

# Guided Holistics

## Natural Energy Balance

### Instructions for Nutritional Lifestyle Form and Questionnaires

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**Congratulations** on taking this huge step towards your highest potential of vibrant health, balanced weight and a vital and rewarding lifestyle! In order to prepare for your appointment, here is **what you need to do**:

1. Complete **Lifestyle Assessment Form** in full. If you run out of room put information on the back or on a separate blank page. There are 6 pages. Please make sure you sign the release on page 6.
2. Complete the **General Mental Health and Mood Questionnaire**
3. Complete **Sub-questionnaires** 5 pages.
4. Complete **NSP Client Assessment Form** in full. 2 pages.
5. For the Sub Questionnaires and NSP Form: **if one area has no symptom leave BLANK do not put a "0" or line through it.**

#### Also, before we meet:

- Fill out the **Health Diary** to track your food and water intake, exercise, symptoms and energy, etc. for 1 week. If it is not complete you can bring this form with you on day of appointment.
- Bring all **health supplements** and/or **pharmaceuticals** you are taking and any printouts you have from the pharmacy regarding **drug side effects**.
- If you have copies of recent tests: x-rays, blood, etc. bring the reports/results with you.
- For more information about BIE visit my website or [www.bieclinics.com](http://www.bieclinics.com)

#### Next steps:

- ✓ **Return the forms via email scan or deliver to [Body of Health](#) at least 3 days before your appointment.** If you are not able to send ahead of time, bring the forms with you to your first appointment.
- ✓ **Be well hydrated for all your BIE appointments. Drink lots of water the day before and the day of the appointment.**
- ✓ Your appointments will be at [Body of Health, 183 Silvercreek Pkwy, N., Guelph, ON N1H 3T2.](#)
- ✓ **Email me or call me if you have any questions [moraghlippert@gmail.com](mailto:moraghlippert@gmail.com) Cell #519 766 5188**

Terms: cash, cheque, email transfer or Visa/MasterCard

Should you need to cancel or reschedule your appointment 48 hours notice is required.

**Moragh Lippert, B.A. RHN, R.BIE, RNCP, ROHP**  
**Institute of Functional Medicine Certified Health Coach, Reg. Holistic Nutritionist,**  
**Reg. Bioenergetics (BIE) Practitioner, Certified Naturopathy Practitioner, Cert. Iridologist,**  
**Stress Management Specialist**

[moraghlippert@gmail.com](mailto:moraghlippert@gmail.com)

[www.guidedholistics.ca](http://www.guidedholistics.ca)

519 766 5188

Located at: **Body of Health**

[www.bodyofhealthguelph.ca](http://www.bodyofhealthguelph.ca)

183 Silvercreek Pkwy N, Willow West Mall, Guelph, ON 519-822-0742

## LIFESTYLE ASSESSMENT FORM

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

*Please answer each of the following questions. If you require additional space, use the back of the page.*

What is your purpose in coming here today? \_\_\_\_\_

What are your main health concerns/complaints? Please list in priority: \_\_\_\_\_

Have you ever been diagnosed with an ailment related to your main health concern(s)? \_\_\_\_\_

Any trauma or loss in the last 5 years? \_\_\_\_\_

What level of stress do you feel you are experiencing at this time? Please quantify on a scale of 1 to 10: \_\_\_\_\_

What are the major causes or factors of your stress? (Check all that apply)

financial     career     personal     marriage     health

family     spiritual     unfulfilled expectations

other (please elaborate) \_\_\_\_\_

How does your stress manifest itself? \_\_\_\_\_

What coping mechanisms do you use? \_\_\_\_\_

What do you do for exercise? (Indicate type, frequency, time of day and duration) \_\_\_\_\_

On a scale of 1-10, how would you describe your energy levels (1 indicating very low energy) \_\_\_\_\_

Do you experience any lulls or highs in your energy levels throughout the day? If so, at what time of day? \_\_\_\_\_

How many hours on average do you sleep daily? (Include naps) \_\_\_\_\_

What time do you go to sleep? \_\_\_\_\_ Awaken? \_\_\_\_\_

Do you have trouble falling asleep  staying asleep?

Do you awaken feeling rested? Yes  No

What is your occupation? \_\_\_\_\_

Do you enjoy your work? Yes  No  Sometimes

How many hours each day do you work? \_\_\_\_\_

At what times do you start and end work? \_\_\_\_\_

Do you do work shifts or are you on a regular schedule? \_\_\_\_\_

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## LIFESTYLE ASSESSMENT FORM

Name: \_\_\_\_\_

Do you smoke? Yes  No  If yes, how much and for how long?

\_\_\_\_\_

If no, does anyone in your household or workplace smoke? Yes  No

Do you wish to gain weight?  Lose weight?  How much? \_\_\_\_\_

By when do you wish to reach your goal weight? \_\_\_\_\_

What is your main motivation to change your weight? \_\_\_\_\_

\_\_\_\_\_

When, if ever, were you last at your 'ideal' weight? \_\_\_\_\_

Have you tried weight loss programs in the past (if so, please describe)?

\_\_\_\_\_

\_\_\_\_\_

What were the results? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What did you like/dislike about the program(s)? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How many hours do you spend daily, on average:

Driving \_\_\_ Watching television \_\_\_ Reading \_\_\_ In front of computer \_\_\_

What are your interests and hobbies? \_\_\_\_\_

\_\_\_\_\_

Do you vacation regularly? Yes  No

When was your last vacation? \_\_\_\_\_

Do you actively participate in any spiritual discipline (church, religious group, meditation, etc.)? Yes  No

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## LIFESTYLE ASSESSMENT FORM

Name: \_\_\_\_\_

### MEDICAL HISTORY:

Are you currently taking any medication(s)? Yes  No

Do you take: birth control pills  antidepressants

List any other medication(s) and reason(s) for taking each: \_\_\_\_\_

Have you taken antibiotics over the past five years? Yes  No

Please list any vitamins, minerals, herbal or homeopathic remedies you are currently taking and the amounts/dosages:

Do you have any allergies or sensitivities? Yes  No  If so, please list:

Do you have any silver-mercury fillings? Yes  No

Have you ever been diagnosed with an illness? Yes  No  If yes, please explain: \_\_\_\_\_

Have you ever been hospitalized? Yes  No  If yes, for what reason?

Have you had surgery to remove your gall bladder?  appendix?   
tonsils?

How often do you have a bowel movement? \_\_\_\_\_

Do you strain to have a bowel movement? Yes  No  Occasionally

If yes, is it related to a particular food or circumstance? \_\_\_\_\_

Do you have loose bowel movements? Yes  No  Occasionally

If yes, is it related to a particular food or circumstance? \_\_\_\_\_

Do you use recreational drugs? Yes  No

If yes, how often and what type? \_\_\_\_\_

Have you ever been treated for drug and/or alcohol dependency?

Yes  No  If yes, please circle which one.

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## LIFESTYLE ASSESSMENT FORM

Name: \_\_\_\_\_

**FAMILY HISTORY:**

Hereditary Diseases: Use “F” for father, “M” for mother, “S” sibling, “G” for grandparent, “O” for others

_____ Allergies	_____ Diabetes	_____ Kidney Dysfunction
_____ Alcoholism	_____ Drug Abuse	_____ Mental Illness
_____ Arthritis	_____ Gall Bladder Problems	_____ Osteoporosis
_____ Asthma	_____ Heart Disease	_____ Skin conditions
_____ Autoimmune Disease	_____ Hypertension	_____ Ulcers
_____ Cancer, type	_____ Intestinal Disease	

Other (please list) \_\_\_\_\_

**FEMALES:**

Are you or could you be pregnant? Yes  No

Have you noticed any changes in your menses, for example, in the frequency, duration, flow, clotting, etc.? Please specify \_\_\_\_\_

Do you suffer from PMS symptoms? Please specify: \_\_\_\_\_

Are you pre-menopausal? Yes  No  Post-menopausal? Yes  No

Are you experiencing any menopausal symptoms? Yes  No

If yes, please specify: \_\_\_\_\_

Have you had a bone density test? Yes  No

If yes, what was the result? \_\_\_\_\_

**DIETARY HABITS:**

How many times a day do you eat?

Main Meals \_\_\_\_\_ Times of day: \_\_\_\_\_

Snacks \_\_\_\_\_ Times of day: \_\_\_\_\_

How do you eat meals?      With family       Home alone       On the run   
    At a restaurant       Fast food

Do you feel there are restrictions to your diet due to preferences of others such as family, roommates, etc? Yes  No  If yes, please explain:  
 \_\_\_\_\_

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## LIFESTYLE ASSESSMENT FORM

Name: \_\_\_\_\_

How many ½ cup servings of each of the following do you typically eat in a day? \_\_\_\_\_ Fruit: Fresh  Dried  Canned

\_\_\_\_\_ Vegetables: Cooked  Raw

\_\_\_\_\_ Whole Grains

\_\_\_\_\_ Protein: Type \_\_\_\_\_

\_\_\_\_\_ Dairy Products: Type \_\_\_\_\_

\_\_\_\_\_ Other: Specify \_\_\_\_\_

Give examples of your typical meals:

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Snacks: \_\_\_\_\_

Please indicate if you eat or use the following: (indicate “1” for “rarely”, “2” for “regularly”, “3” for “often”)

Aluminum pans \_\_\_\_\_  Margarine \_\_\_\_\_  Candy \_\_\_\_\_

Microwave \_\_\_\_\_  Fried foods \_\_\_\_\_  Refined foods \_\_\_\_\_

Luncheon meats \_\_\_\_\_  Cigarettes \_\_\_\_\_  Fast foods \_\_\_\_\_

Nutra Sweet/Aspartame \_\_\_\_\_

Please indicate how many cups of the following you drink per day:

\_\_\_\_\_ Beer \_\_\_\_\_ Red wine

\_\_\_\_\_ Coffee \_\_\_\_\_ White wine

\_\_\_\_\_ Tap water \_\_\_\_\_ other alcoholic beverages

\_\_\_\_\_ Soft drinks (*diet*) \_\_\_\_\_ Tea

\_\_\_\_\_ Soft drinks (*regular*) \_\_\_\_\_ Fresh fruit juices

\_\_\_\_\_ Fruit juices (*prepared*) \_\_\_\_\_ Bottled or spring water

\_\_\_\_\_ Milk (*1% or 2%*) \_\_\_\_\_ Herbal tea

\_\_\_\_\_ Milk (*skim*) \_\_\_\_\_ other \_\_\_\_\_

\_\_\_\_\_ Fresh vegetable juices

Are you a:  meat eater?  vegetarian?  vegan?

How often do you eat meat?  Daily  3-5/week  Once/week or less

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## LIFESTYLE ASSESSMENT FORM

Name: \_\_\_\_\_

How often do you consume dairy products?

Daily       3-5/week       Once/week or less

What are your favourite foods? \_\_\_\_\_

How often do you eat them? \_\_\_\_\_

Do you avoid certain foods? If so, why? \_\_\_\_\_

\_\_\_\_\_

Do you experience any symptoms if meals are missed? Explain:

\_\_\_\_\_

Do you experience any symptoms after meals? Explain:

\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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### CLIENT STATEMENT:

I understand and acknowledge that the services provided are at all times restricted to consultation on the subject of health matters intended for general well-being and are not meant for the purposes of medical diagnosis, treatment or prescribing of medicine for any disease, or any licensed or controlled act which may constitute the practice of medicine. This statement is being signed voluntarily.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

*(please print)*

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ P.C.: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (C) \_\_\_\_\_

Email: \_\_\_\_\_

*Thank you for your cooperation.*

*All information contained on this form will be kept strictly confidential.*

**The  
NUTRI-SYSTEMS  
PROFILE  
(NSP)**

**Nutritional Assessment by Body Systems**



## NSP CLIENT ASSESSMENT FORM

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DATE: \_\_\_\_\_

**COMPLETE LEFT SIDE OF FORM ONLY:** If any of the following symptoms or activities have occurred *within the past three months* (unless otherwise specified), please indicate by checking: **1** for mild or rarely occurring, **2** for moderate or regularly occurring, **3** for severe or often occurring, or **leave blank** if the symptom/statement does not apply.

<i>Please complete this section</i>			1	2	3	4	5	6	7	8	9	10
1	General fatigue or weakness											
2	Difficulty losing weight											
3	Frequent illness/infections											
4	High stress Lifestyle											
5	Smoking											
6	Drinking more than 2 cups of coffee/day											
7	Bad breath and/or body odour											
8	Constipation											
9	Bags under eyes											
10	Crave sugars, bread, alcohol											
11	Difficulty digesting certain foods											
12	Have used antibiotics in past 10 years											
13	Allergies											
14	Poor concentration or memory											
15	Belching or burping after meals											
16	Skin/complexion problems											
17	Frequent consumption of red meat											
18	Regular use of dairy products											
19	Heavy alcohol consumption											
20	Exposure to toxins/chemicals											
21	Frequent mood swings											
22	Depressed and/or irritable											
23	Brittle fingernails											
24	Dry, brittle hair, split ends											
25	High fat/high cholesterol diet											
26	Nervousness/anxiety/tension/worry											
27	Insomnia/restless sleep											
28	Low fibre diet											
29	Muscle cramps											
30	Sleepy when sitting up											
31	Female: menstrual cramps											
32	Bronchitis/asthma/pneumonia/emphysema											
33	Cellulite											
34	Cold hands and feet											
35	Varicose veins											
36	Feeling out of control											
37	Food/chemical sensitivities											
38	Frequent yeast/fungus problems											
39	Bones break easily, osteoporosis											
40	Too little exercise											
	<b>SCORES SUBTOTAL</b>											

Right Side for Office Use Only

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ ASSESSMENT# \_\_\_\_\_

(Check: **1** for mild or rarely occurring, **2** for moderate or regularly occurring, **3** for severe or often occurring, or **leave blank** if the symptom/statement does not apply.)

<i>Please complete this section</i>				1	2	3	4	5	6	7	8	9	10
	<b>SUBTOTALS</b>												
41	Excessive mucous												
42	Short of breath climbing stairs												
43	Tingling in lips, fingers, arms, legs												
44	Chest pains												
45	Very rapid or slow heart beat												
46	Painful, hard or thin bowel movements												
47	Alternating constipation/diarrhea												
48	Recurrent bladder infections												
49	Female: Menopause, hot flashes												
50	Female: PMS												
51	Difficult urination												
52	Swollen glands, puffy throat												
53	Lower abdominal pain												
54	Frequent need to urinate												
55	Joint pain												
56	Sinus inflammation/discharge												
57	Arthritis												
58	Sudden weight gain/loss												
59	Headaches/Migraines												
60	Female: Taking birth control pills												
61	Lower back pains												
62	Dry, flaky skin												
63	Drink less than 6 glasses of fluids/day												
64	Water retention												
65	Low sex drive												
66	Feeling heavy/bloated after meals												
67	Chronic cough												
<b>SCORES TOTAL</b>													

Right Side for Office Use Only

**SYSTEMS RATING TABLE:** For Office Use Only

**COMMENTS:**

1.	Digestive	
2.	Intestinal	
3.	Circulatory/Cardiovascular	
4.	Nervous	
5.	Immune/Lymphatic	
6.	Respiratory	
7.	Urinary	
8.	Glandular/Endocrine	
9.	Structural	
10.	Reproductive	

## 1. THE DIGESTIVE SYSTEM

NOW PLEASE COMPLETE THE FOLLOWING SUBQUESTIONNAIRES USING THE SAME RATING SYSTEM:

Leave blank if symptom or activity does not apply, 1 for mild or rarely occurring, 2 for moderate or regularly occurring, 3 for severe or often occurring.

### UNDERACTIVE STOMACH

Excessive gas, belching or burping after meals	
Stomach bloated after eating	
Sleepy after eating	
Longitudinal striations on fingernails	
Eat when rushed/in a hurry	
Halitosis	
Full feeling after heavy meat meal	
Heavy, tired feeling after eating	
Nausea after taking supplements	
Acne	
Undigested food in the stool	

### LIVER

Yellow or pale fingernails	
Skin oily on nose and forehead	
Fats/greasy foods cause nausea, headaches	
Vertical white streaks on fingernails	
Onions, cabbage, radishes, cucumbers cause bloating /gas	
Bad breath; bad taste in mouth	
Excess body odour	
High cholesterol / high cholesterol diet	
Stiff, aching muscles	
Migraine headaches	
Discomfort underneath right ribcage	
Food allergies	
Irritable, easily angered	
Weight gain around the abdomen	
Yellow palms	
Jaundice	
Poor concentration	
Difficulty losing weight	
Acne, boils, rashes, psoriasis or eczema	
Constipation	

### GALL BLADDER:

Gall stones; history of gall stones	
Stool appears clay-coloured, foul odoured	
Constipation	
High cholesterol diet;	
High blood cholesterol levels	
Severe pain in right upper abdomen	

### OVERACTIVE STOMACH

Stomach pain 1 hour after eating or at night	
Burning sensation in stomach	
Pain aggravated by worry / tension	
Hiatal hernia	
Gastritis, gastric ulcer	
Nausea, vomiting	
Sensation of acidity in abdominal area	
Heartburn, indigestion	
Blood in stool	
Lower back pain	
Long term aspirin use	

### PANCREAS

Severe abdominal pain	
Nausea and vomiting	
Slow digestion; feel full for hours after eating	
Fever	
Alcohol addiction	
Jaundice	

### DYSGLYCEMIA

Hungry up to 3 hours after eating	
Strong, sudden cravings for sweets, starches coffee or alcohol	
Nervous/anxious feelings relieved by eating	
Irritable if late for, or skip, a meal	
Overweight	
Addicted to coffee with sugar and/or colas	
Frequent "midnight snacks"	
Family history of diabetes	
Fatigue	
Frequent headaches	
Fainting spells	
Depression	
Lose temper easily	

## 2. THE INTESTINAL SYSTEM

NOW PLEASE COMPLETE THE FOLLOWING SUBQUESTIONNAIRES USING THE SAME RATING SYSTEM:

Leave blank if symptom or activity does not apply, 1 for mild or rarely occurring, 2 for moderate or regularly occurring, 3 for severe or often occurring.

### CANDIDIASIS

Extreme fatigue	
Recurrent vaginal infections	
Frequent use of antibiotics	
White coated tongue, oral thrush	
Crave sugars, bread, alcohol	
Headaches	
Tonsillitis, recurrent strep throat	
Itchy, watery or dry eyes	
Skin flushes	
Chronic indigestion, frequently use antacids	
Always cold, especially in extremities	
F: PMS	
Pain in pelvic area	
Abdominal gas and bloating	
Loss of sex drive	
Cystitis, repeated bladder infection	
Increasing food and chemical sensitivities; severe reaction to tobacco, perfume, etc	
F: endometriosis / ovary problems	
Chronic diarrhea	
Hives, psoriasis, acne, skin rashes	
Rectal itching	
Abnormal muscle aches from exercise	
Excessive wax in ears	
Unexpected / unexplained weight gain	
Impotence	
Canker sores	
Athlete's foot, finger / toenail fungus, ringworm	
Jock itch	
"Brain fog"	
Irritability	
Memory loss	
Mental confusion	
Depression or anger for no reason	
Anxiety / panic attacks	
Inability to concentrate	
Phobic / compulsive	
Lethargy	
Mood swings	
Itchy ears, nose, anus	

### PARASITES

Forgetfulness	
Slow reflexes	
Gas and bloating	
Unclear thinking	
Loss of appetite	
Yellowish or pale face	
Fast heartbeat	
Heart pain	
Pain in navel	
Eating more than normal but still feeling hungry	
Blurry or unclear vision	
Pain in the back, thighs, shoulders	
Numb hands	
Drizzling while sleeping	
Damp lips at night	
Dry lips during the day	
Grind teeth while asleep	
Bedwetting	
Lethargy; chronic fatigue	
Dark circles under eyes	
Cancer	

## 5. THE LYMPHATIC / IMMUNE SYSTEM

NOW PLEASE COMPLETE THE FOLLOWING SUBQUESTIONNAIRES USING THE SAME RATING SYSTEM:

Leave blank if symptom or activity does not apply, 1 for mild or rarely occurring, 2 for moderate or regularly occurring, 3 for severe or often occurring.

### THYMUS (IMMUNITY)

Excessive sleep	
Very susceptible to infections	
Swollen glands: tonsils, throat, armpits	
History of cancer, MS, Parkinson's arthritis	
Loss of appetite	
Headaches	
Soreness on both sides of neck at shoulder	
Feel puffiness in throat	
Look older than chronological age	
Flu-like symptoms often occur	
Lupus	

### ALLERGIES

Acne, psoriasis, dermatitis, eczema	
Rapid pulse, heart irregularities	
Frequent headaches	
Hay fever	
Frequent cravings for certain foods	
Periods of blurred vision	
Repeated ear trouble	
Hyperactivity	
Dizzy spells	
Periods of confusion	
Poor concentration	
Epilepsy	
Muscle cramps or spasms	
Abnormal body odour	
Excessive sweating, night sweats	
Bowel disease: IBS, IBD, Crohn's, etc.	
Joint pains or stiffness	
Frequent night urination	
Wheezing	
Pale face	
Hives	
Nose runs constantly	
Noticeable changes in writing throughout day	
Nosebleeds	
Bloating or gas after eating certain foods	
Canker sores	
Dark circles under eyes	
Stuffy nose	

## 8. THE GLANDULAR / ENDOCRINE SYSTEM

NOW PLEASE COMPLETE THE FOLLOWING SUBQUESTIONNAIRES USING THE SAME RATING SYSTEM:

Leave blank if symptom or activity does not apply, 1 for mild or rarely occurring, 2 for moderate or regularly occurring, 3 for severe or often occurring.

### UNDERACTIVE THYROID / HYPOTHYROID

Distinct, lethargic tiredness or sluggishness	
Cold hands or feet	
Mercury amalgams (fillings)	
Gain weight easily, fail to lose on diets	
Constipation, less than one bowel movement a day	
Low energy in the morning	
Low pulse rate	
Low body temperature, especially at bed rest	
Hair dry, brittle, dull, lifeless	
Flaky, dry rough skin	
Feel stiff after sitting still for some time	
Mood swings	
Unusually square and wide fingernails	
High cholesterol	
Diminished sex drive	

### PITUITARY

Infertility or impotence	
Headaches affecting one side of head	
F: loss of menstrual function	
Moody	
Overweight from waist down	
Overweight from waist up	
Excessive urination	
Pain in little finger of left hand	
Swelling in ankles, fingers, feet	
Cold hands or feet	
Pain in left side of upper neck	

### OVERACTIVE THYROID / HYPERTHYROID

Losing weight without trying	
Heart races while at rest	
Feel warm / flushed at room temperature	
Hands shake or tremble	
Protruding tongue	
Heart palpitations	
Nervous behaviour, hyperactivity	
Insomnia	
Increased appetite	
Frequent bowel movements, diarrhea	
Excessive sweating without exercising	

### ADRENALS

Stress or emotional upsets cause exhaustion	
Blood pressure decreases when going from a lying position to a standing position	
Perspire excessively	
Neck and/or shoulder tension	
Frequent headaches	
Bow lines (depressed furrows) on fingernails	
Occasional cold sweats	
Tightness or lump in throat, especially when emotionally disturbed	
High or low blood pressure	
Rapid pulse	
Short temper	
Puffy face	

## 9. THE STRUCTURAL-MUSCULAR / SKELETAL SYSTEM

NOW PLEASE COMPLETE THE FOLLOWING SUBQUESTIONNAIRES USING THE SAME RATING SYSTEM:

Leave blank if symptom or activity does not apply, 1 for mild or rarely occurring, 2 for moderate or regularly occurring, 3 for severe or often occurring.

### SKELETAL

Pain, swelling, stiffness in joints	
Joint inflammation (rheumatoid arthritis)	
Pain, stiffness, inflammation of spine	
Facial pain	
Joints make popping sounds	
Gout	
Joints make sounds like crinkling cellophane	
Ankylosing spondylitis	
Bones fracture easily	
Gradual loss of height	
Tooth loss; teeth "falling out"	
Lack of exercise	
Rounding of shoulders; stooping	
F: Menopause	
Pain in forearm or biceps	
Cramps in calf muscle during sleep or exercise	
Painful cramping of feet or toes	
Teeth prone to decay, frequent toothaches	
Malformation of bones	
Insomnia	
Muscles weak, weak grip, light objects feel heavy	
Heart palpitations	
Diet high in animal foods (meat, dairy, eggs)	

### MUSCULAR

Muscle pain	
Muscle weakness	
Sprains; muscle strains	
Muscle(s) spasm	

### NEUROMUSCULAR

Muscles wasting in some part of the body	
Numbness or loss of sensation	
Mood swings and/or depression	
Blurred or double vision	
Tingling and/or numbness, especially in extremities	
Muscular stiffness	
Difficulty breathing	
M: impotence	
Tremors	
Loss of peripheral vision	
Slurred speech	
Objects fall from hands, reach in wrong place	
Hands tremble	
Impaired speech	

# Guided Holistics

## *Natural Energy Balance*

### Stress & Behaviour Questionnaire

*Please answer the following questionnaire and return.*

Yes	No	<b>Please be as honest as you can.</b>
		1. Do you have a lot of trouble falling or staying asleep?
		2. Do you have slow sexual responsiveness or a low libido?
		3. Do you feel you haven't been able to handle stress lately?
		4. Do you eat compulsively or have other compulsive behaviour(s)?
		5. Do you have trouble making every day decisions?
		6. Do you think sometimes you drink too much or have been told you do?
		7. Are you suspicious of people or feel paranoid?
		8. Do you ever have days where you can't get out of bed?
		9. Do you think sometimes you worry too much?
		10. Have you suffered significant trauma that you still think about often?
		11. Do you get a large number of colds or flu?
		12. Do you experience a lot of panic?
		13. Do you use pharmaceuticals or recreational drugs inappropriately?
		14. Are you frequently irritable?
		15. Do you crave sugar, alcohol, bread, tobacco, caffeine? (please circle)
		16. Do you have tendency to despair, or have bouts of crying?
		17. Are you concerned about anything else not mentioned? Describe briefly:
		<b>TOTAL SCORE</b>

[www.guidedholistics.ca](http://www.guidedholistics.ca)

519 766 5188 [moraghlippert@gmail.com](mailto:moraghlippert@gmail.com)

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The above information is not intended to diagnose, prescribe, prognosticate, treat any medical condition or replace the advice from a licensed health practitioner. Any suggestions are based on historic and traditional natural healing methods to help the body achieve balance and heal itself.



### Health Diary

Please fill in the following diary as accurately as possible. Please include all food, beverages, snacks, and sweets in the weekly chart.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Snacks							
Lunch							
Snacks							
Dinner							
Snacks							
Water							
Sleep							
Bowel M							
Exercise							
Energy (scale 1-10)							
Health Symptoms							