Guided Holistics
Natural Energy Balance

Instructions for Nutritional Lifestyle Form and Questionnaires

Congratulations *on taking this step towards changing your health destiny! In order to prepare for your appointment, here is* ***what you need to do:***

1. Complete the ***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 and fill out personal information.
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 the ***Health Diary*** with you on day of appointment.
- Bring ***all health supplements*** and/or ***pharmaceuticals*** that 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

Next steps:

- ✓ **Return the forms via email scan (or deliver in person to** Guided Holistics) to Moragh **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.**
- ✓ **Email me or call me if you have any questions** moraghlippert@gmail.com Cell #519 766 5188
- ✓ If you have to cancel, please do so at least 2 business days before the appointment.

Terms:

Cash, cheque, email transfer, Visa or Mastercard

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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? _____

For Office use only:

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 □

For Office use only:

LIFESTYLE ASSESSMENT FORM

Name: _____

For Office use only:

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.

LIFESTYLE ASSESSMENT FORM

Name: _____

For Office use only:

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:
_____

LIFESTYLE ASSESSMENT FORM

Name: _____

For Office use only:

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
_____ Coffee
_____ Tap water
_____ Soft drinks (*diet)*
_____ Soft drinks *(regular)*
_____ Fruit juices *(prepared)*
_____ Milk *(1% or 2%)*
_____ Milk *(skim)*
_____ Fresh vegetable juices
_____ Red wine
_____ White wine
_____ other alcoholic beverages
_____ Tea
_____ Fresh fruit juices
_____ Bottled or spring water
_____ Herbal tea
_____ other _____

Are you a: □ meat eater? □ vegetarian? □ vegan?

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

LIFESTYLE ASSESSMENT FORM

Name: _____

For Office use only:

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:_____

_____

_____

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.

	Please complete this section			**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												
	SCORES SUBTOTAL												

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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.)

Please complete this section				**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
	SUBTOTALS												
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												
SCORES TOTAL													

Right Side for Office Use Only

SYSTEMS RATING TABLE: For Office Use Only

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

COMMENTS:

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	

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	

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	

PANCREAS

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

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	

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	
Drooling 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	**Please be as honest as you can.**
		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:
		TOTAL SCORE

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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							