



## **Nutritionally Oriented Physical Exam: Online Transcript**

Let's take a look at the online exam.

Before we begin let's make sure that you are aware that any of the information I'm presenting here is not intended to replace a one-on-one relationship with a qualified healthcare professional.

It's also not medical advice and when you are presenting to your clients you need to be really careful and make sure that they are aware that what you are presenting, and what I'm presenting here today, is intended as a sharing of my knowledge, information, clinical research and clinical experience over many years.

I encourage you, and you should encourage your clients, to make their own healthcare decisions based upon your research and in partnership with a qualified healthcare professional. This is especially true for people who are on any medications. I just want to make sure that the things that we talk about in terms of nutrition are not going to interfere with the protocols.

The online exam has everything that the paper and pen exam does, but you can click on it. You can go to the online exam and you can fill it in online.

This is what the online form looks like and you'll have the opportunity to type the information in. You can create your own online form if you choose, this is a very inexpensive program, it's under \$100, and you have to have a web person install it on your website.

You need to learn how to use it; it's very easy to learn to use. It's time consuming to type all the information in, or you can have your client fill out the form, or you can fill it out and then you can go back and type it in here if you want to have a record.

The next piece is the bodily function evaluation and we do this in conjunction with the physical exam because this is something that they definitely have to take home with them because they are going to be observing what's the mucus like that's produced through their nose, what's their urine like and what's their stool like.