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# Nutritionally Oriented Physical Exam: Skin

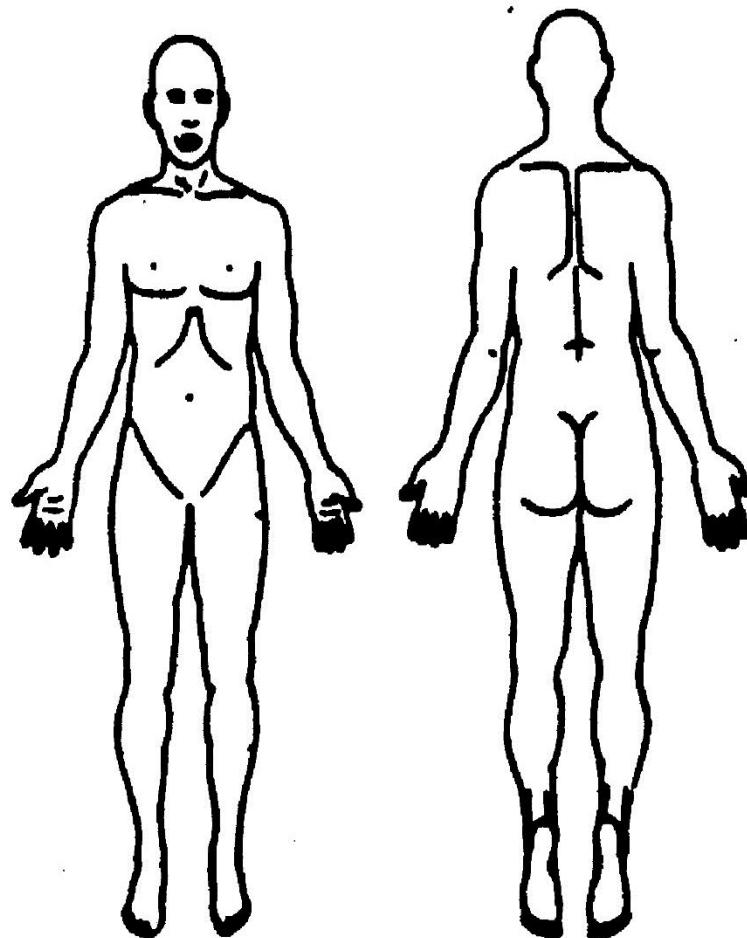
**Dr. Ritamarie Loscalzo**



**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.

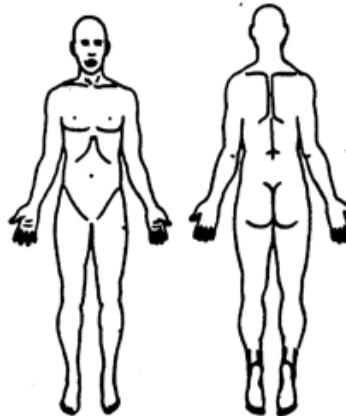


# Skin Assessment



## Skin Assessment

Observe your body head to toe. Use a mirror or a trusted companion to see areas you normally would not see. Use the diagrams to note any areas of rash, skin tag, discoloration, bumps, bruises, moles, or other abnormalities of your skin.



Circle all that apply	Possible interpretation
Skin tags	Blood sugar problems like hypoglycemia, tendency towards diabetes, low chromium, tendency to develop cysts and/or polyps
Dry skin	Deficiencies in EFA, vitamin A or vitamin E
"Goose flesh" at the backs of arms or thighs	Vitamin A deficiency, low thyroid, low essential fatty acids, low zinc, low vitamin E
Bruising – slow to heal or excessive	Deficiencies in vitamin K, C, E, or bioflavonoids
Wounds that take a long time to heal	Deficiencies in vitamin A, vitamin C, zinc or EFA; diabetes may also be the cause
Hemorrhoids	Dehydration, inadequate fiber, low levels of bioflavonoids, vitamin E, vitamin A, or essential fatty acids; inadequate exercise or food allergies
Tenderness at rib margins	Sign of adrenal distress or over-work

