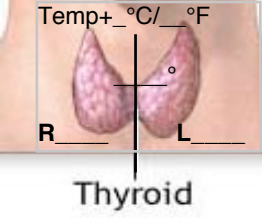
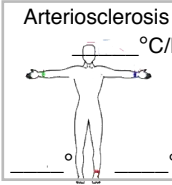


YOUR COMPREHENSIVE HEALTH CHECK UP - VITAL SIGNS

Blood Pressure - Organ - Diagnosis NAME: _____ DATE: ___/___/0__


THYROID Left Systolic altered	GONADS & PARATHYROIDS Both Systolics altered	ADRENAL COMPENSATION Standing (orthostatic) Blood Pressure					
ANT. PITUITARY both Left Sys/Diast. altered	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">L 120/ 80/</td> <td style="width: 50%; text-align: center;">R 120/ 80/</td> </tr> </table>	L 120/ 80/	R 120/ 80/	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">L 120 80</td> <td style="width: 50%; text-align: center;">R 120 80</td> </tr> </table>	L 120 80	R 120 80	NEUROTRANSM./ POST. PITUITARY both Right Sys/Diast. altered
L 120/ 80/	R 120/ 80/						
L 120 80	R 120 80						
	PANCREAS Left Diastolic altered	THYROID Right Diastolic altered	Pulse: Sit _____ Stand _____				
Body wt. ___ Kg./ ___ lbs.	ADRENALS Both Diastolics altered						

Blood Pressure Profile: ___ Normal / ___ Borderline Hypertensive / ___ Hypertension (mag., vit.D def.) / ___ Hypotension

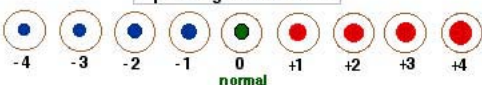
BREATH HOLDING - VITAL CAPACITY ___ Less than 40 seconds ___ Less than 30 seconds ___ Less than 20 seconds	Circulation - peripheral Nail perfusion test ___ Normal < 2 seconds ___ More than 2 seconds ___ More than 3 seconds ___ More than 4 seconds	Temp+ °C/°F  Thyroid	Arteriosclerosis °C/l 
--	--	---	--

NEUROLOGICAL STRESS

Pupil Sizing Chart to Scale





Light response ___ N / ___ sluggish / ___ absent



normal

___ Sympathetic /Parasympathetic






___ Finger tremor (mag. def.)

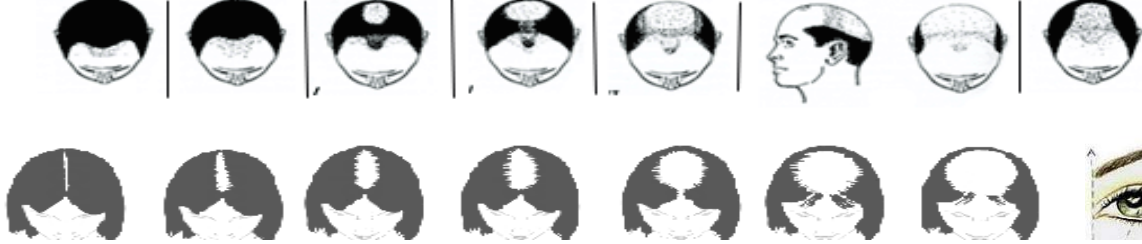

___ Knee jerk ___ N / ___ absent ___ sluggish (B-complex def.)

Achilles reflex /thyroid: ___ slight / ___ absent (iodine def.) / ___ excess (mag. def.)



Bracing ___ 1" / ___ 3" / ___ 6" (mag. def)

EXAMINATION OF HAIR

___ Androgenic Alopecia (Male pattern baldness) / ___ Female pattern baldness / ___ Hypothyroid (frontal loss, thinning eyebrows)
 Deficiencies considered: ___ Zinc / ___ Selenium / ___ Iron (vitamin C) / ___ Magnesium / ___ Iodine / ___ Silica / ___ Vitamin D

Results: ___ Adrenal stress / ___ Adrenal fatigue / ___ Hypothyroid / ___ Stress syndrome, premature ageing
 ___ Neurotransmitter deficiency / ___ Pancreas, syndrome X / ___ Estrogen dominance / ___ DHT dom.

EXAMINATION OF NAILS

___ Beau's Lines / ___ Brittle / ___ Breaks, chip, cracked / ___ Green / ___ Half & half / ___ Lusterless / ___ Moons missing /
 ___ Ridges linear / ___ Ridges horizontal / ___ Spoons / ___ Thickening, fungal / ___ White spots, streaks / ___ Yellow
Results: ___ Hypothyroid / ___ Vitamin deficiencies (___ A, ___ Biotin, ___ C, ___ D, ___ E, ___ EFA's) / ___ Testosterone deficiency

MINERAL TASTE TEST - ABSENT RESPONSE/DEFICIENCY

___Potassium / ___Zinc / ___Magnesium / ___Copper / ___Manganese / ___Chromium / ___Selenium / ___Iodine / ___Boron
___ IODINE SPOT TEST ___30 min. / ___ 1 hour / ___2 hours

TONGUE COATING - DIGESTIVE STATUS - DYSBIOSIS

Coated : ___white, ___yellow ___green ___brown / ___ Coated at the root / ___ Bright red / ___Bluish / ___Geographic / ___ pale
___Black spots (antibiotic use) / ___Fissured / ___ **Dental Amalgams** (mercury toxicity) / ___Gingivitis / ___Halitosis



Rx: ___Acidophilus (yogurt) / ___Digestive aid / ___HCl stimulant / ___Laxative / ___Anticandidal program

Results Nutritional Symptom Survey / Predominate Symptomatic Deficiencies

Vitamins: ___A / ___B1 / ___B2 / ___B3 / ___B5 / ___B6 / ___B12 / ___Folic acid / ___Biotin / ___Choline / ___Inositol / ___PABA
___Vitamin C / ___D / ___E / ___F (EFA's) / ___P (bioflavonoids)

Minerals: ___Calcium / ___Potassium / ___Magnesium / ___Iodine / ___Iron / ___Zinc / ___Manganese / ___Chromium
___Copper / ___Molybdenum / ___Vanadium / ___Heavy metal toxicity










Dry Blood Mount - Antioxidant Status

 ___Normal / ___1st stage stress / ___2nd stage / ___3rd stage / ___Calcium spokes / ___Dysbiosis / ___Lagoons 
___Central ROTS (digestive dysbiosis) / ___ Lots of ROTS / ___Heavy Metal ___Vit.C ring
Rx, Antioxidants need: ___Vitamin A / ___Vitamin C / ___Vitamin E / ___Vitamin F (EFA's) / ___Acidophilus (yogurt) / ___Laxative

Wet Blood Mount - Digestive Status

___RBC linkage ___Rouleaux formation: ___Microcytes ___Macrocytes ___Thrombocytosis ___Leptocytes ___Acanthocytes
___Anisocytosis ___Schistocytes ___Echinocytes ___Tear Drops ___Target RBCs ___Mycoplasma ___Degmacytes (Bite cells)
___L-forms (bacteria) ___Yeasts ___Parasites
Rx: ___Vitamin A / ___B complex / ___Vitamin B12 / ___ / ___Vitamin C / ___Vitamin F (EFA's) / ___Iron (leafy green vegetables)

Urinalysis

COLOR:         
pale yellow bright yellow yellow-yellow yellow-orange lyellowish-red blood red browhish-red reddish-brown black (coca col)

DEHYDRATION STATUS: ___ Moderate / ___Frank / ___severe | Rx: ___glasses of pure water daily

PARTICLE COUNT/SPEED OF AGEING ___N / ___fast ___FOAMY ___Clear ___Hazy ___Cloudy ___Milky

ODOR ___aromatic (norm) ___mousy (PKU) ___pungent ___rancid ___sweet ___putrid ___barnyard ___fruity (acetone)
___fishy odor = E. coli ___ammoniacal = staph or proteus ___fetid / foul / offensive = bacteria + pus (pyuria) ___sulfur (cystinuria)

DIPSTICK: Glucose ___(N)/___mg Bilirubin ___(N)/___ Urobilins ___(N)/___ Protein ___(N)/___ Sp.Grav ___
Ketone ___(N) ___ **Blood** ___(N)/___ **Leuco's** ___(N) ___ Nitrite ___(N) ___

Crystals ___acid - ___oxalates ___amp. urates ___sodium urates // ___alkaline ___amp. phophates ___stags

Reams: Urine pH ___ / Salivary pH ___ Ammonia ___ / Nitrate ___ / Salt ___ / SugarBrix ___ / Calcium ___(N) / ___ (low)

Special tests: MicroAlbuminuria: ___1+ / ___2+ / ___3+ | **Putrechrome:** ___1+ / ___2+ / ___3+ |

Carcinochrome: ___1+ / ___2+ / ___3+ | **Indican:** ___1+ / ___2+ / ___3+ | **Indole /Skatole:** ___1+ / ___2+ / ___3+ |

Sulphafloc: ___1+ / ___2+ / ___3+ |

Rx: ___ Lugol's solution (___drops / cup of tea or water, ___ times daily) | ___Magnesium (___ tablets/day)

SUMMARY: