

# CORE HEALTH

## NATUROPATHIC WELLNESS CENTER

*Brandy Strelec, B.Sc.(Hons),N.D.*  
*Board Certified Naturopathic Doctor | Bowen Practitioner*

### VITAMIN/ MINERAL ASSESSMENT

To prevent a biased response, please remove this top sheet before having the patient fill in the questionnaire. To evaluate: When the patient's reply is more than 25%, there is a need for supplementation within that section.

SECTION	VITAMIN/MINERAL ASSESSMENT	RESULTS SUGGESTING A DEFICIENCY
1	Vitamin A	More than 7
2	Vitamin B1 (Thiamin)	More than 4
3	Vitamin B2 (Riboflavin)	More than 5
4	Vitamin B6 (Pyridoxine)	More than 5
5	Vitamin B12 (Cyanocobalamin)	More than 3
6	Biotin	More than 1
7	Choline	More than 1
8	Lipotropic Factor	More than 3
9	Folic Acid	More than 1
10	Vitamin B3 (Niacin)	More than 5
11	PABA	More than 2
12	Vitamin B5 (Pantothenic Acid)	More than 4
13	Vitamin C	More than 3
14	Vitamin D	More than 5
15	Vitamin E	More than 3
16	EFA	More than 2
17	Vitamin K	More than 1
18	Calcium	More than 2
19	Chromium	More than 1
20	Copper	More than 1
21	Iron	More than 4
22	Magnesium	More than 3
23	Manganese	More than 3
24	Phosphorus	More than 1
25	Potassium	More than 2
26	Selenium	More than 2
27	Sodium	More than 2
28	Zinc	More than 2
29	Iodine	More than 3
30	Chloride	More than 2

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### VITAMIN AND MINERAL ASSESSMENT

**Instructions:** Indicate with a check mark (✓) which circumstances apply to you now.  
 If they are not now present, but were previously, mark with **P**

#1	Circumstances
	Inability of eyes to adjust to darkness
	See poorly in dim light
	Eyes have lost lustre: vision impaired: eyes dry & inflamed
	Skin is rough, scaly & dry, especially the elbows, knees and buttocks
	Unable to distinguish yellow and blue
	Eyelids "glue" together, especially in the morning
	Loss of sense of smell
	Loss of appetite or desire to eat
	Skin blemishes, including "liver spots" and skin rashes
	Repeated or frequent infections of bladder or urinary tract
	Dryness of scalp (flakiness or dandruff)
	Dryness of nose and throat
	Brittle nails (fingers or toes)
	Frequent spells of fatigue
	Frequent spells of diarrhea
	Loss of hearing
	Known gall stones
	Known kidney stones
	Recurrent styes in eyes
	Frequently work in brightly lit area, especially fluorescent lighting
	Frequently work in dimly lit area
	Female: Have you had a spontaneous abortion?
	Known ulcers (stomach, duodenal, colon)
	Frequent allergies (any kind)
	Frequent canker sores
	Subject to constant stress, strain, tension
<b>Total for Section 1</b>	
#2	Circumstances
	Twitching of eye muscles
	Swelling around eyes (puffiness)
	Frequent blood-shot eyes
	Fatigue easily or abnormally tired
	Loss of appetite or desire to eat
	Easily upset and irritable
	Loss of strength in the lower arms & legs
	Hurt all over but can't pinpoint area
	Tenderness of calf muscles
	Confusion and forgetfulness
	Gastric distress (abdominal pains, indigestion)
	Constipation
	Diastolic blood pressure over 90 (bottom number)
	Irregularities of the heart beat
	Told you have enlarged heart
	Delayed or slow reflexes
	Prickling sensation in lower extremities

Total for Section 2	
#3	Circumstances
	Cracks and Sores in the corners of the mouth
	Red, sore tongue
	Tongue is shiny
	Feeling of grit or sand in eyelids
	Eyes tire easily
	Burning or itching of the eyes
	Eyes sensitive to light
	See many blood vessels in white of eyes
	Frequent sore on lips
	Female: Itching of the vaginal area
	Male: Itching of the scrotum
	Swelling or feeling of swelling of tongue
	Muscle cramps in lower legs and feet
	Sealing around nose, mouth, forehead & ears
	"White heads" especially on bridge of nose and under eyelids
	Spells of dizziness
	Oily skin and / or oily hair
	Excessive watering of eyes
	Have or had cataracts
	Lack of stamina and vigour
	Unexplained loss of weight
<b>Total for Section 3</b>	

#4	Circumstances
	Ringing sounds in ears
	Sore lips, mouth, and tongue
	Loss of hair (thinning)
	Numbness & cramps in arms and / or legs
	Muscular weakness
	Often nauseous or dizzy
	Nervousness, irritability, depression
	Often confused
	Painful joints of fingers and hands
	Swelling of hands, feet, ankles
	Increase in urination
	Known low blood sugar (hypoglycemia)
	Convulsions (black-out spells)
	Fainting spells
	Use oral contraceptives (presently or in the past)
	Skin condition known as eczema
	Require frequent dental visits for tooth decay
	Have or had kidney stones
	Known to have a high cholesterol
	Skin Condition known as juvenile acne
	Frequent attacks of diarrhea
	Urine sometimes has greenish tint

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Burning sensations on feet
<b>Total for Section 4</b>

#5	Circumstances
	Known to be anemic or have had permanent anemia
	Soreness or weakness in arms and legs
	Arm and shoulder pain
	Shooting pains in any part of the body
	Loss of appetite or desire to eat
	Sore tongue
	General muscular weakness
	Inability to concentrate
	Painful facial muscles
	Hot and cold sensations
	Feel you have lost your incentive in life
	Difficulty in walking (stumbling, shuffling)
	Stammering occasionally
	Jerking sensation of limbs
	<b>Total for Section 5</b>

#6	Circumstances
	Tongue often sore
	Frequent skin inflammations
	Suffer from insomnia
	Have a poor appetite
	Frequently nauseated

<b>Total for Section 6</b>	
#7	Circumstances
	Have eczema
	Diagnosed as having arteriosclerosis
	Told you have high blood pressure
	Have a problem losing weight
	Diagnosed as having myasthenia gravis
	<b>Total for Section 7</b>

#8	Circumstances
	Muscle pains
	Poor appetite
	Dry and / or peeling skin
	Lack of energy
	Sleeplessness
	Redness or inflammation of skin
	Mental depression
	Have heavily used sulfa drugs or antibiotics
	Bloatedness
	Flatulence (gas)
	Loss of desire for meat
	Hungry at start of meal, but can eat very little
	Known to have blood in urine
	Overweight
	<b>Total for Section 8</b>

#9	Circumstances
	Early greying of hair
	Inflammation of the tongue
	Changes in bowel movements (alternating loose and hard stools)
	Easily fatigued
	Chronically fatigued
	Shortness of breath
	History of cleft palate
	Spells of dizziness
	Had diagnosis of macrocytic anemia
	Use of oral contraceptives
	Greyish-brown pigmentation of skin especially on the face
	<b>Total for Section 9</b>

#10	Circumstances
	Muscular weakness
	Generally fatigued
	Loss of appetite or desire to feed
	Frequent indigestion and / or diarrhea
	Red skin across nose, under eyes
	Bad breath
	Frequent canker sores
	Can't get to sleep or stay asleep
	Hands and / or feet go numb
	Irritable, easily upset
	Hands and / or feet hot
	Recurring headaches
	Subject to constant stress, strain, tension
	Deeply depressed feeling
	Loss of memory
	Dry, scaly patches where skin is exposed to sunlight
	Burning sensation of the tongue
	Tongue is dark red and mouth is sore
	Chronic skin inflammation
	Have a desire for alcohol
	<b>Total for Section 10</b>

#11	Circumstances
	Have had sulfa therapy
	Extreme fatigue
	Known to be anemic
	Irritable
	Depressed
	Nervous
	Headaches
	Constipation
	Early greying of hair
	<b>Total for Section 11</b>

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#12	Circumstances
	Subject to constant stress pressure tension
	Chronic headache
	Physically feel weak
	Abnormally tired
	Frequent colds or upper respiratory infections
	Suddenly feel dizzy
	Physically and/o mentally overworked
	Feel lightheaded when getting up or standing up
	Loss of feeling in hands and feet
	Suffer from allergies
	Frequent gastric distress
	Have periods of deep depression
	Abdominal cramps or pains
	Chronic constipation
	Known to have low blood sugar (hypoglycemia)
	Diagnosed as arthritic
	Attack of vomiting
	<b>Total for Section 12</b>

#13	Circumstances
	Known to have anemia
	Bleeding or inflamed gums
	Easy bruising
	Small red or pink spots just under skin
	Susceptible to infections, including colds
	Shortness of breath
	Swollen or painful joints
	Frequent nosebleeds
	Do you smoke? (cigarette, pipe, cigar)
	Ruptured blood vessel in either eye
	Have "fleeting" joint pain
	Known metal poisoning
	History of severe burns (including sunburn)
	<b>Total for Section 13</b>

#14	Circumstances
	Unusual heart beat (varies fast to slow)
	Poor bone development
	Muscular numbness, tingling or spasms
	Had rickets (bow legs, knock-knees, bone enlargement)
	Tissues are flabby
	Dull pains in lower back and thighs
	Have you had an abnormal number of cavities?
	Deep pains in the legs (bone ache)
	Had a diagnosis of osteomalacia (softening of bones)
	Vague aches and pains
	Had a diagnosis of arthritis
	Feeling of soreness or tenderness in ribs or breast bone
	Stomach or gastric ulcers
	<b>Total for Section 14</b>

#15	Circumstances

	Have now or had "disc" problems (slipped disc in spine)
	Changes in heart rate (fast to slow)
	Known heart weakness or problem
	Female: one or more miscarriages
	Use mineral oil for laxative purposes
	Have seen "fat" in your stool
	Known gall bladder trouble
	Known colon trouble (colitis)
	Impaired circulation (cold spots or patchy skin)
	Male: known sterility or loss of sex drive
	Female: menstrual discomfort or hot flashes
	Varicose veins
	Chest pains and / or pain in left arm
	History of blood clot
	History of phlebitis (inflamed veins)
	<b>Total for Section 15</b>

#16	Circumstances
	Brittle or lustreless hair
	Finger or toe nails break, peel, crack, brittle
	Have allergies (any type)
	Underweight and cannot gain
	Have skin disorders
	Frequent attacks of diarrhea
	Dandruff
	Known to have kidney trouble
	<b>Total for Section 16</b>

#17	Circumstances
	Known intestinal malabsorption problems
	Known colitis (colon irritation or inflammation)
	Guts bleed a long time
	Have had need of antibiotic therapy (large or frequent colds)
	Known gall bladder problems or disease
	<b>Total for Section 17</b>

#18	Circumstances
	Numbness and / or tingling in arms and legs
	Frequent muscle cramps
	Vague pains in joints
	Heart palpitations (irregular beats)
	Slow pulse rate
	Can't get to sleep or stay asleep
	Female: menstrual cramps
	Trembling fingers
	Dull backache
	Frequent tooth decay
	<b>Total for Section 18</b>

#19	Circumstances
	Told you have high cholesterol

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Told you have diabetes
Have alcohol intolerance
<b>Total for Section 19</b>

<b>#20</b>	<b>Circumstances</b>
	Have weak hair and nails
	Have fungus infections of nails
	Eyes sensitive to light
	<b>Total for Section 20</b>

<b>#21</b>	<b>Circumstances</b>
	Told you are anemix
	Fingernails pale in colour
	Dizzy spells
	Tire easily or chronic fatigue
	Difficulty breathing
	Shortness of breath
	Cry easily without reason
	Poor appetite
	Finger nails appear flat & brittle
	Pain in the heels
	Pain in the finger tips
	Rapid heart rate
	Shoulder joints are painful
	Sleepy in daytime, sleepless at night
	Sensation of spots before eyes
	Constipation
	<b>Total for Section 21</b>

<b>#22</b>	<b>Circumstances</b>
	Feeling of apprehension
	Easily irritable
	Teeth sensitive
	Twitching muscles
	Loose teeth
	Tremors of the hands
	Irregular pulse or heart beat
	Constantly cold
	Muscular weakness
	Frequent muscle cramps
	Have convulsions or seizures
	Easily confused
	Dimmed vision
	Feeling disoriented
	Feel depressed frequently
	<b>Total for Section 22</b>

<b>#23</b>	<b>Circumstances</b>
	Poor muscle coordination
	Prone to athletic injuries (strained knees etc.)

As a child, had partial paralysis of unknown cause
As a child, had poor and / or failing eyesight
As a child, had poor and / or failing hearing
Diagnosed as having myasthenia gravis or multiple sclerosis
Diagnosed as diabetic
Have diagnosed allergies
Attacks of dizziness
Have bone deformities
Noises in the ears
<b>Total for Section 23</b>

<b>#24</b>	<b>Circumstances</b>
	Have pyorrhoea (gum disease)
	Often feel both physically and mentally fatigued
	Often feel as if your breathing is irregular
	<b>Total for Section 24</b>

<b>#25</b>	<b>Circumstances</b>
	Swelling of ankles and hands
	Occasional rapid heart beat for no reason
	Feel as if muscles are "too weak"
	Have irregular heart beat
	Told you have diabetic tendency
	Prefer meat to vegetables & starches
	Prefer summer to winter
	Prefer seaside to mountains
	Skin of face is more red than white
	Body disorders are usually on right side
	<b>Total for Section 25</b>

<b>#26</b>	<b>Circumstances</b>
	Have you been diagnosed as having cancer?
	Do you have a family history of cancer?
	Do you or your children have birth defects?
	<b>Total for Section 26</b>

<b>#27</b>	<b>Circumstances</b>
	Have you noticed muscle shrinkage/ loose skin (dehydration)
	Feel exhausted all the time
	Prefer vegetables and starches to protein (meat)
	Prefer winter to summer
	Prefer mountains to seaside
	Skin of face is more white than red
	Body disorders are usually on left side
	<b>Total for Section 27</b>

<b>#28</b>	<b>Circumstances</b>
	Wounds heal slowly
	Loss of sense of smell
	Loss of sense of taste

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Diagnosed as diabetic
Feel more tired than usual
Have acne
Male: have diagnosed prostatitis
<b>Total for Section 28</b>

#29	Circumstances
Feeling of coldness even in warm weather	
Known low blood pressure	
Tendency to gain weight easily	
Dull pain under the shoulder blades	
Sluggish metabolism	
Dry hair	
Brittle nails	
Eyes sensitive to bright light	
Have recurrent styes	
Diagnosed as high cholesterol	
Decreased sexual interest	
Dull headaches	
Swelling of the eyes, hands and feet	
Known goiter	
Alternating fast and slow pulse	
<b>Total for Section 29</b>	

#30	Circumstances
Have indigestion	
Have excessive belching and intestinal gas	
Suffer in hot weather	
Do you over breathe? (hyperventilate)	
Nervous without obvious cause	
Have diabetes or tendency	
Are you on a low salt diet?	
<b>Total for Section 30</b>	