

NUTRITIONAL DIAGNOSIS



Instructions: - Circle the score in the column that best suits your symptoms, in either Frequency or Severity. .
 Column 0 = rarely or never *Note:* please circle zeros as well as numbers
 Column 1 = mild or infrequently (less than once per month)
 Column 3 = moderate or frequent symptoms (2 to 4 per month)
 Column 5 = severe or very frequent symptoms (weekly)

PROTEIN

Lifeless or limp hair 0 1 3 5
 Soft papery nails 0 1 3 5
 Muscle loss 0 1 3 5
 Stretch marks 0 1 3 5
 Split or peeling nails 0 1 3 5
 Feel sleepy after meals 0 1 3 5
 Periods of low energy during day 0 1 3 5
 Feel faint/irritable if meals are late 0 1 3 5

ALLERGY

Hayfever / chronic sinusitis 0 1 3 5
 Eczema, psoriasis or skin rashes 0 1 3 5
 Strong cravings 0 1 3 5
 Periods of mental confusion 0 1 3 5
 Sore or gritty eyes 0 1 3 5
 Anxiety or panic attacks 0 1 3 5
 Food sensitivities 0 1 3 5
 Constipation 0 1 3 5
 Stomach pains 0 1 3 5
 Generalized muscle aches 0 1 3 5

BOWELL FLORA

Bad breath or taste in mouth 0 1 3 5
 Sinusitis or constant mucous 0 1 3 5
 Sore or bleeding gums 0 1 3 5
 Flatulence 0 1 3 5
 Abdominal bloating after food 0 1 3 5
 Bruise easily 0 1 3 5
 Headaches 0 1 3 5

VITAMIN B1

Burning feeling in tongue or lips 0 1 3 5
 Numbness/burning in hands or feet 0 1 3 5
 Sensitive to loud sounds 0 1 3 5
 Heart palpitations or irregularities 0 1 3 5
 More than 2 glasses of alcohol/day 0 1 3 5
 Muscle tenderness 0 1 3 5

VITAMIN B2

Dandruff / excessively oily skin 0 1 3 5
 Redness around nose / ears 0 1 3 5
 Sensitive to bright lights 0 1 3 5
 Acne/whiteheads/blackheads 0 1 3 5
 Cracks/soreness in corner of mouth 0 1 3 5
 Weak hair 0 1 3 5

VITAMIN B3

Feel scared for no reason 0 1 3 5
 Feelings of hopelessness/gloom 0 1 3 5
 Easily excited or irritated 0 1 3 5
 Burning feeling in tongue or lips 0 1 3 5
 Dermatitis/ skin rashes 0 1 3 5
 Can't get to sleep/ restless sleep 0 1 3 5
 Poor concentration/ memory 0 1 3 5
 High cholesterol 0 1 3 5
 Wind/ bad breath/ bloating 0 1 3 5
 Excessive worry (Worry wart) 0 1 3 5

VITAMIN B5

Burning sensations in feet 0 1 3 5
 Dizziness upon standing 0 1 3 5
 Feel tired upon waking 0 1 3 5
 Feel excessively exhausted 0 1 3 5
 Push yourself to get things done 0 1 3 5

VITAMIN B6

Dandruff/ excessively oily skin 0 1 3 5
 Redness around nose or ears 0 1 3 5
 Cracks in corners of mouth 0 1 3 5
 Dream very little 0 1 3 5
 Difficulty remembering dreams 0 1 3 5
 Numbness/ tingling in hands/feet 0 1 3 5
 Frequent colds/ flu's 0 1 3 5
 Eczema or skin rashes 0 1 3 5
 Cold fingers or toes 0 1 3 5
 Stiff joints upon awakening 0 1 3 5
 Nails are brittle or break easily 0 1 3 5
 Trouble getting to sleep/poor sleep 0 1 3 5
 Inability to concentrate 0 1 3 5
 Moody or easily depressed 0 1 3 5
 Anxiety or panic attacks 0 1 3 5
 Easily upset 0 1 3 5
 Fluid retention 0 1 3 5

VITAMIN B12

Inability to concentrate 0 1 3 5
 Temper outbursts 0 1 3 5
 Co-ordination has diminished 0 1 3 5
 Confusion/paranoia/psychosis 0 1 3 5
 Memory has deteriorated 0 1 3 5
 Family history Alzheimer/dementia 0 1 3 5

FOLATE

Restless legs 0 1 3 5
 Cracked lips 0 1 3 5
 Hostile/ irritable 0 1 3 5
 Poor memory/ forgetfulness 0 1 3 5

VITAMIN A

Rough/papery skin on back of arms 0 1 3 5
 Poor night time vision 0 1 3 5
 Sore or gritty eyes 0 1 3 5
 Repetitive infections 0 1 3 5
 Dry or flaky skin 0 1 3 5
 Nails split or peel 0 1 3 5
 Dull or lifeless hair 0 1 3 5

VITAMIN C

Sore or bleeding gums 0 1 3 5
 Frequent coughs and colds 0 1 3 5
 Recurrent sinusitis 0 1 3 5
 Bruise easily 0 1 3 5
 Cuts/ sore are slow to heal 0 1 3 5
 Brittle nails 0 1 3 5
 Adult acne 0 1 3 5
 Excessive dental caries or plaque 0 1 3 5

VITAMIN D

Sensitivity to bright lights	0	1	3	5
General muscular aches / pains	0	1	3	5
Neck and shoulder muscle pain	0	1	3	5
Blurred vision especially if tired	0	1	3	5
Aching eyes with intensive use	0	1	3	5

VITAMIN E

Thickened or cracked skin on heels	0	1	3	5
Poor circulation	0	1	3	5
Heart conditions	0	1	3	5
Toe nails thickened/ deformed	0	1	3	5
Stroke/ family history of stroke	0	1	3	5
Family history of breast cancer	0	1	3	5
Muscle twitching or cramping	0	1	3	5
Itching/ irritation inside ears	0	1	3	5
Dry or flaky skin	0	1	3	5
Cuts/ sore are slow to heal	0	1	3	5
Brittle nails	0	1	3	5
Reduced sex drive	0	1	3	5
Cold or pale toes	0	1	3	5

MAGNESIUM

Ticklish	0	1	3	5
Muscle twitching or cramp	0	1	3	5
Feelings fluctuate easily	0	1	3	5
Easily angered	0	1	3	5
Trouble getting/staying asleep	0	1	3	5
Asthma	0	1	3	5
Headaches	0	1	3	5
Heart palpitations/irregularities	0	1	3	5
Muscle aches/ pain	0	1	3	5
Constipation	0	1	3	5
Sensitivity to loud sounds	0	1	3	5
Blurred vision if tired	0	1	3	5
Osteoporosis	0	1	3	5
Sweat excessively	0	1	3	5
Dull ache in small of back	0	1	3	5

CALCIUM

Nails soft and papery	0	1	3	5
White spots on nails	0	1	3	5
Excessive dental caries or plaque	0	1	3	5
Heart irregularities	0	1	3	5
Muscle cramp or twitching	0	1	3	5
Sensitivity to loud sounds	0	1	3	5
Stomach cramps/nervous stomach	0	1	3	5
Osteoporosis	0	1	3	5
High caffeine / tea intake	0	1	3	5

ZINC

Long or frequent colds	0	1	3	5
Food is somewhat tasteless	0	1	3	5
White spots on nails	0	1	3	5
Rough skin on back of arms	0	1	3	5
Brittle nails	0	1	3	5
Cuts/sores heal slowly	0	1	3	5
Stretch marks	0	1	3	5
Growing pains	0	1	3	5
Acne	0	1	3	5
Hair falls out or breaks easily	0	1	3	5
Soft papery nails	0	1	3	5

IRON

Eat little to no red meat	0	1	3	5
History of anemia	0	1	3	5
Flattened / spooned nails	0	1	3	5
Feel tired when exercising	0	1	3	5
Brain power is less than normal	0	1	3	5
Inability to concentrate	0	1	3	5
Hair is dull/ no shine	0	1	3	5
Family history of cancer	0	1	3	5
More than 3 coffee's/tea's per day	0	1	3	5
Feel weak/ tired	0	1	3	5
Poor circulation	0	1	3	5
Feel dizzy upon standing	0	1	3	5

ESSENTIAL FATTY ACIDS

Dry flaky skin, especially on legs	0	1	3	5
Rough skin on back of arms	0	1	3	5
Dandruff	0	1	3	5
Asthma	0	1	3	5
Eczema, psoriasis	0	1	3	5
Dry skin on face or chest	0	1	3	5
Excessive dental plaque	0	1	3	5

DOPAMINE (B6, Mg, Zn, Tyrosine)

Feelings fluctuate quickly	0	1	3	5
Feel like or could cry easily	0	1	3	5
Feel sleepy/drowsy during daytime	0	1	3	5
Bad dreams / restless sleep	0	1	3	5
Difficulty maintaining weight	0	1	3	5
Excessive thirst/urination	0	1	3	5
Reduced sex drive	0	1	3	5
Sunburn easily	0	1	3	5

SEROTONIN (tryptophan, B6, Mg, Zn)

Feeling of insecurity	0	1	3	5
Wake up during sleep	0	1	3	5
Feel tired upon awakening	0	1	3	5
Don't or infrequently dream	0	1	3	5
Difficulty remembering dreams	0	1	3	5
Headaches	0	1	3	5
Eat when nervous	0	1	3	5
Crave sugary foods	0	1	3	5
Easily excited/ irritated	0	1	3	5

ENDORPHINS (dl-Phenylalanine)

Poor short term memory	0	1	3	5
Easily excited or irritated	0	1	3	5
Feel stressed	0	1	3	5
Poor bodily co-ordination	0	1	3	5
Sensitive to loud sounds	0	1	3	5
Worry about things	0	1	3	5
Feel fearful	0	1	3	5
Feelings of insecurity	0	1	3	5
Tend to cry easily	0	1	3	5
Magnify insignificant events	0	1	3	5
Have suicidal thoughts	0	1	3	5
Bad dreams or restless sleep	0	1	3	5

SELENIUM

Family history of breast cancer	0	1	3	5
Family history of cancer	0	1	3	5
Amalgam fillings	0	1	3	5
Heavy metal / chemical exposure	0	1	3	5