easily distracted
- Yellowish tint to skin on hands or feet
- Clogged sinuses
- Low pulse rate
- Low body temperature, especially at bed rest
- Recurrent infections
- Depression
- Headaches
- Puffiness of face or eyes
- Irritability, mood swings
- Multiple food allergies/sensitivities
- FEMALES:** Menstrual irregularity, excess flow, premenstrual syndrome

] TOTAL x 3 = Sec. 47 Score = _____

SECTION 48

- Heart beats above 90 beats per minute at rest
- Heart palpitations
- Protruding tongue quivers, hands shake or tremble
- Strong drive followed by exhaustion
- Good appetite but fail to gain weight
- Erratic, "flighty" behavior, talk rapidly
- Protruding eyeballs
- Warm, fine, moist skin
- Irritability, nervousness, hyperactivity
- Insomnia
- Frequent bowel movements, diarrhea
- Excessive sweating without exercise
- Feel warm & flushed at normal room temperature
- Tremors
- Itching skin
- Hair loss

] TOTAL x 4 = Sec. 48 Score = _____

SECTION 49

- Awake in morning not feeling rested
- An almost "painful" fatigue, not helped by rest
- Dark or puffy circles under the eyes
- Spastic colon, colitis, irritable bowel
- Minor, chronic complaints that recur
- High blood pressure
- Bed wetting, uncontrolled urination
- Enlargement of lymph glands in neck
- Have been called a "hypochondriac"
- Insomnia, sleep disturbances
- Heavy sweating not related to exercise
- Fluid retention
- Muscle spasms, aching muscles
- Painful, stiff or swollen joints
- Depression or crying spells
- Sinus attacks
- Catch colds easily
- History of bronchitis or pneumonia
- Hyperactivity
- Constipation or diarrhea
- Marked fluctuations in weight
- Eczema, psoriasis, rashes, dermatitis
- Irritability
- Bladder infections
- Hay fever, sneezing attacks
- Dry, stuffy nose
- Runny nose
- Bloating or puffiness in face
- Bronchial asthma
- Migraine headaches

] TOTAL x 2 = Sec. 49 Score = _____

SECTION 50

- Repeated use of antibiotics or birth control pills
- Cravings for sugars, bread or alcohol
- Severe reactions to perfume, tobacco or chemical odors
- Hypersensitivity to certain foods
- Diarrhea or constipation
- Rectal itching
- Feel bad all over, without apparent cause

...continued

SECTION 50 continued

- Bladder infections
 - Coated or sore tongue
 - Hives, psoriasis or skin rash
 - Anxiety or depression
 - Tiredness, feelings of being "drained"
 - Feeling "spacey" or "unreal"
 - FEMALES:** Premenstrual tension, menstrual problems, cramps
 - FEMALES:** Vaginal discharge, burning, itching
 - FEMALES:** Endometriosis, history of uterine fibroids
 - MALES:** Prostate problems, impotence
-] TOTAL x 3 = Sec. 50 Score = _____**

SECTION 51

- Constipation or diarrhea
 - Fingers and/or toes go cold
 - Arms and/or legs "go to sleep"
 - Canker sores
 - Arthritic or joint pain
 - Heartburn
 - Numbness or heaviness in arms or legs
 - Cramps in hand when writing
 - Sharp, diagonal crease in earlobe
 - Tingling sensation in lips or fingers
 - Short walk causes cramping or pains in legs
 - Memory not as good as it used to be
 - Ankles swell late in the day
 - Persistent, nagging cough
 - Breathlessness on slight exertion or lying down
 - Urinate more than twice during the night
 - High blood pressure
 - Whitish ring under outer part of cornea in the eye
 - Impotent or frigid
 - Chest pain after physical exertion or emotional stress
 - Headaches
 - Food & environmental sensitivities
 - Bad breath
 - Clogged sinuses
 - Sore throat or hoarseness
-] TOTAL x 3 = Sec. 51 Score = _____**

SECTION 52

- Dizziness, especially when standing up
 - Fatigue
 - Nervousness, shaky feelings or headaches relieved by eating sweets
 - Irritable if late for a meal or miss a meal
 - Irritable before breakfast
 - Sudden, strong cravings for sweets, coffee or alcohol
 - Asthmatic attacks
 - Get hungry soon after eating
 - Cold hands or feet
 - Wake up at night feeling hungry
 - Wake up in middle of night and can't go back to sleep
 - Feeling of extreme stress
-] TOTAL x 5 = Sec. 52 Score = _____**

SECTION 53

- Tremors of hands and/or feet
 - Double vision
 - Slurred speech
 - Irritability or impatience
 - Loss of stamina while doing physical work
 - Lose temper easily, emotionally unsettled
-] TOTAL x 8 = Sec. 53 Score = _____**

SECTION 54

- Muscles weak, weak grip, light objects feel heavy
 - Muscles wasting in some particular part of body
 - Numbness or loss of sensation
 - Objects fall from hands, problems with hand/eye coordination
-] TOTAL x 12 = Sec. 54 Score = _____**

SECTION 55 **FEMALES ONLY**

- Anxiety, nervous tension
- Irritability, restlessness

...continued

SECTION 55 continued

- Depression
- Mood swings, emotional outbursts, crying spells
- Dizziness, fainting
- Hair loss or thinning
- Fatigue
- Headaches
- Backache, cramps
- Insomnia
- Bloating, weight gain
- Forgetfulness, confusion, foggy thinking
- Increased appetite
- Craving for sweets
- Breast tenderness
- Swelling of hands, feet, edema
- Pounding heart
- Decreased sex drive
- Dry skin
- Cystic breasts

] TOTAL x 3 = Sec. 55 Score = _____

If you have not already done so, **please add up the numbers you have indicated beside each statement. Multiply this total by the factor indicated to determine the score for each section**, each of which corresponds to a possible nutritional imbalance. The higher the weighted score for a given section, the more likely it is that its nutritional imbalance may be related to the bodily signs indicated.

Dr. Glenn B. Gero is not a medical doctor. He will not prescribe drugs or diagnose illness. He is a trained natural health specialist, nutritionist, herbalist, exercise specialist and educator. He performs wellness consultations regarding diet, nutritional supplementation, botanical medicine, exercise, mind/body imbalances, stress reduction techniques, integrative/complementary healing and can refer to other health professionals when appropriate. Dr. Gero does not participate in any third party insurance plans.

This is a health questionnaire, not a medical questionnaire. All information contained herein will be kept strictly confidential. In some cases, it may be necessary to get approval from your physician prior to Dr. Gero making recommendations regarding changes in diet and lifestyle.

Signature

Date

Key: Use "1" for "sometimes" or "mild," "2" for "often" or "moderate," and "3" for "very often" or "severe." Skip over all statements which do not apply to you. At the end of each section, total the numbers in the boxes and multiply by the factor indicated.