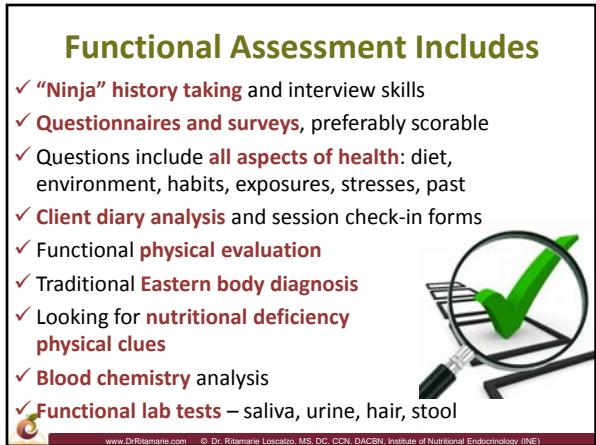


**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



## The Art of “Ninja” History Taking

- ✓ Why it's important
  - ✓ What it takes to be thorough
  - ✓ Functional assessment
  - ✓ Root cause analysis
  - ✓ Identify risk factors
  - ✓ Early detection
  - ✓ Prevention of disease and dysfunction
  - ✓ Address signs and symptoms
  - ✓ before they become pathology



before they become pathology

## 4 Pillars of a Functional Assessment

- ✓ Historical data, scorecards
  - ✓ Physical
    - Traditional PE: pathology
    - Functional testing:  
reflex points, functional tests
  - ✓ In-office/at-home testing
    - Lab
    - Functional: i.e., mineral tests, pH
  - ✓ Labs: blood, urine, saliva, hair, stool



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## Getting to Know Your New Client

- ✓ **The initial contact**
  - ✓ **Pre-consultation forms:** online or paper and pen forms completed, usually before initial consultation
  - ✓ **Initial consultation:** interview questions
  - ✓ **Journals** of their daily activities and diet
  - ✓ **Review old labs** if any and order new ones if necessary



100% Natural, 100% Organic, 100% Vegan, 100% Sustainable

## Components of a Thorough History

- ✓ Demographics and General Information
  - ✓ Health Goals
  - ✓ History of Chief Complaint(s)
  - ✓ Current Health and Exposures
  - ✓ Medication and Supplement History
  - ✓ Past Health History and Family Health
  - ✓ Organ and Gland Scorecards
  - ✓ Nutrient Evaluation Scorecards
  - ✓ Journals and Tracking Forms
  - ✓ "Ready and Willing" Assessment



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