

# Nutritional Deficiency

This form is not intended to diagnose or treat. The score is for your benefit to see what foods and/or supplements might be helpful with your health.

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## ENERGY AND STRESS RELIEF

- \_\_\_\_\_ frequent fatigue
- \_\_\_\_\_ irritability
- \_\_\_\_\_ depression
- \_\_\_\_\_ craving for sweets, alcohol, coffee
- \_\_\_\_\_ fits of temper
- \_\_\_\_\_ hurt all over
- \_\_\_\_\_ heart palpitations
- \_\_\_\_\_ hair loss
- \_\_\_\_\_ digestive problems: gas, burping, bloating
- \_\_\_\_\_ high stress level
- \_\_\_\_\_ mood changes and anxiety attacks
- \_\_\_\_\_ cracks at corners of mouth
- \_\_\_\_\_ Carpal Tunnel Syndrome
- \_\_\_\_\_ PMS, excessive fluid retention
- \_\_\_\_\_ headaches
- \_\_\_\_\_ memory problems
- \_\_\_\_\_ interested in preventing heart disease
- \_\_\_\_\_ Hypoglycemic tendencies: emotional on an upset stomach, shakiness, headaches, weak spells, dizziness, lack of concentration, tired mid-afternoon

### B-COMPLEX FOOD SOURCES

wheat germ, whole grains, nuts, seeds, oats, eggs, beans, soy, brown rice, buckwheat, legumes

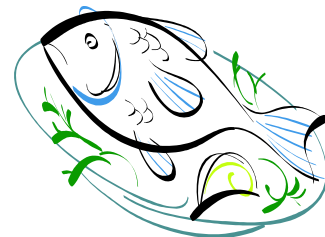


\_\_\_\_\_ **Total B-Complex Score**

- \_\_\_\_\_ frequent fatigue
- \_\_\_\_\_ mood swings
- \_\_\_\_\_ irritability
- \_\_\_\_\_ weakness in general
- \_\_\_\_\_ poor muscle tone
- \_\_\_\_\_ dry, lifeless hair
- \_\_\_\_\_ slow wound healing
- \_\_\_\_\_ frequent colds, flu, or infections
- \_\_\_\_\_ splitting nails
- \_\_\_\_\_ cancer/prevention
- \_\_\_\_\_ menopausal symptoms
- \_\_\_\_\_ high cholesterol
- \_\_\_\_\_ hypoglycemic tendencies (see b-complex)
- \_\_\_\_\_ vegetarian diet

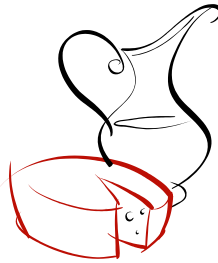
### PROTEIN FOOD SOURCES

nuts, meats, yogurt, cheese, eggs, whole grains, soy, fish, beans (legumes)



\_\_\_\_\_ **Total Protein Score**

- \_\_\_\_\_ muscle cramps, tension
- \_\_\_\_\_ insomnia
- \_\_\_\_\_ foot or leg cramps
- \_\_\_\_\_ frequent backache
- \_\_\_\_\_ headaches
- \_\_\_\_\_ arthritis, joint pain
- \_\_\_\_\_ irregular heartbeat
- \_\_\_\_\_ osteoporosis
- \_\_\_\_\_ PMS, menopause
- \_\_\_\_\_ susceptibility to bone fractures
- \_\_\_\_\_ consume less than 3 servings a day of yogurt, organic milk, organic cheese
- \_\_\_\_\_ tooth grinding
- \_\_\_\_\_ anxiety, fear, nervousness



**CALCIUM MAGNESIUM  
FOOD SOURCES**

yogurt, organic milk, carob,  
collards, green and leafy  
vegetables, almonds, nuts,  
broccoli, oats, kale, kelp,  
cheese, apricots, apples

\_\_\_\_\_ **TOTAL CALCIUM MAGNESIUM  
SCORE**

**ANTIOXIDANTS**

- \_\_\_\_\_ acne, blackheads, warts
- \_\_\_\_\_ poor night vision
- \_\_\_\_\_ macular degeneration
- \_\_\_\_\_ prostate problems
- \_\_\_\_\_ cervical abnormalities
- \_\_\_\_\_ lung disease
- \_\_\_\_\_ asthma
- \_\_\_\_\_ emphysema
- \_\_\_\_\_ history of bronchitis or pneumonia
- \_\_\_\_\_ cataracts and/or glaucoma
- \_\_\_\_\_ aging spots on skin
- \_\_\_\_\_ history of cancer
- \_\_\_\_\_ "goose bumps" on back of arms
- \_\_\_\_\_ want to prevent cancer
- \_\_\_\_\_ dry, rough skin
- \_\_\_\_\_ do not eat 3-5 servings of vegetables and fruits per day
- \_\_\_\_\_ frequent illness
- \_\_\_\_\_ weak immune system
- \_\_\_\_\_ current or past smoker
- \_\_\_\_\_ history of heart disease
- \_\_\_\_\_ want to prevent heart disease

**CAROTENOIDS – BETA-CAROTENE  
FOOD SOURCES**

spinach, peaches, sweet potatoes,  
pumpkin, squash, kale, beets,  
broccoli, apricots, turnip greens,  
carrots, cantaloupe



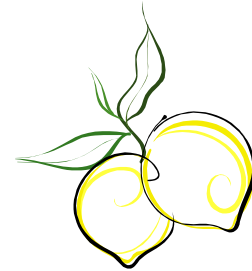
\_\_\_\_\_ **TOTAL CAROTENOIDS SCORE**

- \_\_\_\_\_ bleeding gums/ mouth & gum disease
- \_\_\_\_\_ smoke cigarettes
- \_\_\_\_\_ varicose veins/ broken capillaries
- \_\_\_\_\_ frequent colds or flu
- \_\_\_\_\_ bruise easily
- \_\_\_\_\_ hangnails, cuticles tear easily
- \_\_\_\_\_ nosebleeds
- \_\_\_\_\_ slow healing of wounds or fractures
- \_\_\_\_\_ allergies, asthma, bronchitis
- \_\_\_\_\_ arthritis
- \_\_\_\_\_ history of cancer
- \_\_\_\_\_ high cholesterol/ heart conditions
- \_\_\_\_\_ high level of stress
- \_\_\_\_\_ eat less than 2 servings of fruit daily
- \_\_\_\_\_ eat less than 3 servings of veggies daily
- \_\_\_\_\_ deteriorating joints/ stiff joints
- \_\_\_\_\_ anemia
- \_\_\_\_\_ deficient lactation
- \_\_\_\_\_ low resistance to infections
- \_\_\_\_\_ excessive hair loss

**VITAMIN C**

**FOOD SOURCES**

lemons, oranges, plums,  
mangoes, cantaloupes,  
pineapples, tomatoes,  
radishes, peas, collards,  
onions, sweet peppers,  
grapes, strawberries,  
grapefruit



\_\_\_\_\_ **TOTAL VITAMIN C SCORE**

- \_\_\_\_\_ heart conditions
- \_\_\_\_\_ shortness of breath on exertion
- \_\_\_\_\_ hot flashes
- \_\_\_\_\_ diminished sex drive
- \_\_\_\_\_ breast tenderness
- \_\_\_\_\_ fibrocystic disorders, cystic conditions
- \_\_\_\_\_ cold hands & feet
- \_\_\_\_\_ poor circulation/numbness in arms or legs
- \_\_\_\_\_ psoriasis
- \_\_\_\_\_ leg pain
- \_\_\_\_\_ low exercise tolerance
- \_\_\_\_\_ hormonal imbalances
- \_\_\_\_\_ high blood pressure
- \_\_\_\_\_ history of tumors
- \_\_\_\_\_ scar formation
- \_\_\_\_\_ blood clots
- \_\_\_\_\_ excessive exposure to sunlight, x-rays, & other forms of radiation
- \_\_\_\_\_ history of miscarriages
- \_\_\_\_\_ sterility
- \_\_\_\_\_ eat fried & processed foods
- \_\_\_\_\_ aging spots on skin/premature aging
- \_\_\_\_\_ cancer/interested in preventing
- \_\_\_\_\_ HIV virus

**VITAMIN E & SELENIUM**

**FOOD SOURCES**

brown rice, nuts, eggs, cornmeal,  
oatmeal, beans, green leafy  
veggies, wheat germ,  
cold-pressed oils



\_\_\_\_\_ **Total Vitamin E & Selenium Score**

- \_\_\_ fatigue
- \_\_\_ shortness of breath
- \_\_\_ low exercise tolerance
- \_\_\_ poor circulation
- \_\_\_ chest pain or tightness
- \_\_\_ fluid retention in legs or feet
- \_\_\_ heart disease
- \_\_\_ congestive heart failure
- \_\_\_ high LDL cholesterol
- \_\_\_ on cholesterol lowering medication
- \_\_\_ irregular heartbeat or rhythm
- \_\_\_ Parkinson's, or Huntington's disease
- \_\_\_ overweight
- \_\_\_ slow metabolic rate
- \_\_\_ middle age or older

**Co-Q 10 FOOD SOURCES**  
 avocados, soy, spinach,  
 mackerel, salmon, sardines



\_\_\_ **TOTAL COENZYME Q 10**

- \_\_\_ weak immune system
- \_\_\_ bruising
- \_\_\_ varicose veins
- \_\_\_ hemorrhoids
- \_\_\_ asthma
- \_\_\_ allergies
- \_\_\_ sinus problems
- \_\_\_ eczema
- \_\_\_ psoriasis
- \_\_\_ hives
- \_\_\_ ulcerative colitis
- \_\_\_ gout
- \_\_\_ osteoporosis



**FLAVONOIDS: FOOD SOURCES**  
 bilberries, blueberries, onions,  
 apples, broccoli, tomatoes,  
 soy beans, green tea, cherries,  
 red cabbage, carrots, limes

- \_\_\_ cataracts
- \_\_\_ prevention of cancer
- \_\_\_ inflammation
- \_\_\_ toxic household

\_\_\_ **TOTAL FLAVONOIDS SCORE**

## CLEANSING NUTRIENTS

- \_\_\_ allergies
- \_\_\_ asthma
- \_\_\_ joint pains
- \_\_\_ arthritis
- \_\_\_ digestive problems: gas, bloating, burping
- \_\_\_ excessive fluid retention
- \_\_\_ kidney or bladder infections
- \_\_\_ sinus problems
- \_\_\_ colon problems

### ALFALFA

- \_\_\_ bad breath
- \_\_\_ puffy eyes
- \_\_\_ swollen ankles and feet
- \_\_\_ difficult or painful urination
- \_\_\_ body odor
- \_\_\_ smelly feet
- \_\_\_ hiatal hernia
- \_\_\_ Diabetes
- \_\_\_ constipation

\_\_\_ **TOTAL ALFALFA SCORE**

- \_\_\_\_\_ antibiotic usage
- \_\_\_\_\_ birth control pills or steroids
- \_\_\_\_\_ mood swings & irritability
- \_\_\_\_\_ cravings for sweets, breads & alcohol
- \_\_\_\_\_ problems in moldy areas or on muggy days
- \_\_\_\_\_ sensitivity to perfumes, chemical odors, etc.
- \_\_\_\_\_ being really bothered by tobacco smoke
- \_\_\_\_\_ athlete's foot, fungus infections on nails & skin
- \_\_\_\_\_ repeated pregnancies

**PROBIOTICS – FOOD SOURCE**  
 yogurt, kefir, cultured dairy,  
 miso, sauerkraut, tempeh



**In Infants:**

- \_\_\_\_\_ diaper rash that is worse in the skin folds
- \_\_\_\_\_ thrush or white patches on the inner cheeks of mouth
- \_\_\_\_\_ a white-coated tongue
- \_\_\_\_\_ excessive genital touching
- \_\_\_\_\_ frequent ear infections

**In Children:**

- \_\_\_\_\_ thickly-coated or patchy, white tongue
- \_\_\_\_\_ red ring around the anus or rectal area
- \_\_\_\_\_ itchy genital area leading to frequent touching
- \_\_\_\_\_ chronic hair or foot odor
- \_\_\_\_\_ bloated abdomen and bowel complaints
- \_\_\_\_\_ frequent infections, particularly of the ears & tonsils
- \_\_\_\_\_ muscle aches and/or weakness

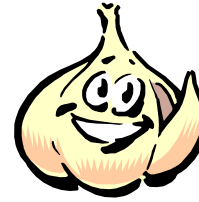
**In Adolescents & Adults:**

- |   |   |
|---|---|
| _____ frequent fatigue, lethargy & drowsiness   | _____ poor memory                           |
| _____ frequent infections                       | _____ bloating, belching, or intestinal gas |
| _____ frequent feelings of "spaciness"          | _____ recurrent skin problems               |
| _____ inability to make decisions               | _____ depression                            |
| _____ muscle aches and/or weakness              | _____ loss of interest in sex               |
| _____ pain and/or swelling in joints            | _____ Prostatitis or impotence              |
| _____ abdominal pain                            | _____ PMS                                   |
| _____ Endometriosis or infertility              | _____ rectal itching                        |
| _____ anxiety attacks or frequent crying        | _____ pelvic pain                           |
| _____ mucus in stools                           | _____ blurred vision                        |
| _____ constipation and/or diarrhea              | _____ rash/blisters in mouth                |
| _____ burning or white coated tongue            |   |
| _____ spots in front of eyes                    |   |
| _____ excessive vaginal discharge/itching       |   |
| _____ dizziness/loss of balance/in coordination |   |
| _____ pain or tightness in chest                |   |

\_\_\_\_\_ **TOTAL PROBIOTICS SCORE**

- \_\_\_\_\_ throat and ear infections
- \_\_\_\_\_ frequent diarrhea, dysentery
- \_\_\_\_\_ fungal infections
- \_\_\_\_\_ high cholesterol & triglycerides
- \_\_\_\_\_ blood clots
- \_\_\_\_\_ indigestion
- \_\_\_\_\_ allergies
- \_\_\_\_\_ sinus infections
- \_\_\_\_\_ colitis
- \_\_\_\_\_ recurrent bacterial infections
- \_\_\_\_\_ history of bronchitis
- \_\_\_\_\_ history of cancer
- \_\_\_\_\_ Candida infections
- \_\_\_\_\_ premature aging
- \_\_\_\_\_ lowered immune system

**GARLIC: FRESH GARLIC CRUSHED**



- \_\_\_\_\_ ulcers
- \_\_\_\_\_ repeated viral infections
- \_\_\_\_\_ infected wounds
- \_\_\_\_\_ frequent sore throats
- \_\_\_\_\_ heavy metal toxicity
- \_\_\_\_\_ excessive fluid retention
- \_\_\_\_\_ prevention of cancer

\_\_\_\_\_ **TOTAL GARLIC SCORE**

**HERBAL PRODUCTS**

- \_\_\_\_\_ enlarged prostate glands
- \_\_\_\_\_ decreased urinary output
- \_\_\_\_\_ frequent urination
- \_\_\_\_\_ urinary tract infections
- \_\_\_\_\_ lack of interest in sex
- \_\_\_\_\_ impotence
- \_\_\_\_\_ sterility
- \_\_\_\_\_ bronchitis
- \_\_\_\_\_ dysmenorrhea

**SAW PALMETTO**

- \_\_\_\_\_ stress and tension
- \_\_\_\_\_ asthma
- \_\_\_\_\_ colds & congestion
- \_\_\_\_\_ water retention

\_\_\_\_\_ **TOTAL SAW PALMETTO SCORE**

- \_\_\_\_\_ insomnia
- \_\_\_\_\_ muscle tension
- \_\_\_\_\_ stress
- \_\_\_\_\_ over-excitability
- \_\_\_\_\_ hysteria
- \_\_\_\_\_ intestinal colic
- \_\_\_\_\_ migraine headaches

**VALERIAN**

- \_\_\_\_\_ stomach cramps
- \_\_\_\_\_ gas pains
- \_\_\_\_\_ rheumatic pain

\_\_\_\_\_ **TOTAL VALERIAN SCORE**

- \_\_\_\_\_ anemia
- \_\_\_\_\_ heavy menstrual bleeding
- \_\_\_\_\_ excessive fatigue
- \_\_\_\_\_ very pale skin
- \_\_\_\_\_ dizziness
- \_\_\_\_\_ nervousness
- \_\_\_\_\_ slowed mental reactions

**IRON FOOD SOURCES:**

eggs, fish, green leafy veggies,  
whole grains, almonds, avocados,  
beets, molasses, peaches, pears



\_\_\_\_\_ **TOTAL IRON SCORE**

- \_\_\_\_\_ poor sense of smell
- \_\_\_\_\_ white spots on fingernails
- \_\_\_\_\_ dandruff
- \_\_\_\_\_ acne, especially teenage acne
- \_\_\_\_\_ perspire heavily or often
- \_\_\_\_\_ chronic colds and flu
- \_\_\_\_\_ slow healing of wounds
- \_\_\_\_\_ white-coated tongue
- \_\_\_\_\_ taking estrogen
- \_\_\_\_\_ thinning hair
- \_\_\_\_\_ prostate problems
- \_\_\_\_\_ fertility problems
- \_\_\_\_\_ Diabetes
- \_\_\_\_\_ anorexia
- \_\_\_\_\_ high levels of stress

**ZINC FOOD SOURCES:**

egg yolks, fish, kelp, legumes,  
mushrooms, pecans, pumpkin seeds,  
soy lecithin, sunflower seeds



\_\_\_\_\_ **TOTAL ZINC SCORE**

Sources:

Gemma Gorham, M.P.H. 2002

Prescription for Nutritional Healing, Balch 2006