

SYMPTOM SURVEY SCORING SHEET

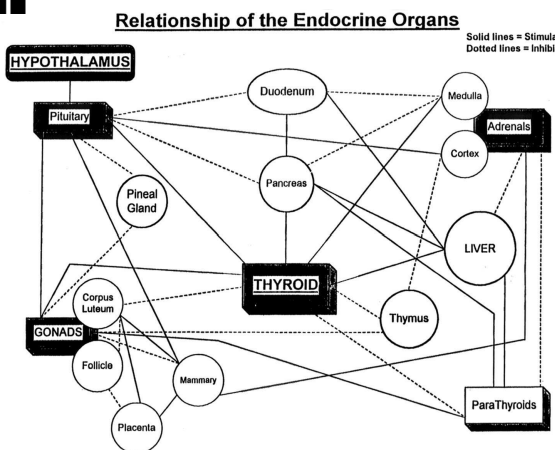
Patient's Report

Patient Name: Hank Health

Calc: 06/02/2009

The information that is contained in the Nutritec Program is for educational use and is restricted to health care practitioners only. This evaluation is not intended for a diagnosis or treatment of disease, but simply to support the patient's nutritional needs. This program and manuals are a combination of over sixty years of nutritional research by health care practitioners using whole foods and whole food concentrates. This research is based on objective clinical data, patient examinations, blood and urine testing.

CALCULATED GROUP SCORES				RAW SURVEY SCORES		
Src Grp#	Description	Weighted Mean Scoring		3s	2s	1s
S 3	Sugar Handling	18%	■■■■■■■	2	3	3
S 5	Biliary and Liver	13%	■■■■■	1	2	3
S 7f	Endocrine - Hypoadrenal	11%	■■■■■	1	1	2
S 6	Digestive	10%	■■■■	0	3	0
S 7b	Endocrine - Hypothyroid	9%	■■■■	0	4	0
S 7a	Endocrine - Hyperthyroid	8%	■■■■	1	3	1
S 7d	Endocrine - Hypopituitary	6%	■■■	1	0	0
S 7c	Endocrine - Hyperpituitary	6%	■■■	0	1	0
S 7e	Endocrine - Hyperadrenal	5%	■■■	0	0	1
S 4	Cardiovascular	4%	■■	1	1	1
S 2	Parasympathetic Dominance	4%	■■	0	0	3
S Ma	Male	2%	■	1	4	0
S 1	Sympathetic Dominance	2%	■	0	1	1
S 8	Foundational Issues	2%	■	0	7	3
Symptoms Totals: # of Responses = 56				8	30	18



Report of Findings

*Above are a few measures which give clues to our current state of health. Health can change in a matter of days, especially our subjective measures. Please follow up at least yearly to see the current state of your bodily systems. The higher numbers above indicate where the highest probability of need is.

Below is another chart showing the areas from 7 bodily systems, called the Seven Pillars. I will indicate the priority of attention for each based on lab/blood work, the symptom survey form, our interview and other intake forms.

Body system	Functional Status	Priority
Endocrine/Hormonal Health		High
Glycemic Management		High
Acid/Base Status		Low
Inflammatory Status		
Immune Burdens		
Circulatory Status		
Digestion – stomach		High
Digestion – liver/bile		
Digestion – small intestine		
Digestion – large intestine		

SYMPTOM SURVEY SUMMARY

PATIENT'S REPORT

FINAL

Patient Name: Hank Health

Your primary area of concern from the Symptom Survey is Group 3 - Sugar Handling.

The over consumption of refined sugars and processed carbohydrates (white bread, cookies, bagels, soda, fruit juice, alcohol, etc.) leads to a variety of problems in the body's ability to metabolize glucose efficiently into energy. Because the standard diet for most people living in developed countries like our own contains so much processed food, hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) are rampant. In hypoglycemia, excessive insulin or an inability to convert liver glycogen into glucose drives the blood glucose down and signals the adrenals to secrete epinephrine and glucocorticoids. Consequently, the features of sympathetic hyperactivity occur. Over time, the adrenals can fatigue causing exhaustion and symptoms of adrenal insufficiency. In hyperglycemia, there is insufficient insulin produced by the pancreas or a resistance by the tissue to insulin. Without insulin (either in quantity or response), blood glucose levels rise. This can lead to frequent urination, thirst, and unusual hunger. If severe, fatigue and impaired resistance to infections occurs.

Dietary change is mandatory at this point. Limitation of simple and processed carbohydrate intake is almost always required for blood sugar imbalances. Nutritional therapy only helps to support and regulate the body's blood sugar mechanisms. The use of Dr. Page's Phase 1 and 2 Food Plan is extremely helpful for long term support.

The symptoms that relate to your primary area of concern are: (in order of importance)

- | | |
|---|---|
| 48. "Lightheaded" if meals missed or delayed | 52. Awaken after few hours sleep--hard to get back to sleep |
| 54. Moods of depression--"blues" or melancholy | 46. Get "shaky" if hungry |
| 51. Upset feeling from excessive eating of sweets | 47. Feeling fatigued, eating relieves |

Your secondary area of concern from the Symptom Survey is Group 5 - Biliary and Liver.

Many of the fats that we consume are either highly processed with low nutrient co-factors or are rancid. The liver and the gallbladder work to correct or compensate for this, which results in stress to them. It is very important for the patient to understand the difference between good and bad fats so they can minimize this burden. The liver, along with the kidneys, acts to clear the blood of toxins that would otherwise accumulate in the body. Among the many functions of the liver, it filters the blood, metabolizes hormones, and processes metabolic toxins by making them more water soluble for excretion (just like detergent does for grease). A healthy liver is an important part of the body's defense system against the everyday toxins that assault your body from the environment as well as the day-to-day by-products of normal metabolism. Since the intestines provide the vast majority of blood flow into the liver, they must operate without bacterial or candida overgrowth, maldigestion, etc. if the liver is to focus on the day-to-day metabolic needs. The liver also produces bile salts and acids, which are stored in the gallbladder and released. When fat is eaten, the gallbladder contracts, releasing bile salts into the duodenum to help make the fat easier to absorb. Bile salts emulsify fat, allowing it to be absorbed in the small intestine. Because fat is an important energy source for the body, fat malabsorption forces the body to look to carbohydrates for energy. Symptoms of needing to eat frequently or carbohydrate craving may be the result of impaired gallbladder function. The liver is also important in sugar metabolism, as mentioned previously in Group 3, and is important in the metabolism of thyroid and female hormones.

The symptoms that relate to your secondary area of concern are: (in order of importance)

- | | |
|---|----------------------------|
| 82. Feelings of worry, dread, or insecurity | 93. Bad breath (halitosis) |
| 80. Bitter or metallic taste in mouth in the mornings | 85. Stools light-colored |

Supplements as clues for areas of need

Please read the supplement descriptions carefully. They were chosen just for you at this time. You will not be taking all the supplements, but the descriptions offer insights into your needs. I may also refer to the supplement or give it to you in the future. In that case, please read about the supplement before asking questions. After reading the description, your questions may be answered.

Descriptions of recommended supplements