

Initial Client Assessment

Signs to look for upon meeting the client

When you meet your client for the first time, it's always good to have an idea of the various signs you can look for in order to assess and evaluate what sort of weaknesses your client is dealing with.

Consider the Following Aspects

Height (Pointer(s): pituitary gland; also check bowels)

- Is the person very short?
- Is the person very tall?

Weight (Pointer(s): check adrenals, thyroid, pancreas, malabsorption)

- Is the person weight challenged?
- Is the person too thin?

Breast Size (Pointer(s): adrenal glands)

- Does the person have undersized breasts?
- Does the person have oversized breasts?

Handshake (Pointer(s): thyroid)

- Does the person have hot or cold hands?

Tightness & Stiffness (Pointer(s): lymphatic system)

- Does the person have tight shoulders?
- Does the person have a stiff neck?

Thinning & Balding (Pointer(s): lymphatic system)

- Is the person experiencing thinning of hair?
- Is the person bald or balding? (alopecia)

Skin (Pointer(s): lymphatic system; also check pituitary, thyroid, parathyroid and adrenals)

Does the person have:

- Pimples or acne?
- Dry or dehydrated skin?
- Rough skin?
- Fatty lumps/deposits under skin?
- Eczema, redness, rosacea, psoriasis, skin pigmentation changes?
- Wrinkled skin?
- Moles on skin?

Bags or Dark Circles under Eyes (Pointer(s): kidneys and adrenals)

- Does the person have bags or dark circles under eyes? (And how pronounced are they?)

Speech (Pointer(s): lymphatic system; also check thyroid and parathyroid)

- Does the person have a hoarse voice?
- Do you hear voice box congestion, when the person speaks?

Ankles (Pointer(s): lymphatic system; also check kidneys)

- Does the person have red and/or swollen ankles?

Attitude

- Try to determine if your client has a good attitude toward making the changes necessary, and cooperating throughout the duration of the detoxification program.

Blood Pressure & Blood Sugar Levels

- If you have the appropriate devices, and if your client hasn't already done so, have their blood pressure (both arms) and blood glucose levels checked.