Denver Nutrition, LLC
Transformation Through Nutrition
303-782-4842 * Fax 720-222-8789

Leave blank if it doesn't apply. Write (1) for Mild, (2) for Moderate, and (3) for Severe.

S Y M	__Acid food upset __Get chilled, often __Lump in throat __Dry mouth-eyes-nose __ Pulse speeds after meals __Keyed up- Fail to calm __ Cuts heal slowly	__ Gag easily __Unable to relax __ Startles easily __ Extremities, cold and clammy __Strong light irritates __ Urine amount reduced __ Heart Pounds when resting __ Nervous stomach	__ Appetite reduced __Cold sweats often __Fever easily raised __Neuralgia-like pain __Staring, blinks little __ Sour stomach often
P A R A S	__Joint stiffness after rising __Muscle-toe-leg cramps __Butterfly stomach, cramps __Eyes or nose watery __Eyes blink often __Eyelids swollen, puffy __Indigestion soon after meals __ Always seems hungry __ Feel lightheaded often	__ Digestion rapid __Vomiting frequent __Hoarseness frequent __Breathing irregular __Pulse slow, irregular __Gagging reflex slow __Difficulty swallowing __Constipation and diarrhea alternating	__Slow starter __Get chilled frequently __Perspire easily __Circulation poor, Sensitive to cold __Subject to colds, asthma or bronchitis
B S U G	__Eat when nervous __Excessive appetite __Hungry between meals __Irritable before meals __Get shaky if hungry __Fatigue, eating relieves __Lightheaded with out food	__Heart palpitates if meals missed __Afternoon headaches __Overeating sweet upsets __Awaken after few house sleep __Hard to get back to sleep	__Crave candy or coffee in afternoons __Moods of depression __Crave sweets throughout day
C A R D I O	__Hands and Feet go to sleep __Sigh frequently __Aware of breathing heavy __High altitude discomfort __Opens windows in closed rooms __Susceptible to cold and fevers __Afternoon yawner	__Get drowsy often __Swollen ankles worse at night __Muscle cramps, worse during exercise, get charley horses __Shortness of breath on exertion __Dull pain in chest or radiating Into left arm, worse on exertion	__Bruise easily, black and blue spots __Tendency to anemia __Nose bleeds frequent __Noises in head, or ringing in ears __Tension under the breastbone, feeling of tightness
L I V G A L	__Dizziness __Dry skin __Burning feet __Blurred vision __Itching skin and feet __Excessive falling hair __ Frequent Skin Rashes __Bitter, metallic taste in mouth in morn __Bowel movement difficult	__Worrier, feel insecure __Feeling queasy __Headache over eyes __Greasy foods upset __Stools light-colored __Skin peels on foot soles __Pain between shoulders __Use laxatives __Stools alternate soft to watery	__ Gallbladder attacks or stones __Sneezing attacks __Dreaming, nightmare type __Bad breath (halitosis) __Milk products cause distress __Sensitive to hot weather __Burning or itching anus __Crave sweets
D I G	__Loss taste for meat __Lower bowel gas __Burning stomach sensation __Eating relieves stomach	__Coated tongue __Pass large amounts of foul smelling gas __Indigestion	__Mucous colitis __Irritable bowel __Gas shortly after eating __Stomach bloating after eating
T H Y (+)	__Insomnia __Nervousness __Can't gain weight __Intolerance to heat __Highly emotional	__Flush easily __Night sweats __Thin, moist skin __Inward trembling __Heart palpitates	__Increased appetite without weight gain __Pulse fast as rest __Eyelids and face twitch __Irritable and restless __Can't work under pressure
T H Y (-)	__Increased weight gain __Decreased in appetite __Fatigue easily __Ringing in ears __Sleepy during day	__Sensitive to cold __Dry or scaly skin __Constipation __Mental sluggishness __Hair coarse, falls out	__Headaches upon arising wears off during day __Slow pulse, below 65 __Frequency of urination __Impaired hearing __Reduced initiative

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P I T (+)	__Failing Memory __Low Blood pressure __Increased Sex drive	__Headaches splitting or rending type __Decreased sugar tolerance	
P I T (-)	__Abnormal thirst __Bloating of abdomen __Weight gain around hips or waist	__Sex drive reduced or lacking __Tendency to ulcers or colitis __Increased sugar tolerance	__Women: menstrual disorder _Young girls: lack menstrual function
A D R (+)	__Dizziness __Headaches __Hot Flashes __Increased Blood pressure	__Hair growth on face of body (female) __Sugar in urine and not diabetic	__Masculine tendencies in female
A D R (-)	__Weakness, dizziness __Chronic fatigue __Low blood pressure __Nails weak, rigid __Tendency to hives __Arthritic tendencies	__Perspiration increased __Bowel disorders __ Poor circulation __Swollen ankles __Crave salt __Brown spots on skin	__Allergies __Tendency towards asthma __Weakness after colds and flu __Exhaustion: muscular and nervous __Respiratory disorders
B	__Muscle weakness __Lack of stamina __Drowsiness after eating __Muscular soreness	__Rapid heart beat __Hyperirritable __Feeling of a band around your head __Melancholia	__Swelling of ankles __Diminished urination __Tendency to consume sweet or large amts of carbs.
G	__Muscle Spasms __Blurred Vision __Loss of Muscular Control __Numbness __Night Sweat __Rapid digestion __Sensitivity to noise	__Redness of palms of hands and bottom of feet __Visible veins- chest or abdomen __Hemorrhoids __Forgetfulness __Thinning Hair	__Apprehension __Nervousness causing loss of appetite __Nervousness with Indigestion __Gastritis
F E M A L E	__Very easily fatigued __Premenstrual tension __Painful menses __Depressed feelings __Menstruation excessive & long __Vaginal discharge	__Hysterectomy/ovaries removed __Menopausal hot flashes __Menses scanty or missed __Acne worse during menses __Depression long standing	
M A L E	__Prostate trouble __Urination difficult or dribbling __Night urination is frequent __Depression __Migrating aches and pains	__Pain on inside of legs or heels __Feeling of incomplete bowel evacuation __Lack of energy	__Tired too easily __Avoids activity __Leg nervousness at night __Diminished sex drive

List 5 major heath concerns in order of importance:

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

List or attach recent (within the past 6 month) lab (blood, saliva, urine, stool) results:

_____
_____

List any other health concerns though up while filling out this form:

_____
_____
_____

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