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NUTRITIONAL  
ENDOCRINOLOGY

# Nutritionally Oriented Physical Exam: Head

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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](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.



# Head Evaluation

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



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		

