



Date: ____ / ____ / ____

Date of Birth: ____ / ____ / ____

PERSONALIZED NUTRITIONAL GUIDE

NAME: _____

ADDRESS: _____

CITY _____

STATE/ZIP _____

Cell Phone: _____

Home Phone: _____

Work Phone: _____

EMAIL: _____

Introduction

A building is constructed from the ground up. Let's pretend that your body is a building in need of renovation and repair. Deficiency symptoms have been associated with poor lifestyle and nutritional habits.

If you find yourself checking different areas you should improve your diet or environment. If you choose to supplement we recommend the GNLD products, which we ourselves use. Minor problems will usually be met by broad-spectrum supplementation. Serious problems may require extra supplements in the specific area. Individuals with serious health problems should consult a physician for proper diagnosis and treatment. You should nourish yourself well as an adjunct to competent medical treatment

Check any of the following that apply. The greater number of marks, the greater the likelihood there is a need in that particular area.

Protein

- Fatigue / Chronic
- Flabbiness
- Infections
- Brittle and ridged nails
- Thinning, dull, damaged hair / hair loss
- Bruise easily
- Weight problems, over / under
- Mental depression or confusion
- Low Blood Sugar / Hypoglycemia
- Slow Healing
- Swollen Ankles
- Edema (fluid retention)
- Hormone Imbalance
- Canker Sores / Cold Sores
- Poor Muscle Tone
- Lack of Stamina

- Poor recovery from exercise
- Food cravings / sweets / alcohol / drugs
- Heavy Meat eater
- Vegetarian
- Digestive Problems
- Brown Aging Spots
- Low resistance to disease
- Toxemia (Pregnancy)

Vitamin A

- Red or irritated eyes
- Runny nose and eyes
- Headache
- Sinus infections
- Allergies / Hay Fever
- Colds and sore throats
- Smoker's cough
- Recurring Cough
- Asthma / Bronchitis / Congestion
- Dandruff
- Poor Night Vision
- Acne
- Athlete's foot and other fungus problems
- Callus on bottom of foot
- Bumps on back of arms or calf
- Ear infection
- Skin Problems / Dry
- Kidney / Bladder infections
- Weak Immune System
- Colitis, Ileitis, Crohn's Disease
- Stomach Ulcers
- Warts
- Cancer
- Lack of Appetite & Vigor
- Defective Teeth & Gums

Vitamin B Complex

- Dark circles or bags under eyes
- Fatigue
- Poor appetite
- Digestive disorders
- Dull, thinning, dry gray hair
- Nervousness
- Eye problems
- Skin / Blotches / Scaly / Other
- Cracks at corner of mouth
- Anemia
- Arthritis
- Constipation
- Sweet tooth / Food Cravings

- Nausea / morning sickness
- Stressed out
- Weak immune system
- Alcohol consumption
- Depression
- Burning Feet / Tingling
- Anxiety
- Water Retention / Edema
- Low Blood Sugar
- PMS
- Numbness of hands or feet
- Oily Skin w/ enlarged pores
- Mental Dullness
- Hair trigger temper
- Epilepsy
- Dizziness
- Ringing in the ears
- Irregular heartbeat
- Low Back Pain
- Tongue sore, sensitive to hot beverages
- Heavy Callusing
- Carpal Tunnel Syndrome

Vitamin C Complex

- Frequent colds or flu
- Persistent sinus drip
- Reoccurring cough
- Mucous
- Ridged nails
- High Cholesterol
- Atherosclerosis (cholesterol buildup)
- Sore Muscles
- Varicose veins
- Hemorrhoids
- Stressed out
- Bleeding gums
- Swollen or painful joints
- Slow healing wounds or fractures
- Bruise easily
- Cold Sores
- Herpes / HIV infection
- Smoker
- Nosebleeds
- Impaired Digestion
- Poor tolerance to heat or cold
- Drug addiction
- Viral diseases
- Loose Teeth
- Allergies
- Weak Immune System
- Infections
- Cancer

Vitamin E Complex

- Retinal degeneration
- Hot flashes
- Menstrual pain
- Blood clots
- Premature aging
- Angina pain

- Poor circulation
- Lack of energy and stamina
- Respiratory problems / asthma
- Shortness of Breath
- Recurring cough
- Heart Attack
- Heart Disease / Stroke
- Phlebitis
- High Cholesterol
- Varicose Veins
- Cold Hands and Feet
- Hemorrhoids
- Bruise Easily
- Brown Aging Spots
- Leg Cramps
- Infertility / Miscarriage
- Fibrocystic Breast Disease
- Hernia
- Skin, Stomach, Intestinal Ulcers
- Slow Healing
- Sprain easily
- Arteriosclerosis (hardening of arteries)
- Weak immune system
- Infections, viruses
- Scar tissue / bulky
- Colds and Flu
- Cancer
- Herpes
- Sore Muscles

Carotenoids

- Atherosclerosis
- High Cholesterol
- Heart Disease Stroke
- Cataracts, macular degeneration
- Sun sensitive skin (photosensitivity)
- High Cancer risk
- Premature aging
- Weak immune system / age spots
- Mucous
- Diet low in fruits & vegetables
- Sore Throat

Flavonoids

- Tumors / Fibroids
- Compromised immune system
- Coronary disease
- Clogged arteries
- High Blood pressure
- Bruise easily
- Inflammation

Cruciferous

- Hot flashes
- PMS. Menopause
- Digestive disorders
- High Cholesterol
- Cancer
- Prostate problems
- Hormonally induced cancer

Grain Oils

- Prostate problems
- PMS / Menopause symptoms
- Hormone Imbalance
- Infertility
- Mental illness
- Skin problems
- Dandruff / Lusterless hair
- Allergy prone
- Skin problems / dry
- Faulty teeth
- Asthma
- Acne
- Weight problems
- Chronic Fatigue
- Arthritis
- Infections
- Premature aging
- Lack of energy / endurance
- Poor Growth and Development

Tre-en-en / Adrenal indicators

- Dizzy when suddenly standing
- Allergies
- Eyes sensitive to bright light
- Hypertension / high blood pressure
- Chronic fatigue
- Arthritis
- Craving salt, sugar, or alcohol
- White shows under eyes when looking straight ahead

Iron

- Anemia / pale
- Digestive Problems
- Heavy Menstrual Flow
- General Weakness
- Fatigue
- Urine pink or red after eating beets
- Crave eating ice
- Spoon shaped nails

Calcium

- Muscle cramping, twitching or tenseness
- High blood pressure
- Soft or brittle bones
- Osteoporosis
- Insomnia
- Arthritis
- Back Ache / Pain
- Menstrual Irritability / Cramps / PMS
- Leg Cramps / Aches / Growing Pains
- Tight shoulders
- Stiff neck
- Irregular Heartbeat
- Canker Sores / Cold Sores
- Calcium deposits
- Crowding of teeth in mouth
- Narrow face
- Brittle nails

Zinc

- Allergies
- Acne
- Loss of appetite
- Food does not taste good
- Prostate problems
- Body odor
- Irregular heart beat
- Insomnia in infants
- Craving for salt
- Slow wound healing
- White clouds or bands on fingernails
- Warts
- Neck or throat tenderness
- Arthritis
- Anorexia

Multi-Minerals

- Blood sugar problems
- Weak immune system
- Digestive problems
- Tooth decay
- Heavy metal accumulation
- Backache
- Alcoholism
- Anemia
- Body odor
- Arthritis
- Stretch marks
- Stunted growth
- Heart disease
- Coffee consumption
- Acne
- General Weakness
- Fatigue
- Water Retention
- Irregular Heartbeat
- Muscle Cramps
- Loss of Appetite / Taste
- Prostate Problems
- Slow Healing

Liver Plus C

- Low vitality or endurance
- Anemia
- Need for energy for athletic competition
- Liver problems
- Pesticide exposure
- Fatigue
- Iron deficiency anemia
- Cannot tolerate Formula IV

Salmon Oil / Cod Liver Oil

- High blood pressure
- Heart disease / Stroke
- Arthritis
- Ringing of the ears
- No ear wax or dark
- Ear infection, good for children (cod liver oil)
- Stomach pain

- Alcohol intolerance
- Skin problems / Psoriasis
- Menstrual irregularity
- Irregular sleep
- Use margarine
- Bruise easily
- Cold sensitivity
- Distressing fears
- Tiredness and fatigue
- Mental Illness / Schizophrenia
- Poor circulation/ cold hands and feet
- High cholesterol / triglycerides
- Migraine headache
- Osteoporosis
- Pain (e.g. backache)
- Joint Stiffness and pain
- Swelling of ankles
- Prostate problems
- Asthma
- Colitis, Crohn's disease
- Inflammation
- Poor memory

Betagest

- Asthma
- Bloating
- Belching
- Burping
- Gas
- Regurgitation
- Full after meals
- Don't feel well after eat fatty foods
- Tired after eating a meal
- Food allergies
- Emotional changes after eating
- Physical changes after eating
- Increase in pulse rate after eating
- Frequent need of antacids
- Delicate stomach
- Bad breath
- Internal parasites
- Blood sugar problems
- Cannot tolerate Formula IV
- Intolerant to fruit juice
- Weak immune system
- Fluid retention
- Indigestion
- Canker sore
- Heartburn
- Cancer
- Eczema

Aloe Vera Juice

- Digestive problems
- Stomach Ulcers
- Constipation
- Colitis / IBS (irritable bowel syndrome)
- Crohn's disease
- Intestinal parasites
- Weak immune system

- Bacterial, viral, fungal infections
- Stress
- Fatigue
- Asthma
- Diabetes
- Heartburn

Enzyme Digestive Aid

- Food sensitivity
- Schizophrenia
- Blood sugar problems
- Asthma
- Overweight or underweight
- Gas
- Bloating
- Cancer
- Digestive distress

Lipotropic Adjunct

- Fatigue
- Problems digesting fat
- Weight problems
- Poor circulation
- Fatty liver
- Heart disease (high cholesterol and triglyceride)
- Hypertension / High blood pressure
- Gall Stones
- Arterial plaque buildup
- Cannot tolerate Formula IV / fish oils

Fiber

- Diverticular disease
- Appendicitis
- Hiatal hernia
- Varicose veins
- Hemorrhoids
- Diabetes
- Estrogen imbalance
- Gallstones
- Obesity
- Blood sugar problems
- Heart disease
- High Cholesterol
- Constipation / Diarrhea
- Bowel Discomfort
- Bowel irregularity
- Bowel / Colon Cancer
- Colitis, Ileitis, Crohn's Disease
- IBS (irritable bowel syndrome)

Acidophilus Complex

- Anxiety
- PMS
- Use of antibiotics
- Recurrent infections
- Alcohol, sugar or fat consumption
- Digestive problems /indigestion
- Food allergy
- Little consumption of raw food
- Cystitis (bladder infection)

- Osteoporosis
- Heart disease
- Candida / systemic / chronic yeast infections
- Canker Sores
- Gas / Bloating
- Constipation / Diarrhea
- Crohn's Disease

Herbal Men's Formula

- Prostate problems
- Erectile Dysfunction
- Urinary Frequency / Urgency
- Stress
- Anxiety
- High Blood pressure
- Kidney problems
- Cold hands and/or feet
- Weak immune system
- Frequently catches colds

Herbal Women's Formula

- Female problems
- Menstrual pain / cramping
- Hot flashes
- PMS / Menopause
- Depression
- Irritability / Moodiness
- Yeast Infection
- High Blood pressure
- Allergies
- Oral Contraceptives

Garlic Allium Complex

- Yeast infection
- High blood pressure
- Allergies
- High Cholesterol
- Poor immune system / infections
- Candida / systemic / chronic yeast

Betagard

- Exposure to radiation (X-ray)
- Allergies (air pollution)
- Freeway driving
- Fatigue
- Dark circles or bags under eyes
- Cancer risk
- Irritated eyes or nose
- Food & Chemical Toxins
- Occupational / Environmental Toxins
- Repeated infection
- Desire to detox
- Sinus headache
- Hay fever
- Metallic taste in mouth or throat

Respiratory

- Cough, Smoker's/ regular (non-smoker)
- Allergies
- Bothered by allergens
- Susceptible to colds or sore throats

- Lung problems / Asthma / Bronchitis
- Sinus Distress
- Stuffy or runny nose
- Pneumonia

Lecithin

- Poor Memory
- High Cholesterol
- Gall Stones

Alfalfa (good for detox)

- Allergies
- Arthritis
- Thyroid problems
- Constipation
- High Cholesterol
- Water retention
- Peptic Ulcers

Rest & Relax

- Insomnia
- Anxiety
- Light Sleeper
- Irregular Sleep Patterns
- Difficulty Falling Asleep

Neo-Lax

- Constipation
- Irregularity

Mind Enhancement

- Memory difficulties
- Mental sluggishness
- Depression
- Forgetfulness
- Senior moments
- Lack of ambition / drive
- Life seems dull

Enersine

- Fatigue related to low blood sugar
- Hypoglycemia
- Slow metabolism, overweight
- Sluggishness
- Depression
- Lack of mental alertness
- Memory difficulties
- Slow starter in morning
- Lack of Athletic endurance / energy

Bio-Tone

- Weak muscles
- Poor muscle to fat ratio
- Poor muscle tone / flabbiness
- Water retention

Beverages

- Carbonated water or soda
- Diet sodas
- Regular sweetened soft drinks
- Fruit juice / Fruit punch
- Caffeine-containing coffee, tea, cola, chocolate
- Drink regular tap water
- Drink cold beverages with meals
- Drink milk / Heavy Milk drinker
- Drink purified water from plastic bottles
- Water tastes like chlorine
- Drink Herbal Tea
- Drink Alcohol
- Drink little water

Elimination

- Frequently constipated
- Stool rarely or never floats
- Frequent diarrhea or loose stools
- Colitis or IBS (irritable bowel syndrome)
- Stool has a light (yellow or white) color
- Frequent use of laxatives

Eating Patterns (double check if frequently)

- Skip breakfast / lunch / dinner
- Light breakfast
- Large dinner
- Late evening dinner
- Snack after dinner
- Eat ice cream
- Eat fatty foods
- (sausage, bacon, lunch meat, fried food)
- Crave sweets (pies, cake, cookies, candy)
- Increase in pulse rate after eating
- Don't feel well after eating
- Eat lots of red meat
- Vegetarian
- Don't like vegetables
- Eat out at fast food restaurants
- Tendency to eat on the run
- Tend to go on eating binges
- Enjoy salty food
- Do not eat meat
- Eat few or no whole grains
- Eat fish 1-3 times per week
- Feel sick when don't eat

My primary nutritional and dietary concerns are:

Vitamins/medications I am taking or used in past year:



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