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# 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](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.



# Functional Exam Interpretation

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

## 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	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 <sup>+</sup>	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"><li>• Yellow discoloration below bottom eyelids</li><li>• Yellow/brown sclera</li><li>• Red sclera</li><li>• Green sclera</li><li>• Facial color: yellow</li></ul>				



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<b>Digestion – Liver and Gallbladder</b>				
<ul style="list-style-type: none"> <li>• Yellow discoloration below bottom eyelids</li> <li>• Yellow/brown sclera</li> <li>• Red sclera</li> <li>• Green sclera</li> <li>• Facial color: yellow</li> <li>• Creases between eyes</li> <li>• Bulbous nose</li> <li>• Tongue irritation/redness</li> <li>• Splitting cuticles</li> <li>• Excessive vertical ridges on nails</li> <li>• Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)</li> <li>• Grey ring around the cornea</li> </ul>				

