

BALANCING BODY CHEMISTRY HEALTH ASSESSMENT

Balancing Body
Chemistry



Name: _____ Sex: _____ Age: _____ Date: _____

Patient's Health Professional: _____

PART I

Circle any of the following medications you are taking:

- | | | | |
|-------------------------|---------------------------------|-----------------------|----------------------------|
| • Antacids | • Chemotherapy | • Hormones | • Relaxants/Sleeping Pills |
| • Antibiotic/Antifungal | • Cortisone Anti-Inflammatories | • Laxatives | • Recreational Drugs |
| • Antidepressants | • Diuretics | • Lithium | Specify _____ |
| • Antidiabetic/Insulin | • Heart Medications | • Oral Contraceptives | • Thyroid _____ |
| • Aspirin/Tylenol | • High Blood Pressure | • Radiation | • Ulcer Medications |
| | | | • Other _____ |

Circle if you eat, drink, or use:

- | | | | |
|------------------------|--------------------------------------|-------------------------|-----------------------|
| • Alcohol | • Distilled Water | • Luncheon Meats | • Non-Herbal Teas |
| • Candy | • Fluoridated/Chlorinated Water | • Margarine | • Chew Tobacco |
| • Carbonated Beverages | • At fast food restaurants regularly | • Refined Sugars | • Vitamins & Minerals |
| • Cigarettes | • Fried Foods | • Milk Products | Specify _____ |
| • Coffee | • Refined (White) Flour Products | • Artificial Sweeteners | |

Circle if you:

- | | | |
|-----------------------------|-------------------------------------|------------------------------------|
| • Diet often | • Exercise less than 3 times weekly | • Are exposed to chemicals at work |
| • Salt food without tasting | • Are under excessive stress | • Are exposed to cigarette smoke |

DIRECTIONS:

Please read each description and **darken** the number which best describes the frequency of your symptoms within the past year. If you do not understand a symptom, put a **?** before the symptom's number.

KEY:

0 = Never

1 = Mild

2 = Moderate

3 = Severe

(Occurs once a month or less)

(Occurs several times monthly)

(Aware of it almost constantly)

PART II

IMPORTANT

Dear Patient, Please list your five major health concerns in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

Section C:

- | | | | | |
|--|---|---|---|---|
| 24. Coated tongue or "fuzzy" debris on tongue | 0 | 1 | 2 | 3 |
| 25. Pass large amounts of foul smelling gas | 0 | 1 | 2 | 3 |
| 26. Irritable bowel or mucous colitis | 0 | 1 | 2 | 3 |
| 27. Constipation, diarrhea alternating or stools alternate from soft to watery | 0 | 1 | 2 | 3 |
| 28. Bowel movements painful or difficult, constipation, and/or laxatives used | 0 | 1 | 2 | 3 |
| 29. Burning or itching anus | 0 | 1 | 2 | 3 |

CATEGORY II

- | | | | | |
|---|---|---|---|---|
| 30. Head congestion/"sinus fullness" | 0 | 1 | 2 | 3 |
| 31. Sneezing attacks | 0 | 1 | 2 | 3 |
| 32. Dreaming, nightmare-like bad dreams | 0 | 1 | 2 | 3 |
| 33. Milk products and/or wheat products cause distress | 0 | 1 | 2 | 3 |
| 34. Eyes and nose watery | 0 | 1 | 2 | 3 |
| 35. Eyes swollen and puffy | 0 | 1 | 2 | 3 |
| 36. Pulse speeds after meals and/or heart pounds after retiring | 0 | 1 | 2 | 3 |

PART III

CATEGORY I

Section A:

- | | | | | |
|--|---|---|---|---|
| 1. Bad breath, halitosis | 0 | 1 | 2 | 3 |
| 2. Loss of taste for high protein foods (meat, etc.) | 0 | 1 | 2 | 3 |
| 3. Burning ("acid") or nervous stomach, eating relieves | 0 | 1 | 2 | 3 |
| 4. Gas shortly after eating | 0 | 1 | 2 | 3 |
| 5. Indigestion 1/2 to 1 hour after eating, may last 3-4 hours | 0 | 1 | 2 | 3 |
| 6. Difficulty digesting fruits or vegetables; undigested foods found in stools | 0 | 1 | 2 | 3 |
| 7. Acid or spicy foods upset stomach | 0 | 1 | 2 | 3 |

Section B:

- | | | | | |
|---|-----|----|---|---|
| 8. Lower bowel gas and or bloating several hours after eating | 0 | 1 | 2 | 3 |
| 9. Feet burn | 0 | 1 | 2 | 3 |
| 10. "Whites" of eyes (sclera) yellow | 0 | 1 | 2 | 3 |
| 11. Dry skin, itchy feet and/or skin peels on feet | 0 | 1 | 2 | 3 |
| 12. Brown spots or bronzing of skin | 0 | 1 | 2 | 3 |
| 13. Bitter metallic taste in mouth | 0 | 1 | 2 | 3 |
| 14. Blurred vision | 0 | 1 | 2 | 3 |
| 15. Headache over eyes | 0 | 1 | 2 | 3 |
| 16. Feel nauseous, queasy or gag easily | 0 | 1 | 2 | 3 |
| 17. Color of stools light brown or yellow | 0 | 1 | 2 | 3 |
| 18. Greasy or high fat foods cause distress | 0 | 1 | 2 | 3 |
| 19. Pain between shoulder blades | 0 | 1 | 2 | 3 |
| 20. Dark circles under eyes | 0 | 1 | 2 | 3 |
| 21. "Acid" breath | 0 | 1 | 2 | 3 |
| 22. History of gallbladder attacks or gallstones | 0 | 1 | 2 | 3 |
| OR gallbladder removed | Yes | No | | |
| 23. Appetite reduced | 0 | 1 | 2 | 3 |

CATEGORY III

Section A:

- | | | | | |
|---|---|---|---|---|
| 37. Crave sweets or coffee in afternoon or mid-morning | 0 | 1 | 2 | 3 |
| 38. Hungry between meals or excessive appetite | 0 | 1 | 2 | 3 |
| 39. Overeating sweets upsets | 0 | 1 | 2 | 3 |
| 40. Eat when nervous | 0 | 1 | 2 | 3 |
| 41. Irritable before meals | 0 | 1 | 2 | 3 |
| 42. Get "shaky" or light-headed if meals delay | 0 | 1 | 2 | 3 |
| 43. Fatigue, eating relieves | 0 | 1 | 2 | 3 |
| 44. Heart palpitates if meals missed or delayed | 0 | 1 | 2 | 3 |
| 45. Awaken a few hours after sleep, hard to get back to sleep | 0 | 1 | 2 | 3 |

Section B:

- | | | | | |
|---|-----|----|---|---|
| 46. Muscle soreness after moderate exercise | 0 | 1 | 2 | 3 |
| 47. Vulnerability to insect bites (especially fleas and mosquitoes) | 0 | 1 | 2 | 3 |
| 48. Loss of muscle tone or "heaviness" in arms or legs | 0 | 1 | 2 | 3 |
| 49. Enlarged heart and/or heart failure | 0 | 1 | 2 | 3 |
| 50. Worrier, feel insecure and/or highly emotional | 0 | 1 | 2 | 3 |
| 51. Pulse slow/below 65 or irregular pulse | Yes | No | | |

PART III (Continued)

CATEGORY IV

Section A:

52. Sex drive increased	0	1	2	3
53. "Splitting" type headaches	0	1	2	3
54. Memory failing	0	1	2	3
55. Tolerance for sugar reduced	0	1	2	3

Section B:

56. Sex drive reduced or absent	0	1	2	3
57. Abnormal thirst	0	1	2	3
58. Weight gain around hips or waist	0	1	2	3
59. Tendency to ulcers or colitis	0	1	2	3
60. Increased ability to eat sugar without symptoms ...	0	1	2	3
61. Menstrual disorders (women)	0	1	2	3
62. Lack of menstruation (young girls)	0	1	2	3

Section C:

63. Difficulty gaining weight, even if large appetite	0	1	2	3
64. Heart palpitations	0	1	2	3
65. Nervous, emotional, and/or can't work under pressure	0	1	2	3
66. Insomnia	0	1	2	3
67. Night Trembling	0	1	2	3
68. Night Sweats	0	1	2	3
69. Fast pulse at rest	0	1	2	3
70. Intolerant to high temperatures	0	1	2	3
71. Easily flushed	0	1	2	3

Section D:

72. Difficulty losing weight	0	1	2	3
73. Reduced initiative and/or mental sluggishness	0	1	2	3
74. Easily fatigued, sleepy during the day	0	1	2	3
75. Sensitive to cold, poor circulation (cold hands and feet)	0	1	2	3
76. Dry or scaly skin	0	1	2	3
77. "Ringing" in ears/noises in head	0	1	2	3
78. Hearing impaired	0	1	2	3
79. Constipation	0	1	2	3
80. Excessive falling hair and/or coarse hair	0	1	2	3
81. Headaches when awoken/wear off during day	0	1	2	3

Section E:

82. Blood pressure increased	0	1	2	3
83. Headaches	0	1	2	3
84. Hot flashes	0	1	2	3
85. Hair growth on face or body (Question to females) ..	0	1	2	3
86. Masculine tendencies (Question to females)	0	1	2	3

Section F:

87. Blood pressure low	0	1	2	3
88. Crave salt	0	1	2	3
89. Chronic fatigue/get drowsy	0	1	2	3
90. Afternoon yawning	0	1	2	3
91. Weakness/dizziness	0	1	2	3
92. Weakness after colds/slow recovery	0	1	2	3
93. Circulation poor	0	1	2	3
94. Muscular and nervous exhaustion	0	1	2	3
95. Subject to colds, asthma, bronchitis (respiratory disorders)	0	1	2	3
96. Allergies and/or hives	0	1	2	3
97. Difficulty maintaining manipulative correction	0	1	2	3
98. Arthritic tendencies	0	1	2	3
99. Nails weak, ridged	0	1	2	3
100. Perspire easily	0	1	2	3
101. Slow starter in morning	0	1	2	3
102. Afternoon headaches	0	1	2	3

CATEGORY V

Section A:

103. Frequent skin rashes and/or hives	0	1	2	3
104. Muscle-leg-toe cramping at rest and/or while sleeping	0	1	2	3
105. Fever easily raised/fevers common	0	1	2	3
106. Crave Chocolate	0	1	2	3
107. Feet have bad odor	0	1	2	3
106. Hoarseness frequent	0	1	2	3
109. Difficulty swallowing	0	1	2	3
110. Joint stiffness after rising	0	1	2	3
111. Vomiting frequent	0	1	2	3
112. Tendency to anemia	0	1	2	3
113. "Whites" of eyes (sclera) blue	0	1	2	3
114. "Lump" in throat	0	1	2	3
115. Dry mouth-eyes-nose	0	1	2	3
116. White spots on finger nails	0	1	2	3
117. Cuts heal slowly and/or scar easily	0	1	2	3
118. Reduced or "lost" sense of taste and/or smell	0	1	2	3
119. Susceptible to colds, fevers, and/or infections	0	1	2	3
120. Strong light irritates eyes	0	1	2	3
121. Noises in head or ringing in ears	0	1	2	3
122. Burning sensations in mouth	0	1	2	3
123. Numbness in hands and feet (extremities "go to sleep")	0	1	2	3
124. Intolerant to monosodium glutamate (MSG)	Yes	No		
125. Cannot recall dreams	0	1	2	3
126. Nose bleeds frequent	0	1	2	3
127. Bruise easily, "black and blue" spots	0	1	2	3
128. Muscle cramps, worse with exercise ("charley horses")	0	1	2	3

CATEGORY VI

129. Aware of heavy and/or irregular breathing	0	1	2	3
130. Discomfort in high altitudes	0	1	2	3
131. "Air hunger"/ sigh frequently	0	1	2	3
132. Swollen ankles/worse at night	0	1	2	3
133. Shortness of breath with exertion	0	1	2	3
134. Dull pain in chest and/or pain radiating into left arm, worse on exertion	0	1	2	3

CATEGORY VII

Female Only

135. Premenstrual tension	0	1	2	3
136. Painful menses (cramping, etc.)	0	1	2	3
137. Menstruation excessive or prolonged	0	1	2	3
138. Painful/tender breasts	0	1	2	3
139. Menstruate too frequently	0	1	2	3
140. Acne, worse at menses	0	1	2	3
141. Depressed feelings before menstruation	0	1	2	3
142. Vaginal discharge	0	1	2	3
143. Menses scanty or missed	0	1	2	3
144. Hysterectomy/ovaries removed	Yes	No		
145. Menopausal hot flashes	0	1	2	3
146. Depression	0	1	2	3

CATEGORY VIII

Male Only

147. Prostate trouble	0	1	2	3
148. Urination difficult or dribbling	0	1	2	3
149. Night urination frequent	0	1	2	3
150. Pain on inside of legs or heels	0	1	2	3
151. Feeling of incomplete bowel evacuation	0	1	2	3
152. Leg nervousness at night	0	1	2	3
153. Tire easily/avoid activity	0	1	2	3
154. Reduced sex drive	0	1	2	3
155. Depression	0	1	2	3
156. Migrating aches and pains	0	1	2	3