

# INE: Nutritionally Oriented Physical Exam - Head



**INE** INSTITUTE OF  
NUTRITIONAL  
ENDOCRINOLOGY

## Nutritionally Oriented Physical Exam: Head

Dr. Ritamarie Loscalzo

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**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, 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.

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### Head Evaluation

- ✓ Hair
- ✓ Scalp
- ✓ Ears
- ✓ Cranial Nerves



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## INE: Nutritionally Oriented Physical Exam - Head

| Head Evaluation       |   |       |
|-----------------------|---|-------|
| Circle all that apply | Possible interpretation   |       |
| Dry hair              | Essential fatty acid (EFA) deficiency   |       |
| Premature graying     | Pantothenic acid (B5) deficiency  |       |
| Hair loss             | Folic acid, vitamin B5, vitamin B6, B-complex, and EFA deficiencies. Vitamin A toxicity, or other environmental toxicity, also causes hair loss |       |
| Dandruff              | Deficiencies in EFA, antioxidants (selenium especially), B6 or B-complex. May also indicate low stomach acid                                    |       |
| Excess ear wax        | Low essential fatty acids (EFA)   |       |
| Cranial Nerves        | Left  | Right |
| Hearing               |   |       |
| Vision                |   |       |
| Sensation             |   |       |
| Smell                 |   |       |
| Movement              |   |       |
| Taste                 |   |       |

