

## Metabolic Health Assessment

**Patient Name:** \_\_\_\_\_

**Directions:** Rate each of the following based upon your typical health profile:

- |  |  |
|--|--|
| 1. Occasionally have symptom           | 3. Frequently have symptom, effect is severe |
| 2. Frequently have symptom, not severe | 0. Have no issues                            |

### List Top 4 Health Concerns

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

1	Thyroid Symptoms
	*Difficulty gaining weight, even with large appetite
	*Nervous, emotional, can't work under pressure
	*Flush easily
	*Fast pulse at rest
	*Inward trembling
	*Intolerance - high temperatures
	Difficulty losing weight
	Mentally sluggish, reduced initiative
	Easily fatigued, sleepy during the day
	Sensitive to cold, poor circulation (cold hands and feet)
	Excessive hair loss and/or coarse hair
	Morning headaches, wear off during the day
	Loss of lateral 1/3 of eyebrow
	Infrequent bowel movements
*	(*) Referring to Hyperthyroid

3	Adrenal Symptoms
	*Cannot fall asleep; wake up after a few hours of sleep
	*Perspire easily
	*Wake up tired – after 6+ hours of sleep
	*Tend to be “keyed up” during the day
	*Clenched or grind teeth
	*Excessive thirst
	Crave salty foods
	Cannot stay asleep. Awaken after a few hours of sleep
	Slow starter in the morning
	Afternoon fatigue
	Become dizzy when standing up suddenly
	Weak nails
	Weakness / Dizziness
	Afternoon yawning
	Allergies or hives
	Arthritic tendencies
*	(*) Referring to Hyperadrenal

5	Leaky Gut Symptoms
	Bloating and distention after eating
	Intolerance to sugars & starches - upset the stomach
	Abdominal swelling
	Increased reactions to eating foods
	Pains, aches and swelling throughout the body
	Unpredictable food reactions
	Skin issues: acne, rosacea

6	Digestion Symptoms
	Bad breath (halitosis)
	Heartburn or acid reflux
	Excessive belching or burping
	Undigested foods in stool
	Gas after meals
	Difficult bowel movements
	Sense of excess fullness after meals
	Sleepy after meals

2	Sugar Handling Symptoms
	Crave sweets
	Irritable if missed meals
	Light headed if meals are missed
	Frequent urination
	Frequent thirst
	Fatigue after meals
	Eating relieves fatigue
	Agitated or easily upset
	Blurred vision
	Headache if meals are missed
	Poor memory/forgetful
	Shaky if missed meals
	Binge or uncontrolled eating

4	Environmental Symptoms
	Chemical & odor sensitivities
	Headaches after exposure to chemicals
	Intolerance to household chemicals (e.g. shampoo, lotion, laundry detergent, etc.)
	Skin outbreaks
	Excessive mucus

7	Liver & Gallbladder
	Nausea
	Hormone imbalances
	Light colored stools
	Pain between shoulder blades
	Stomach upset after greasy foods
	Acne or unhealthy skin
	Hemorrhoids or varicose veins
	Dry or flakey skin
	Itchy skin
	Removal of gallbladder
	Gallbladder attacks
	Headache over eyes