

REJUVENA

HEALTH & AESTHETICS

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Complete Nutritional Assessment

Name: _____

Date: _____

Birthdate: _____

Gender: ___ M ___ F

Blood-type: ___ A ___ AB ___ B ___ O ___ Negative ___ Positive

Blood pressure: ___/___

Weight: _____ Temperature: _____ ° F

Diet

___ Alcohol

___ Refined flour/baked goods

___ Eat fast food regularly

___ Candy or other sweets

___ Vitamins & minerals

___ Luncheon meats/hot dogs

___ Chewing tobacco

___ Water, tap

___ Milk products

___ Cigars/pipes

___ Diet often

___ Coffee

___ Artificial sweeteners

___ Refined sugar

___ Fried foods regularly

___ Carbonated beverages

___ Water, distilled

___ Margarine

___ Cigarettes

___ Water, well

___ Non-herbal tea

Lifestyle

___ Times you exercise per week

___ Changed jobs recently

___ Recently divorced

___ Work more than 60 hours

___ Recently married

Medications

___ Antacids

___ Estrogen/Progesterone

___ Antibiotics

___ Heart Medications

___ Anticonvulsants

___ High blood pressure

___ Antidepressants

___ Hormone therapy

___ Antifungals

___ Laxatives

___ Aspirin/Ibuprofen

___ Insulin

___ Ulcer medications

___ Asthma inhalers

___ Oral contraceptives

___ Beta blockers

___ Radiation exposure

___ Chemotherapy

___ Recreational drugs

___ Cortisone

___ Relaxants/Sleep pills

___ Diabetic meds

___ Thyroid medication

___ Diuretics

___ Tylenol/acetaminophen

Other Medications and dosages: _____

Upper Gastrointestinal System

- ___ Belching or gas within 1 hr of a meal
- ___ Heartburn or acid reflux
- ___ Bloating shortly after eating
- ___ Are you a vegan (no dairy, meat, fish or eggs)
- ___ Bad breath (halitosis)
- ___ Loss of taste for meat
- ___ Sweat has strong odor
- ___ Stomach upset by taking vitamins
- ___ Sense of fullness after meals
- ___ Undigested food in stool
- ___ Do you feel like skipping breakfast?
- ___ Do you feel better if you don't eat?
- ___ Sleepy after meals
- ___ Fingernails chip, break, or peel easily
- ___ Anemia unresponsive to iron
- ___ Stomach pains or cramps
- ___ Diarrhea, chronic
- ___ Diarrhea shortly after meals
- ___ Black or tarry stools

Liver and Gallbladder

- ___ Pain between shoulder blade
- ___ Stomach upset by greasy foods
- ___ Greasy or shiny foods
- ___ Nausea
- ___ Sea, car, or airplane sickness, motion sickness
- ___ History of morning sickness
- ___ Light or clay colored stools
- ___ Dry skin, itchy feet and/or skin peels on feet
- ___ Headache over eye
- ___ Gallbladder attacks (past or present)
- ___ Gallbladder removed
- ___ Bitter taste in mouth, especially after meals
- ___ Become sick if drinking wine
- ___ If drinking alcohol, easily intoxicated
- ___ Alcoholic beverages per week
- ___ Recovering alcoholic
- ___ Hangovers after drinking alcohol
- ___ History of drug or alcohol abuse
- ___ History of hepatitis
- ___ Long-term use of prescription medications
- ___ Sensitive to chemicals (perfume, cleaning solvents, insecticides, exhaust, etc.)
- ___ Sensitive to tobacco smoke
- ___ Exposure to diesel fumes
- ___ Pain under right side or rib cage
- ___ Hemorrhoids or varicose veins
- ___ NutraSweet (aspartame) consumption
- ___ Chronic fatigue or Fibromyalgia

Small Intestine

- ___ Food allergies
- ___ Abdominal bloating
- ___ Specific foods make you tired or bloated
- ___ Pulse speeds after eating
- ___ Airborne allergies
- ___ Experience hives
- ___ Sinus congestion, "stuffy head"
- ___ Crave bread or noodles
- ___ Alternating constipation and diarrhea
- ___ Crohn's disease
- ___ Wheat or grain sensitivity
- ___ Dairy sensitivity
- ___ Are there foods you could not give up?
- ___ Asthma, sinus infections, stuffy nose
- ___ Bizarre vivid or nightmarish dreams
- ___ Use over-the-counter medications
- ___ Feel spacey or unreal

Large Intestine

- Anus itches
- Coated tongue
- Stools have corners or edges are flat or ribbon shaped
- History of chronic antibiotic use
- Fungus or yeast infections
- Ring worm, "jock itch", "athletes foot", nail fungus
- Eating sugar, starch, or drinking alcohol increases yeast
- Stools hard or difficult to pass
- History of parasites
- Less than one bowel movement per day
- Feel worse in moldy or dusty environments
- Stool are not well formed
- Irritable bowel or mucous colitis
- Mucous in stool
- Excessive foul smelling lower bowel gas
- Bad breath or strong body odors
- Cramping in lower abdominal region
- Dark circles under the eye

Mineral Deficiency

- History of Carpal Tunnel Syndrome
- History of lower right abdominal pain
- History of stress fractures
- Bone loss (reduced density on bone scan)
- Are you shorter than you used to be?
- Calf, foot, or toe cramps at rest
- Cold sores, fever blisters, or herpes lesions
- Frequent fevers
- Frequent skin rashes and/or hives
- Have you ever had a herniated disk?
- Excessively flexible joints, "double jointed"
- Joints pop or click
- Pain or swelling in joints
- Bursitis or tendonitis
- History of bone spurs
- Morning stiffness
- Vomiting or nausea
- Crave chocolate
- Feet have strong odor
- Tendency to anemia
- Whites of eyes (sclera) tinted blue
- Hoarseness
- Difficulty swallowing
- Sensation of lump in throat
- Dry mouth, eyes, and/or nose
- Gag easily
- White spots on fingernails
- Cuts heal slowly and/or scar easy
- Decreased sensation of taste or smell

Essential Fatty Acids Deficiency

- Aspirin is an effective pain reliever
- Crave fatty or greasy foods
- Low or reduced fat diet
- Tension headaches at base of skull
- Headaches when out in the hot sun
- Sunburn easily or suffer sun poisoning
- Muscles easily fatigued
- Dry, flaky skin and/or dandruff

Sugar Handling

- Awaken a few hours into sleep, hard to get back to sleep
- Crave sweets
- Eat desserts or sugary snacks
- Binge or uncontrolled eating
- Excessive appetite
- Crave coffee or sugar in the afternoon
- Sleepy in afternoon
- Fatigue that is relieved by eating
- Headache if meals are skipped or delayed
- Irritable before meals
- Shaky if meals are delayed
- Family member with diabetes
- Frequent thirst
- Frequent urination

Vitamin Deficiency

- Muscles become easily fatigued
- Feel worse, sore after exercising
- Vulnerable to insect bites
- Loss of muscle tone, heaviness in arms/legs
- Enlarged heart or heart failure
- Pulse slow/below 65
- Ringing in the ears/Tinnitus
- Numbness, tingling, or itching in extremities
- Depressed
- Fear of impending doom
- Worrier, apprehensive, anxious
- Nervous or agitated
- Feelings of insecurity
- Heart races
- Can hear heart beat on pillow at night
- Whole body or limb jerk as falling asleep
- Night sweats
- Restless leg syndrome
- Cheilosis (cracks at corner of mouth)
- Fragile skin, easily chaffed, as in shaving
- Polyps or warts
- MSG (monosodium glutamate) sensitivity
- Wake up without remembering dreams
- Take birth control pills
- Small bumps on back of arms
- Strong light at night irritates eyes
- Nose bleeds and/or tend to bruise easy
- Bleeding gums especially while brushing

Adrenal

- Tend to be a "night person"
- Difficulty falling asleep
- Slow starter in the morning
- Keyed up, trouble calming down
- High blood pressure (normal 120/80)
- Headache after exercising
- Feeling wired or jittery if drinking coffee
- Clench or grind teeth
- Calm on the outside, troubled on the inside
- Chronic low back pain, worse with fatigue
- Become dizzy when standing up suddenly
- Difficult maintaining manipulative correction
- Pain after manipulative correction
- Arthritic tendencies
- Crave salty foods
- Salt foods before tasting
- Perspire easily
- Chronic fatigue or get drowsy often
- Afternoon yawning
- Afternoon headache
- Asthma, wheezing, or difficulty breathing
- Pain on the medial or inner side of the knee
- Tendency to sprain ankles or "shin splints"
- Tendency to need to wear sunglasses
- Allergies and/or hives
- Weakness or dizziness

Pituitary

- Over 6'6"
- Early sexual development (< 10)
- Decreased libido
- Under 4'10"
- Delayed sexual development (>13)
- Increased libido
- Splitting type headache
- Memory failing
- Difficulty tolerating sugar
- Tendency to ulcers or colitis
- Weight gain around hips or waist
- Menstrual disorders
- Abnormal thirst

Thyroid

- Allergic to iodine
- Difficulty gaining weight, even with large appetite
- Mentally sluggish, reduced initiative
- Difficulty losing weight

- ___ Easily fatigued, sleepy during the day
- ___ Inward trembling
- ___ Flush easily
- ___ Fast pulse at rest
- ___ Intolerance to high temperatures

- ___ Seasonal sadness
- ___ Constipation, chronic
- ___ Excessive hair loss and/or coarse hair
- ___ Morning headaches, wear off during day
- ___ Loss of lateral 1/3 of eyebrow

Male

- ___ Prostate problems
- ___ Urination difficult or dribbling
- ___ Difficult to start and stop urine stream
- ___ Pain or burning with urination
- ___ Decreased sexual function

- ___ Waking to urinate at night
- ___ Interruption of stream during urination
- ___ Pain on inside of legs or heels
- ___ Feeling of incomplete bowel evacuation

Female

- ___ Depression during periods
- ___ Mood swings associated with periods
- ___ Crave chocolate around periods
- ___ Breast tenderness associated with cycle
- ___ Excessive menstrual flow
- ___ Scanty blood flow during periods
- ___ Gain weight around hips, thighs, and buttocks
- ___ Variations in menstrual cycle
- ___ Endometriosis
- ___ Uterine fibroids

- ___ Breast fibroids, benign masses
- ___ Painful intercourse (dyspareunia)
- ___ Vaginal discharge
- ___ Vaginal dryness
- ___ Vaginal itchiness
- ___ Occasional skipped periods
- ___ Excess facial or body hair
- ___ Hot flashes
- ___ Night sweats (in menopausal females)
- ___ Thinning skin

Cardiovascular

- ___ Aware of heavy and/or irregular breathing
- ___ Discomfort at high altitudes
- ___ "Air hunger" and/or yawn frequently
- ___ Compelled to open windows in a closed room
- ___ Shortness of breath with moderate exertion

- ___ Ankles swell, especially at night
- ___ Cough at night
- ___ Blush or face turns red for no reason
- ___ Dull pain or tightness in chest on exertion
- ___ Muscle cramps with exertion

Kidney and Bladder

- ___ Pain in mid-back region
- ___ Dark circles under eyes and/or puffy eyes
- ___ History of kidney stones

- ___ Cloudy, bloody, or darkened urine
- ___ Urine has a strong odor

Immune System

- ___ Runny or drippy nose
- ___ Catch colds at the beginning of winter
- ___ Mucous producing cough
- ___ Frequent infections (ear, sinus, lung, skin, bladder, kidney)
- ___ History of Epstein Bar, Mono, Herpes, Shingles, Chronic Fatigue, Hepatitis, etc.

- ___ Acne (adult)
- ___ Itchy skin/dermatitis
- ___ Cysts, boils, or rashes
- ___ Never get sick
- ___ Frequent colds or flu

