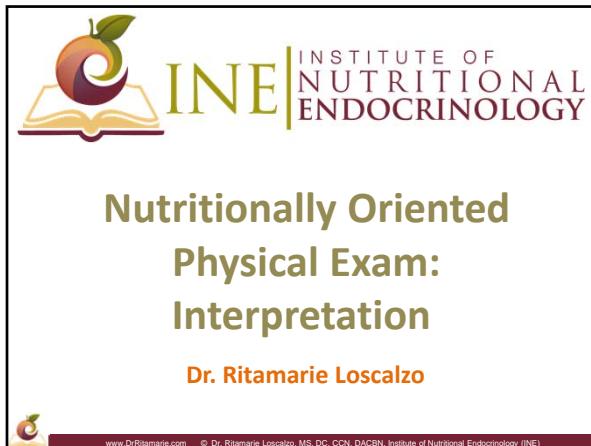


INE: Nutritionally Oriented Physical Exam - Interpretation



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.

Functional Exam Interpretation

- ✓ Map findings
- ✓ Scores for each system
- ✓ Great learning tool

Interpretation Guide				
Adrenal	(Calculate score based on the column headings)			
Highlight or circle your positive finding	0	1	2	3
Black pressure upon skin	Ind 10	Ind 10	Ind 10	Ind 10
Black pressure upon light skin	Ind 10	Ind 10	Ind 10	Ind 10
Fluor margin blemishes	Absent	Mild	Moderate	Severe
Unsure discoloration below eyelids	Absent	Mild	Moderate	Severe
Black discoloration below eyelids	Absent	Mild	Moderate	Severe
Dark gray or reddish back of tongue	Absent	Mild	Moderate	Severe
Ulceraions or canker sores	Absent	Mild	Moderate	Severe
Bed breath	Absent	Mild	Moderate	Severe
Darkened nail beds and belly nipples	Absent	Mild	Moderate	Severe
Tongue signs: Distinguishing Marks	Absent	Present		
diagram - deep-seated hairline				
Tongue: Distinguishing Marks diagram	Absent	Present		
Total Adrenal				
Digestion – Liver and Gallbladder				
Yellow discoloration below bottom eyelids				
Yellow/brownish sclera				
Red sclera				
Yellow sclera				
ECA/OLC yellow				

INE: Nutritionally Oriented Physical Exam - Interpretation

Nutritionally Oriented Physical Exam Interpretation Guide				
Adrenal (Calculate score based on the column headings)				
Highlight or circle your positive finding	0	1	2	3
• Blood pressure upon standing	Not. 10 sec	10-20 sec	≥ 10 Sec	≥ 10 sec
• Pupil constriction with bright light	Absent	Mild	Moderate	Severe
• Brown discoloration below eyelids	Absent	Mild	Moderate	Severe
• Black discoloration below eyelids	Absent	Mild	Moderate	Severe
• Dark gray or reddish back of tongue	Absent	Mild	Moderate	Severe
• Ulcerations or canker sores	Absent	Mild	Moderate	Severe
• Bad breath	Absent	Mild	Moderate	Severe
• Rough, red, bumpy cuticles	Absent	Mild	Moderate	Severe
• Tongue signs: Distinguishing Marks diagram - deep seated hairline	Absent	Present		
• Tongue: Distinguishing Marks diagram signs - emotions along spiral column	Absent	Present		
Total Adrenal				
Digestion – Liver and Gallbladder				
• Yellow discoloration below bottom eyelids				
• Yellow/brown sclera				
• Red sclera				
• Green sclera				
• Yellow skin - yellow				
• Crusts between eyes				
• Bulbous nose				
• Tongue irritation/redness				
• Splitting cuticles				
• Excessive vertical ridges on nails				
• Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)				
• Grey ring around the cornea				