

**Metabolic Assessment Form**

**Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **Ht** \_\_\_\_\_ **Wt** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**City - State - Zip** \_\_\_\_\_

**Please list the 5 major health concerns in your order of importance:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Please check all that apply**

**Category I - Colon /10**

- Feeling that bowels do not empty completely
- Lower abdominal pain relief by passing stool or gas
- Alternating constipation and diarrhea
- Diarrhea
- Constipation
- Hard dry or small stool
- Coated tongue of "fuzzy" debris on tongue
- Pass large amount of foul smelling gas
- More than 3 bowel movements daily
- Use laxatives frequently

**Category II - Hypochloridia /7**

- Excessive belching burping or bloating
- Gas immediately following a meal
- Offensive breath
- Difficult bowel movements
- Sense of fullness during and after meals
- Difficulty digesting fruits and vegetables
- Undigested foods found in stools

**Category III - Hyperacidity /7**

- Stomach pain, burning or aching 1-4 hrs after eating
- Frequently use antacids
- Feeling hungry an hour or two after eating
- Heartburn when lying down or bending forward
- Temporary relief from antacids, food, milk or carbonated beverages
- Digestive problems subside with rest and relaxation
- Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine

**Category IV - Small Intestine & Pancreas /9**

- Roughage and fiber cause constipation
- Indigestion and fullness lasts 2-4 hrs. after eating
- Pain, tenderness, soreness on left side under rib cage
- Excessive passage of gas
- Nausea and/or vomiting
- Difficulty losing weight
- Stool undigested, foul smelling, mucous-like, greasy or poorly formed
- Frequent urination
- Increased thirst and appetite

**Category V - Biliary Insufficiency /10**

- Greasy or high fat foods cause distress
- Lower bowel gas and or bloating after eating
- Bitter metallic taste in mouth, esp. in the morning
- Unexplained itchy skin
- Yellowish cast to eyes
- Stool color alternates from clay color to normal brown
- Reddened skin, especially palms
- Dry or flaky skin and/or hair
- History of gallbladder attacks or stones
- Gallbladder removed

**Category VI - Hypoglycemia /9**

- Crave sweets during the day
- Irritable if meals are missed
- Depend on coffee to keep yourself going or started
- Get lightheaded if meals are missed
- Eating relieves fatigue
- Feel shaky, jittery, tremors
- Agitated, easily upset, nervous
- Poor memory, forgetful
- Blurred vision

**Category VII - Insulin resistance /8**

- Fatigue after meals
- Crave sweets during the day
- Eating sweets does not relieve cravings for sugar
- Must have sweets after meals
- Waist girth is equal or larger than hip girth
- Frequent urination
- Increased thirst & appetite
- Difficulty losing weight

**Category VIII - Hypoadrenal /8**

- Cannot stay asleep
- Crave salt
- Slow starter in the morning
- Afternoon fatigue
- Dizziness when standing up quickly
- Afternoon headaches
- Headaches with exertion or stress
- Weak nails

**Category IX - Hyperadrenal /6**

- Cannot fall asleep
- Perspire easily
- Under high amounts of stress
- Weight gain when under stress
- Wake up tired even after 6 or more hours of sleep
- Excessive perspiration or perspiration with little or no activity

**Category X - Hypothyroid /12**

- Tired, sluggish
- Feel cold - hands, feet, all over
- Require excessive amounts of sleep to function
- Increase in weight gain even with low-calorie diet
- Gain weight easily
- Difficult, infrequent bowel movements
- Depression, lack of motivation
- Morning headaches that wear off as the day progresses
- Outer third of eyebrow thins
- Thinning of hair on scalp, face or genitals or excessive falling hair
- Dryness of skin and or scalp
- Mental sluggishness

**Category XI - Hyperthyroid /7**

- Heart palpitations
- Inward trembling
- Increased pulse even at rest
- Nervous and emotional
- Insomnia
- Night sweats
- Difficulty gaining weight

**Category XII - Hypopituitary /3**

- Diminished sex drive
- Menstrual disorders or lack of menstruation
- Increased ability to eat sugars without symptoms

**Category XIII - Hyperpituitary /3**

- Increased sex drive
- Tolerance to sugars reduced
- Splitting type headaches

List any surgeries or medical conditions past or present:

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**PART III**

How many times a week do you eat fish \_\_\_\_\_

How many alcohol beverages do you consume per week \_\_\_\_\_

How many times a week do you eat raw nuts or seeds? \_\_\_\_\_

How many times a week do you work out? \_\_\_\_\_

Rate your stress level on a scale of 1 - 10 during the average week \_\_\_\_\_

List the three worst foods you eat during the average week \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

List the three healthiest foods you eat during the average week \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Do you smoke? \_\_\_\_\_ How many caffeinated beverages do you consume per day? \_\_\_\_\_

List any medications you currently take and for what conditions:

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List any natural supplements you currently take and for what conditions:

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**Category XIV (Male Only) /5**

- Urination difficulty or dribbling
- Urination frequent
- Pain inside of legs or heels
- Feeling of incomplete bowel evacuation
- Leg nervous at night

**Category XV (Male Only) /12**

- Decrease in libido
- Decrease in spontaneous morning erections
- Decrease in fullness of erections
- Difficulty in maintaining morning erections
- Mental fatigue
- Inability to concentrate Episodes of depression
- Muscle soreness
- Decrease in physical stamina
- Unexplained weight gain
- Increase in fat distribution around chest and hips
- Sweating attacks
- More emotional than in the past

**Category XVI (Menstruating Females Only) /13**

- Alternating menstrual cycle lengths
- Extended menstrual cycle greater than 32 days
- Shortened cycle, less than every 24 days
- Pain and cramping during periods
- Scanty blood flow
- Heavy blood flow
- Breast pain and swelling during menses
- Pelvic pain during menses
- Irritable and depressed during menses
- Acne break outs
- Facial hair growth
- Hair loss/thinning
- Decreased libido \_\_\_\_\_

**Category XVII (Menopausal Females Only) /12**

- How many years have you been menopausal?
- Do you ever have uterine bleeding since menopause?
- Hot flashes
- Mental fogginess
- Disinterest in sex
- Mood swings
- Depression
- Painful intercourse
- Shrinking breasts
- Facial hair growth
- Acne break outs
- Increased vaginal pain, dryness or itching