



**INE** | INSTITUTE OF  
NUTRITIONAL  
ENDOCRINOLOGY

# Nutritionally Oriented Physical Exam: Vitals and Measurements

**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.

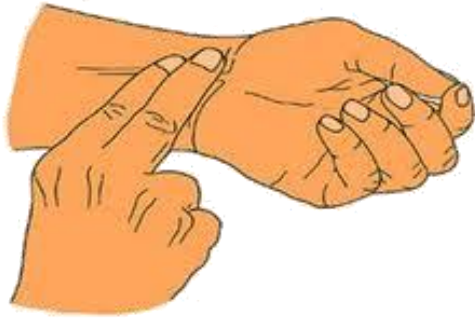


# Nutritionally Oriented Physical Exam

<b>Name:</b>			<b>Date:</b>		
<b>Height:</b>			<b>Weight:</b>		
<b>Frame size (check one):</b>	Small	Medium	Large		
<b>Respiration</b> – breaths per minute:					
<b>Pulse</b> – beats per minute:			<b>Temperature:</b>		
<b>Blood Pressure</b>					
<b>Seated, legs uncrossed</b>			If difference between left and right is > 10, top or bottom, there may be a blockage.		
Left Arm:					
Right Arm:					
<b>Lying Face Up</b>					
<b>Standing</b>			Systolic blood pressure (top number) should increase by 10 when you stand up. If it does not or if it decreases, it's suggestive of adrenal stress. The more time it takes to restore the blood pressure to what it should be is suggestive of the degree of adrenal distress. Measure once a minute for up to 5 minutes. Stop when pressure increases by 10 points.		
Immediately upon arising:					
1m:					
2m:					
3m:					
4m:					
5m:					



# Taking a Pulse



# Nutritionally Oriented Physical Exam

<b>Name:</b>		<b>Date:</b>	
<b>Height:</b>		<b>Weight:</b>	
<b>Frame size (check one):</b>	Small	Medium	Large
<b>Respiration</b> – breaths per minute:			
<b>Pulse</b> – beats per minute:		<b>Temperature:</b>	
<b>Blood Pressure</b>			
<b>Seated, legs uncrossed</b>		If difference between left and right is > 10, top or bottom, there may be a blockage.	
Left Arm:			
Right Arm:			
<b>Lying Face Up</b>			
<b>Standing</b>		Systolic blood pressure (top number) should increase by 10 when you stand up. If it does not or if it decreases, it's suggestive of adrenal stress. The more time it takes to restore the blood pressure to what it should be is suggestive of the degree of adrenal distress. Measure once a minute for up to 5 minutes. Stop when pressure increases by 10 points.	
Immediately upon arising:			
1m:			
2m:			
3m:			
4m:			
5m:			



# Blood Pressure

- ✓ Seated
- ✓ Supine (lying face up)
- ✓ Standing



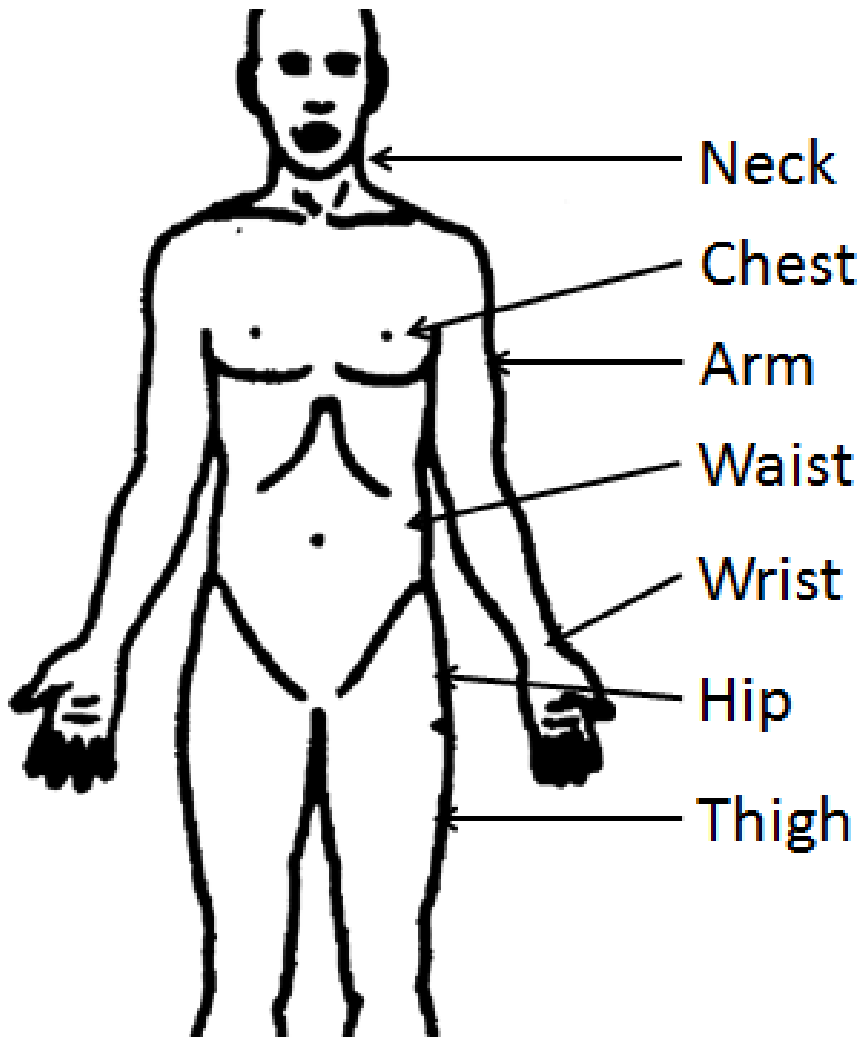


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Immediately upon arising:					
	1m:				
	2m:				
	3m:				
	4m:				
	5m:				



# Measurements





## Measurements

Waist:		
Hip (across femur heads):		
Waist/Hip Ratio:		
Neck:		
Chest:		
Wrist:	Right:	Left:
Arm:	Right:	Left:
Thigh:	Right:	Left:

