

PROFILE & ASSESSMENT

"The first evidence of malnutrition is a conglomerate of non-specific complaints..."

NAME:

PHONE:

EMAIL:

DATE:

Please ☒ ALL that apply to you. Your Wellness Educator will help determine the BEST course of action for YOU!

CURRENT PHASE OF LIFE:

- ☐ Infant / Toddler
- ☐ Child (2-11)
- ☐ Adolescent (12-17)
- ☐ Adult (18-49)
- ☐ Mature Adult (50+)
- ☐ Senior (70+)

CURRENT WORK STAGE:

- ☐ Full-Time Student
- ☐ Full-Time Parent
- ☐ Work Full-Time
- ☐ Work Part-Time
- ☐ Extensive Travel
- ☐ Retired

FEMALE CONSIDERATIONS:

- ☐ Childbearing Age
- ☐ Pregnant / Breastfeeding
- ☐ Perimenopausal
- ☐ Postmenopausal
- ☐ Fertility Concerns
- ☐ Hormone Imbalances

HOW DO YOU MOST OFTEN FEEL:

- ☐ Great! ☐ Good ☐ Okay ☐ Not Great ☐ Bad ☐ Other:

Is your approach to health & wellness **PROACTIVE** (prevention is your goal), **REACTIVE** (you treat symptoms only as they occur), or somewhere in between? Circle your approach: 1 = PROACTIVE...5 = REACTIVE 1.....2.....3.....4.....5

List your primary concerns/symptoms: _____

List medications & why you take them: _____

FOUNDATIONAL SUPPORT

20282/20283/20284 (itemized)

A simple nutritional approach to better balance, health, wellness, & quality of life...

1-Consider a **CLEANSE & DETOX** to start with a "clean slate" 2-Build a solid **FOUNDATION**
3-COMPLEMENT for individual needs 4-TARGET support if needed to address residual issues

20288/20286/20290

- ☐ overall, I just don't feel great
- ☐ less than "perfect" diet habits
- ☐ run out of "steam" most days
- ☐ feel "older" than my age
- ☐ want better long-term health
- ☐ want to improve 50+ health
- ☐ want immune system support
- ☐ want to support bone health
- ☐ want to improve energy / stamina
- ☐ pregnant / nursing / childbearing age
- ☐ want daily nutritional "insurance"

20186

- ☐ I am tired all the time!
- ☐ irritability / mood swings
- ☐ crave sweets / caffeine
- ☐ headaches / migraines
- ☐ daily stress / busy schedule
- ☐ PMS / hormone imbalances
- ☐ get "the blues" / depressed
- ☐ rapid heartbeat / palpitations
- ☐ high risk of heart disease
- ☐ take medications regularly
- ☐ skin, nail, hair problems
- ☐ pregnant / nursing / childbearing age

20095

- ☐ chronic viruses / infections
- ☐ bruise easily / slow healing
- ☐ varicose / spider veins
- ☐ allergies / frequent colds
- ☐ smoke cigarettes
- ☐ increase cancer prevention
- ☐ macular degeneration
- ☐ eat processed / packaged foods
- ☐ take oral contraceptives
- ☐ weakened teeth or enamel
- ☐ bleeding gums / nosebleeds
- ☐ iron deficiency / no red meats

20112

- ☐ heart disease / high risk factors
- ☐ asthma / respiratory problems
- ☐ poor circulation
- ☐ high blood pressure
- ☐ high cholesterol
- ☐ diabetes / hypoglycemic
- ☐ slow to heal / scar easily
- ☐ history of stroke
- ☐ cystic conditions
- ☐ family history of cancer
- ☐ autoimmune disorders
- ☐ poor night vision
- ☐ hot flashes / night sweats
- ☐ PMS / hormone imbalances
- ☐ hormonal sleep disturbances
- ☐ dryness - hair / skin
- ☐ dryness - feminine

21252

- ☐ high cholesterol / triglycerides
- ☐ high blood pressure
- ☐ heart disease / high risk factors
- ☐ high risk for blood clots
- ☐ poor circulation / cold hands-feet
- ☐ migraines / headaches
- ☐ chronic inflammation / pain
- ☐ learning challenges / ADD / ADHD
- ☐ autism / development disorders
- ☐ eczema / psoriasis / rash / hives
- ☐ IBS / IBD / ulcerative colitis
- ☐ lupus / multiple sclerosis
- ☐ bipolar disorder / OCD
- ☐ depression / anxiety / stress
- ☐ addiction / eating disorder
- ☐ asthma / respiratory conditions
- ☐ arthritis pain / joint pain
- ☐ tingling / numbness
- ☐ eat poor / high fat diet
- ☐ dieting / reduced fat diet

20652

- ☐ want to age "gracefully"
- ☐ asthma / allergies / sinus issues
- ☐ poor night vision / eye health
- ☐ respiratory infections / colds
- ☐ bronchitis / pneumonia / viruses
- ☐ "weak" immune system
- ☐ family history of cancer
- ☐ exposure to toxins (cleaners, etc.)
- ☐ high risk of heart disease
- ☐ <5 servings/day veggies & fruits
- ☐ want antioxidant protection

20639

- ☐ frequent antibiotic / Rx use
- ☐ frequently take O-T-C medications
- ☐ chronic ear / throat infections
- ☐ frequent colds / viruses / allergies
- ☐ IBS / IBD / colitis / Crohn's
- ☐ sensitivity to odors / scents
- ☐ eczema / psoriasis / rash / hives
- ☐ recurrent sinus infections
- ☐ food allergies / food sensitivities
- ☐ vaginal / bladder infections
- ☐ candida / yeast problems
- ☐ asthma / respiratory conditions
- ☐ digestion / GI tract problems
- ☐ fungal infections / mouth blisters
- ☐ "weak" immune system
- ☐ eat processed / sugary foods
- ☐ high stress / very busy lifestyle
- ☐ frequent heartburn / indigestion

20491

- ☐ anemia / iron deficiency
- ☐ heavy menstruation
- ☐ unusual skin paleness
- ☐ dark circles under eyes
- ☐ vegetarian / vegan diet
- ☐ low energy / fatigue / stress

COMPLEMENTARY SUPPORT

21200

- ☐ NO energy / fatigued daily
- ☐ stress, stress, stress, stress!
- ☐ personal / family history of cancer
- ☐ family history of heart disease
- ☐ family history of Alzheimer's / dementia
- ☐ diabetes / family history of diabetes
- ☐ hardening / thickening of the arteries
- ☐ brain trauma / brain injury / stroke
- ☐ frequent colds / viruses / allergies
- ☐ athlete / training / vigorous workouts
- ☐ Candida / yeast / fungal infections
- ☐ at risk for blood clots / poor circulation
- ☐ "fatty" liver / poor diet
- ☐ depression / mood swings
- ☐ inflammatory "-itis" conditions
- ☐ dieting / feel hungry all the time
- ☐ eat fast, packaged, processed foods
- ☐ age spots / early physical aging
- ☐ moderate - high cholesterol
- ☐ moderate - high blood pressure
- ☐ neuropathy / numbness / tingling
- ☐ want antioxidant protection
- ☐ sleep disturbances
- ☐ my "get-up-and-go" has gone!

20665/20670-20340/41/39/36

- ☐ go to bed tired—wake up tired
- ☐ mood swings / irritability
- ☐ difficulty concentrating
- ☐ PMS / hormonal imbalances
- ☐ menopausal symptoms
- ☐ poor muscle tone
- ☐ fluctuating blood sugar levels
- ☐ moderate - high cholesterol
- ☐ osteoporosis / low bone density
- ☐ want increased cancer prevention
- ☐ blood clots / narrow artery walls
- ☐ vegetarian / vegan
- ☐ pregnant / nursing / childbearing age
- ☐ poor digestion / GI troubles
- ☐ slow healing / premature aging
- ☐ low immunity / frequent illness
- ☐ fatigue / lethargy / disinterest
- ☐ learning challenges / ADD / ADHD
- ☐ autism, development disorders
- ☐ bipolar disorder / OCD
- ☐ depression / anxiety / stress

20960

- ☐ "weak" immune system
- ☐ chronic colds / viruses / infections
- ☐ asthma / allergies / sensitivities
- ☐ HIV / Hep C / autoimmune disorders
- ☐ struggling with cancer / survivor
- ☐ want increased cancer prevention
- ☐ have pre-school / school-age kids
- ☐ want proven immune system support

POPULAR TARGET SUPPORT

21217

- ☐ muscle cramps / tension
- ☐ irritability / headaches
- ☐ insomnia / sleep problems
- ☐ tooth decay / cavities / grinding
- ☐ PMS / hormonal imbalances
- ☐ fibromyalgia
- ☐ high blood pressure
- ☐ joint pains / back aches
- ☐ weak fingernails
- ☐ osteoporosis / low bone density
- ☐ low / no dairy intake
- ☐ irregular heart beat / palpitations
- ☐ colon cancer history

21223

- ☐ high blood pressure
- ☐ irregular heart beat / palpitations
- ☐ PMS / hormone imbalances
- ☐ blood sugar fluctuations / swings
- ☐ irregular nerve / muscle function
- ☐ weak / brittle bones / teeth
- ☐ want immune support
- ☐ stress / fatigue
- ☐ smoke / drink alcohol
- ☐ eat processed / refined foods
- ☐ restless leg syndrome
- ☐ muscle cramps / migraines
- ☐ asthma
- ☐ taking diuretics / laxatives
- ☐ Chron's / IBS / IBD

20153

- ☐ allergies / asthma
- ☐ arthritis / joint pain / gout
- ☐ sinus infections
- ☐ low fiber diet / constipation
- ☐ digestive problems
- ☐ kidney / bladder infections
- ☐ bad breath / body odor
- ☐ excess fluid retention
- ☐ prostate conditions
- ☐ menopausal symptoms
- ☐ diabetes

20281

- ☐ osteoarthritis / joint pain
- ☐ physically demanding job
- ☐ decreased mobility
- ☐ cartilage degeneration

59773

- ☐ overweight / obese
- ☐ frequent dieter / "yo-yo" dieter
- ☐ blood sugar issues / cravings
- ☐ eat processed / packaged foods
- ☐ difficult to lose / keep weight off
- ☐ want simple / effective weight loss

20608

- ☐ PMS / hormone imbalances
- ☐ menstrual irregularities
- ☐ hormonal sleep disruptions
- ☐ mood swings / irritability
- ☐ skin eruptions / dryness / eczema
- ☐ fibrocystic disorders
- ☐ fertility problems
- ☐ arthritic pain / swelling
- ☐ inflammatory "-itis" issues

20645

- ☐ hot flashes / night sweats
- ☐ mood swings / irritability
- ☐ anxiety / jumpiness
- ☐ short-tempered
- ☐ depression / weepiness
- ☐ heart pounding while resting
- ☐ PMS / hormone imbalances
- ☐ colitis / constipation

20084

- ☐ high cholesterol / triglycerides
- ☐ high blood pressure
- ☐ blood clots / aneurysms
- ☐ viral / bacterial infections
- ☐ yeast infections / Candida
- ☐ sinus infection / congestion
- ☐ allergies / asthma
- ☐ Crohn's / Colitis / IBS
- ☐ "weak" immune system
- ☐ inflammatory "-itis" conditions

20603

- ☐ insomnia / restlessness
- ☐ TMJ / muscle tension / headaches
- ☐ anxiety / stress / nervousness
- ☐ rapid heartbeat / palpitations
- ☐ ADD / ADHD

20656

- ☐ not enough hours in the day
- ☐ stress / anxiety / nervousness
- ☐ difficulty concentrating / sleeping
- ☐ muscle tension
- ☐ angry outbursts
- ☐ ADD / ADHD

20601

- ☐ indigestion / gastritis / colic
- ☐ gas / bloating / stomach upset
- ☐ Crohn's / Colitis / IBS
- ☐ morning / motion sickness

20633

- ☐ diarrhea / upset stomach / gas
- ☐ frequent heartburn / indigestion
- ☐ problems digesting certain foods

List any other issues and/or symptoms not seen here that you would like to discuss or address:

CONSULTANT USE: Date: _____ ☐ Initial Profile & Assessment ☐ Re-Evaluation ☐ Other:

Comments: