



Personalized Health Assessment

Prepared for: Client ABC

Prepared by: A Certified Nutritional Practitioner

Date: Today

Summary

Main points collected:

- menopausal Woman, 5"8, 160 lbs
- Sleep related issues (restless & interrupted sleep)
- Constipation
- Seasonal Allergies
- Fairly stressful job
- Surgeries: Back
- Familial history of cardiovascular disease
- Currently taking narcotics for herniated disk
- Exercise habits: walking 2-3X week

Condensed food diary:

	Food and Drink
Breakfast	1 Coffee with cream and Orange Juice
Snack	Milk, Breakfast sandwich (take-out) Booster Juice
Lunch	Carrots, Crackers, Hummus, Dates Chicken Sandwich Burger & fries
Dinner	Chicken Caesar Salad Pizza Chicken Wings, dip, carrots Shepherd's Pie Small salad, pizza Ice Cream, Cookie
Water intake	2 litres/day
Alcohol	4-5 glasses/week

Main Symptoms:

- General unwellness
- Poor Sleep
- Dizziness
- Nausea
- Constipation
- Rash

Medications being taken (including side effects and nutrients depleted):

- Hydromorphone
 - Side effects: dizziness, constipation, nausea, skin rash, dry mouth, increased sweating, weakness
 - Nutrients depleted: Calcium, Chromium, Vit B6
 - This med could negatively interact with: alcohol, antihistamines, magnesium sulphate (Epsom salts in your bath), muscle relaxants, other opioids (morphine)
- Morphine
 - Side effects: mild itching, drowsiness, dizziness, constipation, stomach pain, nausea, headache, anxiety
 - Nutrients depleted: selenium, glutathione and Zinc.

Main concerns:

- General unwell feeling
- Digestive issues (indigestion after eating, bloating, sourness, pain on left side of abdomen)
- Constipation

- Nausea and dizziness
- Sleep Disturbances (Insomnia, restlessness)
- Skin issues (dry skin, lips, etc)

5 Main Nutribody Issues (from Nutribody Questionnaire):

- Digestive Imbalances (low stomach acid, low levels of Lactic bacteria)
- Low Vitamin D
- Under functioning Thymus gland
- Low fibre & Low Essential fatty acids levels
- Allergies

Summary of Underlying Issues

A. DIGESTIVE IMBALANCES:

Intestinal permeability, aka “leaky gut”. If the small intestine becomes more permeable than it is supposed to be, it allows abnormally large food molecules to enter the bloodstream. These incompletely digested molecules may stimulate allergic/immune responses in the intestinal wall and elsewhere in the body. Once the gut wall is healed and foods are properly digested before being absorbed, many food intolerances (allergies) will disappear.

- ❑ Symptoms of intestinal permeability: constipation and or diarrhea, abdominal pain and bloating, indigestion or flatulence, chronic joint or muscle pain, mood changes, confusion, weak immunity, skin rashes, hives, eczema, respiratory infection, sinus or nasal congestion, food allergies/intolerances.
- ❑ Causes: gluten intolerance, NSAID’s, alcohol, parasites, food sensitivities, candidiasis, or by continually overloading a sluggish digestive system.
- ❑ In order to heal the gut it is necessary to eliminate most milk products, grains, legumes, starchy vegetables, high glycemic fruits, sugars, alcohol, nuts and seeds.

Low stomach acid – An underactive stomach does not produce enough hydrochloric acid (HCL), an enzyme for the proper digestion of food. Stomach acids help digest protein, reduce ingested bulky food into smaller particles, trigger the pancreas and liver to release digestive juices to help digest fat, carbs and protein particles. Stomach acid is essential for proper absorption of Vit B12 and micronutrients such as calcium, magnesium, zinc, copper, iron, selenium, boron, etc. Stomach acids also sterilize the stomach killing harmful microbes that get ingested. Symptoms of low stomach acid often took like too much stomach acid leading to one taking antacids which further aggravate the condition.

- ❑ Causes of low HCL: a diet high in meat, dairy, refined and processed foods and fast foods, use of antacids, larger & heavy meals, low salt intake, poor food combining, coffee consumption, drinking chlorinated water or carbonated beverages.
- ❑ Effects: intestinal permeability, gas, bloating, bad breath, flatulence, burning sensation in stomach, heartburn, heavy and tired feeling after eating, constipation, allergies.

- ❑ Tips: no ice cold or carbonated beverages with meals – they will shut down the digestive process. Avoid red meat, dairy, fast food/processed food and alcohol. Eat smaller meals more often.

Low probiotics/lactic bacteria. Low levels of lactic bacteria and other helpful probiotics leads to poor gut function and lack of absorption of vitamins and minerals. Lactic bacteria are important to intestinal immunity. Did you know that over 70% of your immune system is in your gut? Probiotics improve digestion by stimulating intestinal peristalsis (movement of food through your digestive system). Probiotics protect the body from harmful microorganisms.

- ❑ Causes: antibiotics (can also be from eating meat, milk and eggs that contain antibiotics), steroids, coffee, chlorinated water, stress
- ❑ Effects: indigestion and bloating and gas after meals, constipation, UTI's, yeast infections, cold sores/canker sores.
- ❑ Sources of probiotic foods: yoghurt, kefir, cultured buttermilk, fermented sauerkraut and pickles, kimchi, miso, tempeh, and supplements.

Allergies. An underactive stomach, sluggish liver function, an overburdened colon may cause allergens to enter the bloodstream and trigger allergic reactions. Offending foods are milk, wheat, soy, gluten, chocolate, eggs, orange, corn, peanuts, potatoes, sugar, soy, seafood, tomato, pork and beef. Elimination diets are excellent at determining the offending allergens. Healing intestinal permeability will also ease allergic conditions. The GAPS diet (discussed later will rectify several issues – heal intestinal permeability, help allergies and determine allergic sources by a process of elimination and reintroduction)

- ❑ Effects: awake in the morning not feeling rested, an almost painful fatigue not helped by rest, dark or puffy circles under the eyes, minor chronic complaints that recur, insomnia/sleep disturbances, painful stiff or swollen joints, catches colds easily, respiratory infections, constipation, eczema, rashes, hay fever, and migraine headaches
- ❑ Essential Fatty Acids and antioxidants (A,C,E, selenium) are important recommended supplements for allergies. Stress reduction will also help.

Under functioning thymus gland. The thymus is the master gland of the immune system producing the hormone thymosin. This hormone promotes the development and maturation of lymphocytes (which are the white blood cells responsible for immunity). Thymus gland shrinks over time but it is also impaired by mal-digestion.

- ❑ Effects of under functioning Thymus gland: chronic flu, viral infections, hay fever, allergies, rhinitis, eczema, swollen glands, soreness on both sides of the neck at shoulder level. When the thymus gland is compromised in the body system it indicates an overall immune system deficiency linked to allergies, underactive stomach and vitamins A,C,E,Zinc and Iodine.
- ❑ Avoid sugar and coffee. Take antioxidants, immune support formulas and EFA's.

B. NUTRIENT & DIET DEFICIENCIES:

Vitamin D deficiency. Vitamin D deficiencies are common in those with chronic pain and deficiency symptoms can include fatigue and muscle aches. 20 minutes per day of exposed arms and legs in the sun (no sunscreen and not during peak hours) in the warmer months is required plus further supplementation is required from Nov-April. Vitamin D deficiency leads to impaired intestinal absorption of Calcium.

Sluggish liver/gallbladder. A sluggish liver or gall bladder means that not enough bile reaches the duodenum. The role of bile is to emulsify fats into molecules that are small enough for the pancreatic lipase to act on them. Bile is an anti-constipation intestinal lubricant, sterilizing bacteria and is necessary for absorption of fat soluble vitamins (A,D,E,K) and EFA's and minerals.

- ❑ Causes of sluggish liver/gallbladder: diet high in refined carbs, fatty foods and junk foods (#1 because they fatten up the liver), gallstones, low stomach acid, environmental toxins, alcohol.
- ❑ Effects of a sluggish liver: low EFA's, arterial plaque, fats/greasy foods cause nausea/headache, foul stool odour, bad breath, oil nose and forehead, too little bile causes gastrointestinal irritation and constipation.
- ❑ Vitamins Choline, Vit C, Magnesium and Zinc are necessary for bile production.

Essential fatty acid deficiency (EFA). EFA's are lipids that the body cannot synthesize therefore must be obtained from food or supplements. EFA's are carriers for fat soluble Vitamins (A,D,E,K). EFA's are needed for proper functioning immune systems because they activate t-cells. They are effective against inflammatory conditions such as eczema, arthritis and autoimmune disorders, and protect against various heart and vascular disorders (blood pressure, blood clotting, stroke).

- ❑ Causes of low EFA's are typically low intake in the diet along with too much trans fats, which displace EFA's.
- ❑ Effects of low EFA's: dry, rough skin, dry hair, dry eyes, brittle nails, inflammatory conditions, difficulty getting pregnant or carrying to full term.

- ❑ Sources of EFA's: flaxseed oil, evening primrose oil, borage oil, fish oil, hemp oil

Fibre deficiency. The colon works best when it's full of water, good bacteria and indigestible plant fibre. Fibre is a type of carbohydrate that the body can't digest. It helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check.

- ❑ Effects of low fibre are constipation (#1), flora imbalances, low insulin levels, weight gain, hemorrhoids, leaky gut and toxicity. Optimal daily fibre dose is 35g. Fibre intake needs to be ramped up slowly so as not to cause further digestive upset and constipation.

Protocol Strategy:

Protocol #1 (6 weeks)

1. Digestive support – HCL/Bile/enzymes/probiotics
2. Bowel Support for proper elimination (fibre)
3. Heal intestinal permeability
4. Address vitamin and mineral deficiencies (EFA's, Vit D, antioxidants/immune support)

Detailed Protocol:

Diet recommendations:

1. GAPS diet by Dr Natasha Campbell-McBride – hard core, requires a strong will and commitment to this diet. The underlying mechanism of this diet is to heal the digestive tract. (see www.gapsdiet.com)

-OR -

2. 6 weeks of a General Clean Diet (below) along with supplements.

General Clean Diet:

Category	Foods to eat	Foods to avoid
Fruit *	Low glycemic index with as wide a variety as possible	Dried fruit
Fresh Vegetables	Raw, steamed, juiced, as soups and salads	
Grains	Organic brown rice, millet, quinoa, rye	Wheat and wheat products and those containing gluten
Animal Protein**	Eggs, poultry, lamb, veal, beef (small portions), fish (cold water salmon, trout, halibut, haddock, sardines and mackerel)	Pork, shellfish
Dairy/Dairy substitutes	Goat cheese, goat or sheep milk, organic cow milk yogurt, almond milk, rice milk (unsweetened)	non-organic cow's milk-based cheeses, soymilk
Beans/legumes	All types of organic beans, fermented soy (tempeh, miso, natto, tamari)	Soy, tofu and soy protein products
Category	Foods to eat	Foods to avoid
Fats and Oils	Cold pressed EVOO, ghee, raw coconut oil, avocado, flax, pumpkin	Vegetable oils, margarine, lard, fried food
Sweeteners	Honey and maple syrup (in moderation), Stevia	all sugars and all artificial sweeteners
Other	Green tea	Food with additives & preservatives, MSG, table salt

		Coffee/black tea, pop, alcohol
Water	Reverse osmosis	Spring water, carbonated water, artificially flavored water, tap water
Fibre	intake should be 35 grams/day from all sources	

* Introduce fruit into your diet slowly if you are not a regular fruit eater (low glycemic load fruits like pears, nectarines, peaches, apricot). All have a GI <5. Should be organic to avoid pesticides. Fruits are a good source of dietary fibre and contain antioxidants to support immune function. (Google low glycemic fruits for more examples)

** Make sure meat sources are pasture raising and drug free. Fish should be wild caught and preferably sustainable and low in mercury.

Customized Supplementation Protocol

Primary objective: Support Digestive healing Protocol

Length: 6 weeks

Note: The following products have been carefully chosen according to the nutritional specificity of your needs. Do not substitute any other brands or similar products except upon the advice of your healthcare practitioner. Follow the instructions below closely in preference to any directions found on your product label. Contact us immediately for any assistance you may require.

Supplement	upon arising	with breakfast	mid-morning	with lunch	mid-afternoon	with dinner	before bed
Ultragest (Vitamost)		1		1		1	
HMF Intensive (Genestra)		1				1	
Liv Complex (Genestra)		2				2	
Ground Psyllium Husk or Ground flax seed (organic)							1 tbsp in water

Licorice DGL (chew before each meal if suffering from heartburn)		before		before		before	
Active ACES + zinc (Cyto Matrix)		2		2		2	
Paul D'arco tea (2 tsp bark in boiling water for 60 mins)							1
l-glutamine (AOR) (need 1500 mg/day). away from food.	1						1
Omega Essentials (Genestra)		2				2	
<i>*** Must drink 2 litres of filtered water/day</i>							
Teas to help sleep: chamomile, lemon balm, lavender, passionflower							

How to start your supplements: Take all supplements at the end of the meal unless otherwise noted.

Important! ALWAYS start slowly and work up to the recommended dosages gradually.

Increase the dosage every three days until you have reached the therapeutic range as outlined above and pay close attention to signs your body is giving. If you experience any distress, discontinue use and contact your Practitioner immediately.

DO NOT UNDER ANY CIRCUMSTANCES EXCEED THE MAXIMUM DOSAGES RECOMMENDED!

We cannot be held responsible for any adverse reactions you may experience should you stop your program abruptly, or alter your remedies in any way. If you have any concerns, please contact your practitioner immediately

Reason for Recommendations

HMF Intensive (Genestra), is a multi-strain probiotic (25 billion CFU) which improves digestion, reduces inflammation and pain, improves mineral absorption, aids in the regulation of hormone production.

L-Glutamine (AOR), helps support the immune and digestive system and will help heal the gut lining.

Liv Complex (Genestra) helps support liver function, increases bile flow and promotes digestive comfort.

Ultragest (Vitamost) is for digestive support in breaking down and absorbing amino acids in protein. It contains HCL and bile, pancreatic enzymes. Also destroys intestinal parasites.

Paul D'Arco bark has the ability to reduce pain, reduce inflammation, fight Candida, heal ulcers, provide anti-bacterial/anti-fungal properties, and detoxifies the body by having a laxative effect.

DGL Licorice is an anti-inflammatory herb and a leaky gut remedy, helps with heartburn, nausea and acid reflux. It is also anti-viral, making it good for the immune system.

Psyllium Husk is a fibre supplement, which expands forming a gel-like mass by drawing water in from the colon, promoting easy, healthy elimination by sweeping waste out of the colon more quickly and efficiently. (Gentle and not addictive like synthetic laxatives)

Active ACES + Zinc are antioxidant vitamins to help protect the body from free radical damage. All are healing nutrients - Vit C is used to make collagen to repair the intestinal tract & improve the immune system. Vit A is for mucosal membrane healing, Vit E is a fat soluble antioxidant. Zinc is needed to make HCL and most digestive enzymes.

Omega Essential (Progressive) has a multitude of health benefits from heart health to immune function. Omega essential contains Omega 3 fatty acids (DHA/EPA), which our bodies cannot make (only obtained from omega 3 foods like salmon, sardines and anchovies or via supplements). They are anti-inflammatory and good for the gut, brain, heart, eyes and skin conditions.