



Report of Findings Date 9/9/99 Name – Penny Pain

This is a general overview of your health, just below. An outline of where I see us going, and overall nutrient needs are also below. Please refer to the Rich Food Sources of Nutrients document to help you choose foods.

Discussion – the roots of pain are many. We will investigate these causes:

- + poor fat intake, sugars, refined foods
- + coffee consumption
- +Leaky gut
- + inflammation from lack of sleep

I see you as someone who wants to engage in your health, therefore your progress will be faster than those who want to only pop pills.

Focus on where you are going. Though your body feels damaged, it is not. It is only adapting to your leaky gut from a poor lifestyle, stress, lack of sleep, and exercise.

The roots of your condition come from poor nerve and blood flow to your upper intestines.

Phases of Change and Overall Plan – this is the outline of where I see you going. Please focus on this plan and when you feel poorly, refer to this sheet. Keep your attention on improvements and goals, get support, and always find something positive to put your mind on when things seem down. There is more working for you than you realize.

Phase I – first 1-3 months (or more for some)

Unique plan for you	Overall recommends for all
drop high carb diet	Establish new food plan/s - Attend Craig’s seminars and Health Support groups, become an active participant in your health
Use lighter grains, and watered down root puree soups	Diet diary and Health Goals finished
eat more omega 3 fats	Try a new food every week – supports immune function and adaptation, substitute new foods and drinks fold ones
take your herbs and supplements daily	The foundation is blood sugar, digestion, liver, and elimination
Begin to get outside and move more daily	Once the foundation is laid, other areas will improve

Phase II – Can begin within one month – may take 6 months (or more)

Unique plan for you	Overall recommends for all
	Learn about your personal herbal allies – how to use them
	Begin breathing exercises and self-care
	Learn and use contingency herbs, supplements and foods – how and why
	Learn to use cooking and foods as medicine – privately or groups
	Learn basics of cooking, get help, or hire a cook – important!

Phase III –Can begin within one month – may take up to 9 months (or more)

Unique plan for you	Overall recommends for all
	3-30 day raw challenge – to build reserves, enzyme, and repair
	Use Divine Magnetic Diet – see me, or the website
	Once foundations are laid, we look at hormones, and specific tissue needs, organ testing for reactions, long-term core health
	Make sure to continue following the foundational plan, Phase I
	Assess all organ systems via PMG’s, nourish weak areas Dig out latent infections, possible immune modulation needed



Report of Findings (appendix)

This report is generated from our meeting and exam, the questions I asked and from the intake forms, and from iridology, pulses, tongue, and the blood pressure/other tests. I look for items pointing in a certain direction, like at least three things pointing to blood sugar, for example. I also take into account intuitions and guidance from my inner self.

From this, I am able to put together your needs as a unique being, your strengths and weaknesses, and what the likely root causes are of your complaints. From this report, I put together your unique plan of action and food/herbal needs.

What I see are possibilities and patterns, not fixed pathologies. Remember one thing: you can get well by changing the way you think, eat, feel, and act. When you begin to feel overwhelmed, just step back, breathe, and feel the goodness come in!



Nutrient Status – see handouts for more details on mineral/elements/vitamin complexes

Urgent need UN, Overall Need ON, OK/Fair OK, Excellent ☺, N/A

Nutrient	Status					Mineral	Status
	UN	ON	OK	☺	N/A		
Vitamin A ***			XX			Chlorine	OK – immunity, stomach acid, disinfects
Vitamin B complex			XX			Sodium	OK – joints, tummy, adrenals, spares minerals
Vitamin B12			XX			Potassium	OK – alkaline, muscles, elasticity, grace, gut help
Choline			XX			Magnesium	OK – refreshes system, lower auto-toxicity
Folic Acid			XX			Sulfur	OK – purifies, heats, activates, bile needs this
Lecithin			XX			Zinc	OK – immunity, all cells need, liver
Pantothenic Acid			XX			Iron	OK – vitality, oxygen, ambition, can be reactive
PABA			XX			Manganese	OK – memory, ligaments, heart, coordinates
Vitamin C			XX			Copper	OK – oxygen, RBC’s, protein, oxidation, elastic
Vitamin D			XX			Silicon	OK – flexibility, coordination, resistance, magnetic
Vitamin E			XX			Calcium	OK – endurance, vitality, immune, bone, wounds
Vitamin F			XX			Phosphorus	OK – nerve, brain, bone, stimulates, thins fluids
Vitamin G			XX			Iodine	OK – lowers poisons, metabolic normalizer
Vitamin K			XX			Flourine	OK – structural and immune
Vitamin P bioflavonoids			XX			Chromium	OK – blood sugar, protein metabolism
Cholesterol			XX			Selenium	OK – thyroid, oxidation help, tissue elasticity
Amino acids			XX			Trace Minerals	OK - (50-80 needed in body) nerves, ph balance
EFA’s			XX			Trace Minerals	immune, elasticity, intelligence, energy pathways

The Pillars of Good Health – the bodily systems when working well produce good health, the bodily systems

with *’s are the most important starting points.

Tissue/System Status = Urgent need (UN), Overall Need (ON), Unknown (UNK), Strong (S), toxic (TX), stagnant (SG), starving (SV)

<u>Body system</u>	<u>Organs involved</u>	<u>Key Descriptors</u>	<u>Status</u>
Signalling – Hormones*	Brain, Thyroid, Adrenal, Testes/ovary	Do messages move smoothly	
Glucose management*	Adrenal, Liver, Pancreas, Intestines	Food to energy or storage	
Ph Status	Kidney, Bone, Liver, GI system	Buffer to acids, cell health	
Inflammatory status	Could be any – water to buffer fires	Cell recognition, fire and water	
Immune alliance	Spleen, Thymus, Bone marrow, liver, lymph	Gut/blood/tissue guardians	
Circulatory – air/skin,	Kidney, heart, lung, diaphragm	Pump power	
Lymphatics	Spleen, heart, GI tract, muscles	Congested, stagnant or free?	
Digestion – absorption*	Stomach, gut lining cells, pancreas	enzymes, acids, receive food	

Digestion- transformation*	liver, gall bladder, spleen, pancreas, gut lining cells, salivary glands	ability to detox, adapt, and repair/convert (food)	
Digestion – Elimination*	Colon, lungs, skin, tear ducts, Bladder	Ability to let go – detox	
Connective tissue	Bone, cartilage, tendon, ligament	Ability to move/flexibility	
Connective tissue	skin and superficial orifices	Adaptation to environment	

Nutritional Exam – (sensitivity, palpations of body, nerves, Ph reading, Zinc, Iodine, interview)

Nails (organic functions, oxygen carrying capacity, liver health, organ weakness/assessment) -

Feet tissue health (pelvic circulation, liver health (color of flesh)

Heels (EFA and fatty acid status) – n/a

Color, Flesh tone, Temperature (use of moxa and time) – n/a

Discussion –

Tongue (Tissue assessment of stomach, heart/respiratory/circulatory, nerves, GI tract flora, internal heat, etc)

Discussion –

Pulses (energetic assessment mostly) (Deep Pulse DP, Shallow pulse SP)

Discussion –

Raglands (Blood pressure test)/Pupil reflex/Short leg/Inguinal tenderness

Kidney/liver/gut circulation, Adrenal health , Heart/Nerve/Circulatory -

Iridology Main Findings ()

Relationship of the Endocrine Organs

