



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

Nutritionally Oriented Physical Exam: Interpretation

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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.



Functional Exam Interpretation

Nutritionally Oriented Physical Exam Interpretation Guide

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

Adrenal (Calculate score based on the column headings)				
Highlight or circle your positive finding	0	1	2	3
• Blood pressure upon standing	Incr: 10	Same	Decr ≤ 10	Decr >10
• Pupil constriction with bright light	20 sec	10-20 sec	<10 Sec	<5 sec
• Rib margin tenderness	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, flaky cuticles	Absent	Mild	Moderate	Severe
• Tongue signs: <i>Distinguishing Marks</i> diagram - deep seated fear/anxiety	Absent	Present		
• Tongue: <i>Distinguishing Marks</i> diagram signs - emotions along spinal column	Absent	Present		
Total Adrenal				
Digestion – Liver and Gallbladder				
<ul style="list-style-type: none"> • Yellow discoloration below bottom eyelids • Yellow/brown sclera • Red sclera • Green sclera • Facial color: yellow 				



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Total Adrenal				
Digestion – Liver and Gallbladder <ul style="list-style-type: none"> • Yellow discoloration below bottom eyelids • Yellow/brown sclera • Red sclera • Green sclera • Facial color: yellow • Creases 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 				

