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*Trusted for 40 Years*

**Nutritional Profile Questionnaire**

Circle any symptoms below that you frequently experience. Score **1 point** for each symptom you circle, and score **2 points** for any **symptoms in bold** that you circle. Put your score in the **score** column (right).

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_**

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| **Symptoms** | **Score** |
| **1.** | **mouth ulcers** - poor night vision - diarrhoea - acnedry flaky skin - dandruff - thrush/cystitis - **frequent colds/infections** |  |
| **2.** | **rheumatism or arthritis** - backache - tooth decay - hair loss - lack energyexcessive sweating - muscle cramps/spasms - **joint pains or stiffness** |  |
| **3.** | lack of sex drive - **exhaustion after light exercise** - **easy bruisingslow wound healing** - varicose veins - loss of muscle tone - infertility |  |
| **4.** | **frequent colds** - lack of energy - **frequent infections**easy bruising - bleeding/tender gums - nose bleedsslow wound healing - red pimples on skin |  |
| **5.** | tender muscles - eye pains - irritability - constipationpoor concentration - ‘prickly’ legs - poor memorystomach pains - tingling hands - rapid heart beat |  |
| **6.** | **burning/gritty eyes** - **sensitivity to bright lights**  - sore tonguedull/oily hair - eczema/dermatitis - split nails - cataracts |  |
| **7.** | lack of energy - diarrhoea - insomnia - depression - acneirritability - headaches/migraine - poor memory - anxiety/tensioneczema/dermatitis - bleeding/tender gums |  |
| **8.** | muscle tremors/cramps - teeth grinding - poor concentration**burning feet/tender heals** - nausea/vomiting - lack of energy exhaustion after light exercise - anxiety/tension - apathy |  |
| **9.** | infrequent dream recall - **water retention** - tingling handsdepression/nervousness - irritability - flaky skinmuscle tremors or cramps - **lack of energy** |  |

PLEASE TURN OVER

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| **Symptoms** | **Score** |
| **10.** | poor hair condition - eczema/dermatitis - pale skinmouth oversensitive to hot/cold - irritability - anxiety/tension**lack of energy** - constipation - tender/sore muscles |  |
| **11.** | eczema - cracked lips - prematurely greying hairanxiety/tension - poor memory - **lack of energy** - depressionpoor appetite - stomach pains |  |
| **12.** | **dry skin** - poor hair condition - prematurely greying hair**tender/sore muscles** - **poor appetite/nausea** - **eczema/dermatitis** |  |
| **13.** | **dry rough skin** -dry eyes - frequent infectionspoor memory - loss of hair/dandruff - excessive thirstpoor wound healing - PMS/breast pain - infertility |  |
| **14.** | **muscle cramps/tremors** - **insomnia/nervousnessjoint pain/arthritis** - **tooth decay** - **high blood pressure** |  |
| **15.** | **pale skin** - **sore tongue** - **fatigue/listlessnessloss of appetite/nausea** - **heavy period/blood loss** |  |
| **16.** | **muscle tremors/spasms** - muscle weakness - depressioninsomnia/nervousness - high blood pressureirregular heartbeat - constipation - hyperactivity |  |
| **17.** | poor sense of taste/smell - poor appetite**white marks on two or more fingernails**frequent infections - stretch marks - acne/greasy skinlow fertility - pale skin - tendency to depression |  |
| **18.** | **muscle twitches - childhood growing pains** - **sore kneesdizziness/poor sense of balance** - **fits/convulsions** |  |
| **19.** | **family history of cancer** - **signs of premature ageingcataracts** - **high blood pressure** - **frequent infections** |  |
| **20.** | **excessive cold sweats - ‘addiction’ to sweet foodsdizziness/irritability after 6 hours without food**need for frequent meals - cold hands - excessive thirstneed for excessive sleep/drowsiness during the day |  |