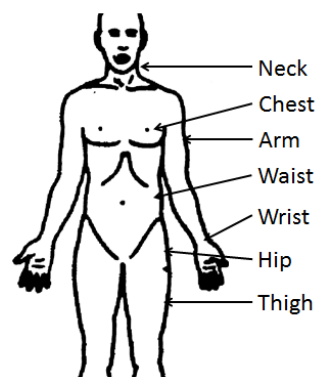




Nutritionally Oriented Physical Exam

Name:		Date:	
Height:		Weight:	
Frame size (check one):	Small	Medium	Large
Respiration – breaths per minute:			
Pulse – beats per minute:		Temperature:	
Blood Pressure			
Seated, legs uncrossed Left Arm: Right Arm:		If difference between left and right is > 10, top or bottom, there may be a blockage.	
Lying Face Up			
Standing Immediately upon arising: 1m: 2m: 3m: 4m: 5m:		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.	
Measurements			
Waist:			
Hip (across femur heads):			
Waist/Hip Ratio:			
Neck:			
Chest:			
Wrist:	Right:	Left:	
Arm:	Right:	Left:	
Thigh:	Right:	Left:	





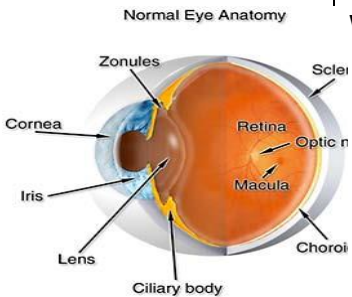
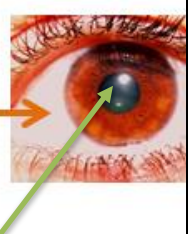
Eye Examination




Pupil Constriction: In a darkened room, shine a small penlight in one eye. Pupil should constrict. Continue to shine light and count how many seconds pupil stays constricted. Stop at 20 seconds or upon dilation of pupil.

If a pupil does not contract when a bright light shines on to it, this indicates dulled nerve reflexes, weak adrenal glands, or an overstimulated sympathetic nervous system, often from fear as a hidden, chronic condition. Adrenal weakness is indicated if pupil does not remain constricted for 10 seconds or longer. Adrenal stress is indicated if the pupils begin to expand and contract repeatedly when exposed to bright light for 30 seconds.




Pupil Constriction - seconds held:

Circle all that apply		Possible interpretation
  <p>Sclera</p> <p>Pupil</p>	White ring around the iris	Also known as the cholesterol ring. It might indicate an excess of calcium or aluminum, salicylate poisoning or arteriosclerosis. This sign presents as a white halo around the perimeter of the iris. It may indicate a family history of heart disease. Check cholesterol. A heavy white ring near the outer edge of the iris points to salt (sodium) and calcium deposits.
	Grey ring around the cornea	Possible atherosclerosis, Alzheimer's disease, liver issues
	Gray pupil	Cataracts
	Green pupil	Glaucoma
	No pupil constriction with light.	Weak adrenals
	Black discoloration below bottom eyelids.	Adrenal exhaustion
	Brown discoloration below bottom eyelids.	Adrenal weakness, kidney weakness
	Puffy bags under eyes	Kidney/bladder weakness, edema
	Yellow discoloration below bottom eyelids.	Liver/gallbladder stress
	Eyes "bug-out"	Possible hyper-thyroid



Sclera → 	Circle all that apply	Possible interpretation
	Deep orange color surrounding pupil	Disordered sugar metabolism
	Yellow patches on eyelids	Possible high cholesterol
	Red upper eyelids	gastritis
	Dry eyes	Possible autoimmune disease called Sjogren's
	White discharge from corners	Digestive problems
	Grey or milky white ring around cornea	Called arcus senilis and is associated with high cholesterol and triglycerides, and increased risk for heart attack and stroke.
	"eye gunk" at base of eyelashes	Seborrhea, dandruff, rosacea, vitamin A deficiency, vitamin B6 deficiency or fatty acid deficiency
	Sclera Color (white outer wall of the eye)	
	Circle all that apply	Possible interpretation
	Yellow/brown	Liver or gallbladder stress
	Clear with bluish tint	Poor circulation/anemia
	Sclera turns blue	Osteogenesis imperfecta, a disease that makes the bones very brittle
	Red	Conjunctivitis, inflammation of the GI tract, liver fire rising
	Red blotches on sclera	Possible hypertension
	Green	Poor bile formation
	Pasty, off white	Lymphatic congestion
	Gray	Constipation, sluggish bowel



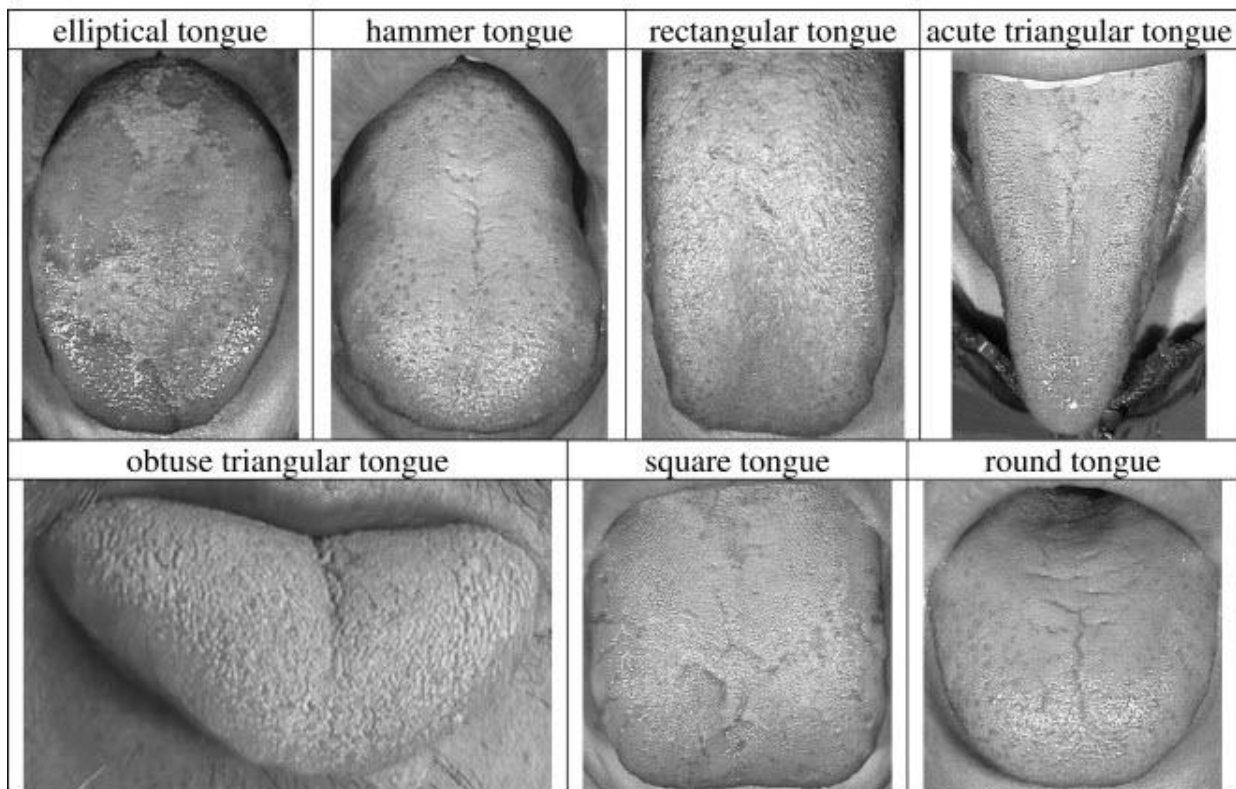
Lip and Mouth Evaluation		
  	Circle all that apply	Possible interpretation
	Pale gums	Iron deficiency
	Gums, puffy/bleeding	Insufficiency of folic acid, coenzyme Q-10, bioflavonoids, vitamin C, niacin, zinc, or vitamin A
	Ulcerations or canker sores	Insufficient friendly gut bacteria, low B vitamins (especially folic acid), low lysine, excess arginine, gluten sensitivity, food allergies, stress
	Lines around mouth	Low estrogen, low essential fatty acids, or vitamins B, A or E
	Cracks, fissures, and scales, especially at corners	Insufficiency of B vitamins, especially B2, B5, B6, and folic acid, imbalance of essential fatty acids, low magnesium.
	Dry flaking lips	Essential fatty acids imbalance; Low levels of biotin
	Metallic taste	Heavy-metal toxicity, excess mineral intake, side effect of medications
	Loss of tastes, especially sweets	Inadequate zinc, excess copper and/or selenium
	Bitter taste	Infection or abscess
	Salty taste	Excess salt intake, bleeding somewhere in body
	Excessive salivation	Excess mercury
	Painful dentures	Low stomach acid, low B vitamins, low glutamine
	Bleeding gums	Deficiency of Vitamin C, bioflavonoids
	Bad breath	Inadequate digestive enzymes, food allergies, infection, leaky gut, overeating, eating too frequently, stress
	Acetone-like breath smells	Diabetes or active weight loss process
	Urine-like breath smells	Protein maldigestion
	Putrid breath smells	Mouth and/or lung infection
	Red and inflamed lips	Low B vitamins, poor absorption in small intestine



Face Evaluation		
	Circle all that apply	Possible interpretation
	Facial color: Yellow	Liver, gallbladder issues
	Facial color: Ashen gray	Lung problems, shock
	Facial color: Red	High blood pressure, alcoholism
	Facial color: Bluish	Heart stress
	Facial color: Copper	Iron overload
	Facial color: Brown	Kidney stress
	Red cheeks	Lung heat
	Ear lobe creases	Heart stress
	Long earlobes	Strong constitution
	Creases between eyes	Liver stress
	Crack between chin and lips	Ileocecal valve problems
	Bulbous nose	Alcohol excess, acne
	Acne	Decreased stomach acid, deficiencies of zinc, essential fatty acids, consumption of "bad" oils
Tongue Evaluation		
Redness/Irritation: Use a pencil or colored pencil to mark areas of redness or irritation.		



Tongue Shape:
Circle the overall tongue shape that matches closest to yours



<http://dx.doi.org/10.1016/j.ins.2009.09.016>

Tongue Shape	Possible Interpretation
Elliptical	Normal
Hammer	Congestion in area of kidneys, bladder or intestines
Rectangular	Possible inflammation in lungs or heart
Acute Triangular	Thin tongue often indicates deficiency, elongated heart heat
Obtuse Triangular	Wide thick tongue often indicates edema or bloating
Rectangular	Possible Stagnation and/or possible heart heat and / or deficiency
Round	Possible heart heat and / or deficiency

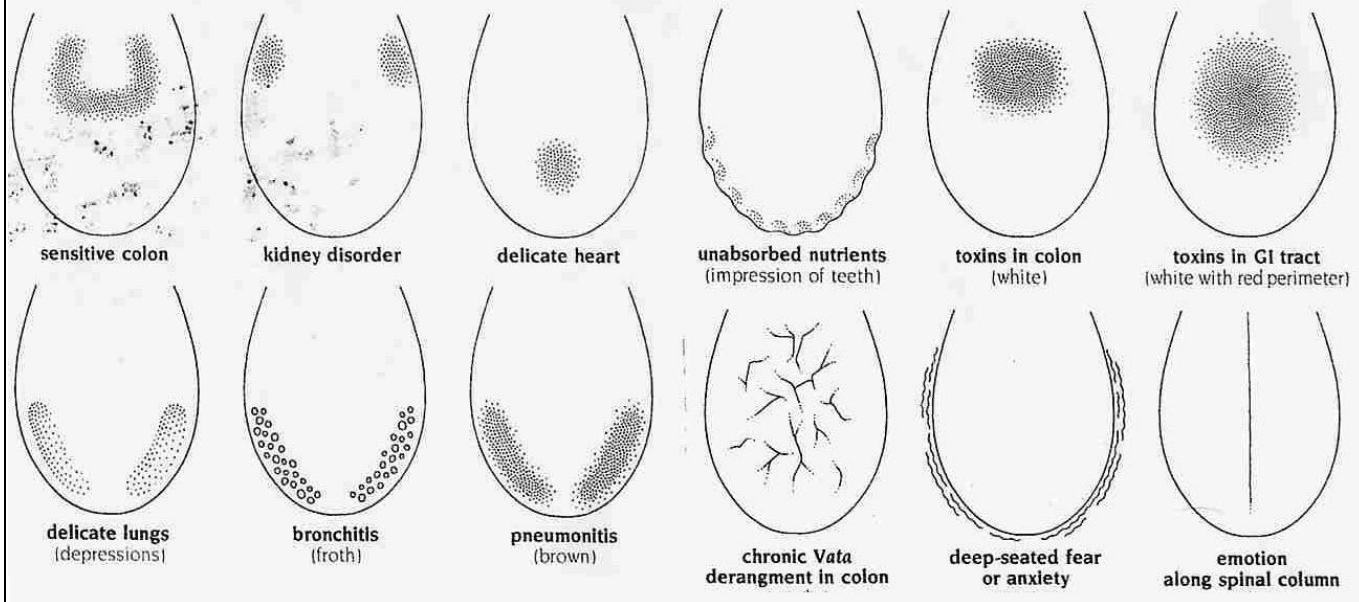


Tongue Evaluation – continued

Distinguishing Marks:

Circle any examples below that show features you see on your tongue.

image source: <http://www.sorensenacupuncture.com/wp-content/uploads/2011/06/Tongue-english-31.jpg>



Color	Pink/ Multi-Colored (normal)	Pale red (mild heat)	Beefy red (heat)	Purple (circulation)	Pale (low metabolism, anemia, blood deficient)
Coating	None (Weak digestive fire, dehydration)		Thin (normal)	Thick (cold-dampness, phlegm, poor digestion)	
Coating Color	White (normal)	Light Yellow/ Dirty White (slight heat, cold or flu)	Yellow (heat, anxiety, depression, infection, cigarette, coffee, big meal)		Brown/Black (strong heat or cold, long term smoking, bismuth)



Tongue Evaluation – continued


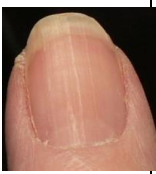



Circle all that apply	Possible interpretation
Tender to touch or sore	Deficiency of Vitamin B12, folic acid or iron
Pale red color	Normal
Beefy red color	Excess heat
Red tip	Overeating, maldigestion, excessive fats and/or fried foods or inadequate fiber
Dark gray or reddish back of tongue	Adrenal and/or kidney weakness
Chronic coating and/or “furry” tongue	Inadequate levels of digestive enzymes, imbalance of friendly to unfriendly intestinal bacteria or toxic bowel, food allergies
Yellowish coating	Can be a sign of heat
A “cottage cheese” growth or coating	Possible yeast infection
Scalloped edges and teeth marks	Allergies, poor digestion, inadequate levels of pancreatic enzymes, inadequate levels of vitamin B6, thyroid problems
Geographic tongue (lines like a map)	Low B vitamins (especially B12 and folic acid), low zinc, low D, gluten sensitivity, or wheat allergy
Excessively shiny or smooth tongue	Low vitamin B12, low folic acid or iron, allergic reaction; can be a sign of diabetes or early blood-sugar imbalances
Purplish tongue	Inadequate levels of vitamin B12
Beefy or enlarged tongue	Inadequate levels of pantothenic acid
Black or hairy-looking tongue	Possible effect from antibiotics, bismuth-containing products, such as Pepto-Bismol

Head Evaluation


Circle all that apply	Possible interpretation
Dry hair	Essential fatty acid (EFA) deficiency
Premature graying	Pantothenic acid (B5) deficiency
Hair loss	Folic acid, vitamin B5, vitamin B6, B-complex, and EFA deficiencies. Vitamin A toxicity, or other environmental toxicity, also causes hair loss
Dandruff	Deficiencies in EFA, antioxidants (selenium especially), B6 or B-complex. May also indicate low stomach acid
Excess ear wax	Low essential fatty acids (EFA)



Head Evaluation – continued					
Cranial Nerves	Left		Right		
Hearing					
Vision					
Sensation					
Smell					
Movement					
Taste					

Hand and Nail Evaluation					
<i>Observe your nails for the following signs and mark the chart for each hand</i>					
Nail Analysis: Check all that apply					
	Moons (lunula)	Ridging	Spooning	Clubbing	Beading
Finger					
Right Thumb					
Right Index					
Right Middle					
Right Ring Finger					
Right Pinky					
Left Thumb					
Left Index					
Left Middle					
Left Ring Finger					
Left Pinky					
Moons Analysis (half-moon at base of nail): Circle all that apply			Possible interpretation		
Large			Good constitutional reserve of energy		
Small			Low constitutional energy when on many		
Large moons on little fingers (plus ear lobe creases and/or reddish tip of tongue)			Suggests tendency to heart problems		

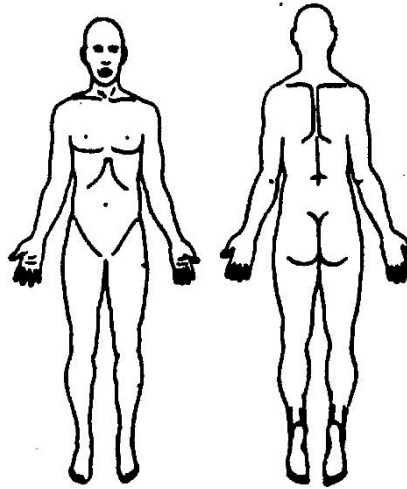


Hand and Nail Evaluation – continued	
Circle all that apply	Possible interpretation
Splitting cuticles	Essential fatty acid imbalance, over consumption of processed oil, food allergies, low bile or pancreatic enzymes
Rough, red, flaky cuticles	B vitamin deficiency, stress
Splitting, breaking nails	Low levels of biotin, essential fatty acids, vitamin B6, or magnesium; also low stomach acid
Excessive vertical ridges	Inadequate levels of B vitamins, especially B12; poor digestion, gallbladder problems
White spots on nails	Inadequate levels of zinc, trauma; protein deficiency
Pitting	Tendency to immune problems, low levels of selenium, maldigestion
Pale or bluish nails	Iron deficiency
Deep horizontal ridges (Beau's lines)	Bronchitis, maldigestion, local trauma, adrenal stress
Yellowish, bulging, bending, breaking nails	Suggests fungal infection like candidiasis
 Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)	Poor oxygenation linked to various serious lung, liver, or kidney diseases
Thumb has ridges	Kidney stress
Thumb has appearance of beads on a string	Suggestive of arthritis or osteoporosis
Vertical ridges that are split	Respiratory problems
Very thin parallel lines	Mineral absorption difficulties
Short wide nails or fingertips	Poor circulation or heart stress
Vertical ridges on other finger nails besides the thumb	Respiratory stress
Yellow nails	Digestion issues
Horizontal ridges	Poor nutrition or cardiovascular stress
Black spots	Digestion difficulties
Spooning	Iron deficiency, anemia, lead poisoning
Cracked skin at tips of fingers	Low zinc
Cold hands	Poor circulation, possible low thyroid



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