


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		

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