

PHYSICAL EXAM

INTERPRETATION GUIDE



DR. RITAMARIE LOSCALZO
MS, DC, CCN, DACBN



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Austin, Texas, USA.

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Helpdesk@DrRitamarie.com

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Nutritionally Oriented Physical Exam Interpretation Guide

Adrenal (Calculate score based on the column headings)				
Highlight or circle your positive finding	0	1	2	3
<ul style="list-style-type: none"> • Blood pressure upon standing • Pupil constriction with bright light • Rib margin tenderness • Brown discoloration below eyelids • Black discoloration below eyelids • Dark gray or reddish back of tongue • Ulcerations or canker sores • Bad breath • Rough, red, flaky cuticles • Tongue signs: <i>Distinguishing Marks</i> diagram (at end of document)- deep seated fear/anxiety • Tongue signs: <i>Distinguishing Marks</i> diagram signs - emotions along spinal column 	Incr: 10 20 sec Absent Absent Absent Absent Absent Absent Absent Absent Absent Absent	Same 10-20 sec Mild Mild Mild Mild Mild Mild Mild Present Present	Decr ≤ 10 <10 Sec Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate Moderate	Decr >10 <5 sec Severe Severe Severe Severe Severe Severe Severe Severe
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 				



Digestion – Low Stomach Acid

- Painful dentures
- Acne
- Dandruff
- Splitting, breaking nails

Digestion – General

- Red sclera
- Gray sclera
- Ulcerations or canker sores
- Bad breath
- Urine-like breath smells
- Red and inflamed lips
- Crack between chin and lips
- Tongue irritation/redness
- Red tongue tip
- Chronic coating and/or “furry” tongue
- Scalloped edges and teeth marks on tongue
- A “cottage cheese” growth or coating
- Excessive vertical ridges on nails
- Pitting of nails
- Deep horizontal ridges (Beau’s lines) on nails
- Yellowish, bulging, bending, breaking nails
- Yellow nails
- Black spots on nails
- Hemorrhoids
- Tongue signs: *Distinguishing Marks* diagram - unabsorbed nutrients
- Tongue signs: *Distinguishing Marks* diagram - toxins in colon
- Tongue signs: *Distinguishing Marks* diagram - toxins in GI tract
- Tongue signs: *Distinguishing Marks* diagram - sensitive colon
- Tongue signs: *Distinguishing Marks* diagram - chronic vata - derangement in colon

Cardiovascular System

- Clear with bluish tint sclera
- Facial color: red
- Facial color: bluish
- Ear lobe creases
- Tongue irritation/redness
- Large moons on little fingers (plus ear lobe creases and/or reddish tip of tongue)



Cardiovascular System - continued

- Short wide nails or fingertips
- Horizontal ridges on nails
- Short wide nails or fingertips
- Clear with bluish tint sclera
- Cold hands
- Salty taste
- White ring around the iris
- Grey ring around the cornea
- Tongue signs: *Distinguishing Marks* diagram – delicate heart
- Blood pressure while seated is high

Kidney and Bladder

- Brown discoloration below bottom eyelids
- Puffy bags under eyes
- Facial color: brown
- Tongue irritation/redness
- Dark gray or reddish back of tongue
- Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)
- Thumb nail has ridges
- Tongue: *Distinguishing Marks* diagram - kidney disorder

Immune System

- Red sclera
- Pasty, off white sclera
- Ulcerations or canker sores
- Bitter taste
- Bad breath
- Putrid breath smells
- Bulbous nose
- Chronic coating and/or “furry” tongue
- Scalloped edges and teeth marks on tongue
- Geographic tongue (lines like a map)
- A “cottage cheese” growth or coating
- Excessively shiny or smooth tongue
- Splitting cuticles
- Pitting of nails
- Deep horizontal ridges (Beau’s lines) on nails
- Yellowish, bulging, bending, breaking nails



Respiratory System

- Facial color: ashen gray
- Red cheeks
- Tongue irritation/redness
- Deep horizontal ridges (Beau's lines) on nails
- Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)
- Vertical ridges on other finger nails besides the thumb
- Vertical ridges on nails that are split
- Tongue signs: *Distinguishing Marks* diagram – delicate lungs
- Tongue signs: *Distinguishing Marks* diagram – bronchitis
- Tongue signs: *Distinguishing Marks* diagram – pneumonitis

Skeletal System

- Thumb has appearance of beads on a string

Eyes/Vision Issues

- Gray pupil
- Green pupil

Anemia

- Spooning of nails
- Clear with bluish tint sclera

Detoxification Stress/Toxicity

- Metallic taste
- Bulbous nose
- Hair loss
- Spooning of nails
- White ring around the iris

Blood Sugar Dysregulation

- Acetone-like breath smells
- Excessively shiny or smooth tongue
- Skin tags
- Wounds that take a long time to heal
- Waist/hip ratio: **males** - if ratio is >1 , select score of "1" (otherwise "0")
- Waist/hip ratio: **females**: if ratio is $>.8$, select score of "1" (otherwise "0")



Thyroid Low (Hypo)

- Scalloped edges and teeth marks on tongue
- Cold hands
- “Goose flesh” at the backs of arms or thighs

Thyroid Excess (Hyper)

- Eyes “bug-out”
- Scalloped edges and teeth marks on tongue

Female - Hormones (Pre-Menopause)

- Lines around mouth

General Brain Function

- Grey ring around the cornea

Vitamin & Mineral Needs

- Metallic taste
- Excessive salivation
- Bleeding gums
- Very thin parallel lines on nails
- Horizontal ridges on nails

Essential Fatty Acid Needs

- Lines around mouth
- Mouth cracks, fissures, and scales, especially at corners
- Dry flaking lips
- Acne
- Red tongue tip
- Dry hair
- Hair loss
- Dandruff
- Excess ear wax
- Splitting cuticles
- Splitting, breaking nails
- Dry skin
- “Goose flesh” at the backs of arms or thighs
- Wounds that take a long time to heal
- Hemorrhoids



Amino Acid Needs

- Ulcerations or canker sores
- White spots on nails
- Painful dentures
- Urine-like breath smells
- Painful dentures (glutamine)

Vitamin A

- Gums, puffy/bleeding
- Lines around mouth
- Hair loss
- Dry skin
- “Goose flesh” at the backs of arms or thighs
- Wounds that take a long time to heal
- Hemorrhoids

B Vitamins

- Ulcerations or canker sores
- Lines around mouth
- Mouth cracks, fissures, and scales, especially at corners
- Painful dentures
- Red and inflamed lips
- Geographic tongue (lines like a map)
- Hair loss
- Dandruff
- Rough, red, flaky cuticles
- Excessive vertical ridges on nails

Vitamin B2 - Riboflavin

- Mouth cracks, fissures, and scales, especially at corners

Vitamin B3 - Niacin

- Gums, puffy/bleeding

Vitamin B5 - Pantothenic acid

- Mouth cracks, fissures, and scales, especially at corners
- Beefy or enlarged tongue
- Premature graying
- Hair loss



Vitamin B6 - Pyridoxine

- Mouth cracks, fissures, and scales, especially at corners
- Tooth decay
- Hair loss
- Dandruff
- Splitting, breaking nails

Vitamin B7 - Biotin

- Dry flaking lips
- Splitting, breaking nails

Vitamin B9 - Folic Acid

- Gums, puffy/bleeding
- Ulcerations or canker sores
- Mouth cracks, fissures, and scales, especially at corners
- Tender to touch or sore
- Geographic tongue (lines like a map)
- Excessively shiny or smooth tongue
- Hair loss

Vitamin B12 - Cobalamin

- Tender to touch or sore
- Excessively shiny or smooth tongue
- Purplish tongue
- Excessive vertical ridges on nails

Vitamin C

- Gums, puffy/bleeding
- Bleeding gums
- Bruising – slow to heal or excessive
- Wounds that take a long time to heal

Bioflavonoids

- Bruising – slow to heal or excessive
- Gums, puffy/bleeding
- Bleeding gums
- Hemorrhoids

Vitamin D

- Geographic tongue (lines like a map)

**Vitamin E**

- Lines around mouth
- Dry skin
- “Goose flesh” at the backs of arms or thighs
- Bruising – slow to heal or excessive
- Hemorrhoids

Vitamin K

- Bruising – slow to heal or excessive

Boron

- Tooth decay

Calcium

- Tooth decay
- White ring around the iris

Chromium

- Skin tags

Copper

- Loss of tastes, especially sweet

Iron

- Pale gums
- Facial color: copper
- Tender to touch or sore
- Excessively shiny or smooth tongue
- Pale or bluish nails
- Spooning of nails

Magnesium

- Mouth cracks, fissures, and scales, especially at corners
- Splitting, breaking nails

Selenium

- Loss of tastes, especially sweets
- Dandruff
- Pitting of nails

Silica

- Tooth decay



Zinc

- Gums, puffy/bleeding
- Loss of tastes, especially sweets
- Acne
- Geographic tongue (lines like a map)
- White spots on nails
- Cracked skin at tips of fingers
- “Goose flesh” at the backs of arms or thighs
- Wounds that take a long time to heal

Strength of Constitution

- Long earlobes
- Large nail moon(s)

Dietary Risks

- Splitting cuticles (bad oils)
- Red tongue tip (bad oils, overeating, lack of fiber, dehydration)
- Acne (bad oils)
- Hemorrhoids (lack of fiber, dehydration)
- Salty taste in mouth (excess salt)
- Bad breath (overeating)

Drug Reactions

- Black or hairy-looking tongue
- Metallic taste

Lack of Exercise

- Hemorrhoids

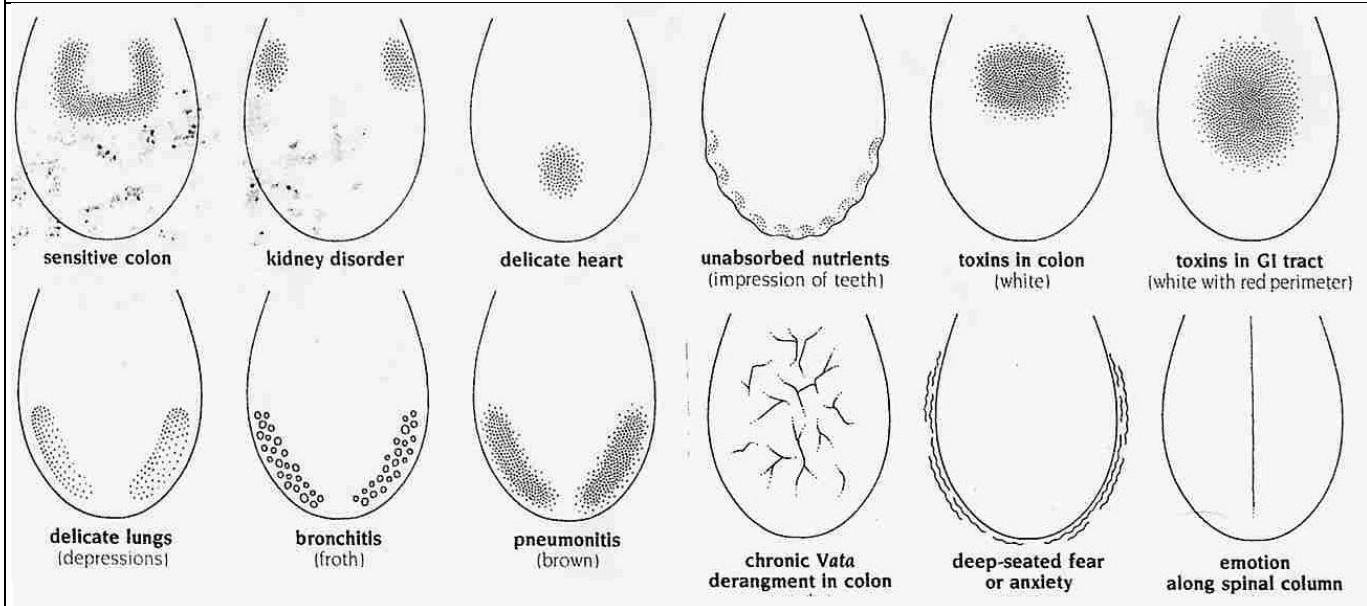
Trauma

- White spots on nails
- Deep horizontal ridges (Beau’s lines) on nails
- Salty taste



Tongue - Distinguishing Marks:

image source: <http://www.drritamarie.com/go/TongueDiagrams>





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And listen to the Reinvent Healthcare podcast at www.ReinventHealthcare.com.



About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-focused system into a true health care system where all practitioners are skilled at finding the root causes of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the Institute of Nutritional Endocrinology, Dr. Ritamarie specializes in empowering health and nutrition practitioners to identify and reverse the root causes of health issues by using the science of functional assessments and the wisdom of nature to restore balance to hormones, which control every system in the human body.

Students and graduates, as well as colleagues, refer to the Institute of Nutritional Endocrinology as the "Harvard of online functional medicine training."

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath ®. She's also certified as a living foods chef, instructor, and coach.

A best-selling author, speaker, and internationally recognized nutrition and functional health authority with over 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

To find out more about the Institute of Nutritional Endocrinology offerings, visit:

<http://www.INEMethod.com>.