

Natural Wellness Screening

IS YOUR HEALTH PROGRAM IMPROVING YOUR HEALTH?

Your Natural Wellness Screening (NWS) results, at the very least, will serve as a reality check for your present state of health. At best, they will serve as a valuable focusing tool for you and your health care provider to set the stage for improvements in your health which will both delight you and free you from many of your present health concerns.

TO YOUR GOOD HEALTH

At last estimate, more than 50% of consumers are integrating some form of alternative therapy into their healthcare program in hopes of living longer and healthier. In particular, whole foods, nutritional supplements and herbal therapies are gaining widespread recognition for their ability to prevent, control, or even reverse so many of the diseases that affect millions.

We are becoming more aware than ever of some of the health options available to us. The Natural Wellness Screening, and the information it reveals can help empower you to take more control of your own health.

HOW HEALTHY AM I?

Your Natural Wellness Screening is designed to screen for key biomarkers which, if abnormal, could lead to accelerated aging, weight gain and more serious illness.

<u>Natural Wellness Screening (NWS)*</u>	<u>Pre-Test Protocols for the Natural Wellness Screening</u>
<p>Consists of the following assessments:</p> <ul style="list-style-type: none"><input type="checkbox"/> Client Information Sheet<input type="checkbox"/> Detoxification Questionnaire<input type="checkbox"/> Context of Care Questionnaire<input type="checkbox"/> Bioelectrical Impedance Analysis (BIA) (\$30)<input type="checkbox"/> Saliva pH & Zinc Tally (\$5.00)<input type="checkbox"/> Iodine Paint (\$2.00)<input type="checkbox"/> Blood Pressure and Pulse (\$5.00)<input type="checkbox"/> Adrenal Function Test (\$5.00)<input type="checkbox"/> Report of Findings* (\$10.00) <p><i>The Natural Wellness Screening takes 15 minutes to complete and costs \$30.00* (\$57.00 Value)</i></p> <p><small>*Natural Care Consultation and protocols, if deemed necessary, are available at an additional cost. Please refer to the Natural Care Services professional fee sheet and ask for additional information.</small></p>	<p>To maximize the accuracy of your Natural Wellness Screening please do the following:</p> <ul style="list-style-type: none">➤ Do not eat a full meal 4-5 hours prior to testing. A light/small meal is acceptable 2-3 hours prior to test.➤ Do not exercise for at least 8 hours prior to testing.➤ Do not consume caffeine (or decrease the amount) the day of testing.➤ Do not consume alcohol 6-8 hours before testing.➤ Be well hydrated, consuming 6-8 cups of water 24 hours prior to testing.➤ Consume only water (no food, gum, candy, toothpaste, etc.) for 1 hour prior to testing.➤ Wear shoes and socks that are easily removed.

The Natural Wellness Screening is available by appointment only. Call 405-751-3333.

Never Gamble With Something As Important As Your Health!

Keith D. Bishop, Clinical Nutritionist, B.Sc. Pharmacy

13925 N. May Avenue
Oklahoma City, OK 73134

Flourish Integrative Pharmacy
www.FlourishRx.com

Phone: (405) 751-3333
Fax: (405) 751-3848

Bioelectrical Impedance Analysis (BIA)

BIA is the study of the physical components of the body. This is accomplished with electrical impedance plethysmography, an FDA approved bio-impedance body composition and fluid analysis test. With body composition and fluid analysis, we can tell what is actually going on inside the body. Additional information is available at <http://www.rjlsystems.com/research/bia-principles.html>

Body Composition (BCM/ECM/Body Fat/FFM)

The human body is made up of two components, fat and fat free mass. The BIA evaluation has the ability to separate the fat free mass into two additional compartments, Body Cell Mass (BCM) and Extra-Cellular Mass (ECM). The ability to create these two compartments is known as three-compartment body composition. Body Fat is the storage of potential energy, storing 3500 calories per pound. BCM is where body fat is burned when doing work or exercise and includes your muscles and organs. ECM, like bone and plasma provide transportation of nutrients, waste and fluids and support for the body. FFM, Fat Free Mass is the total body weight minus body fat.

Body Fluids (ICW & ECW)

Total Body Water (TBW) is the sum of Intra-Cellular Water (ICW) and Extra-Cellular Water (ECW). Usually, about 60% of total body water in the healthy adult is Intra-Cellular Water and 40% is Extra Cellular Water.

Body Mass Index (BMI)

BMI stands for "Body Mass Index," a ratio between weight and height. It is a mathematical formula that correlates somewhat with body fat. In general, if your BMI is high, you may have an increased risk of developing certain diseases including hypertension, cardiovascular disease, dislipidemia, adult-onset diabetes (Type II), sleep apnea, osteoarthritis, female infertility, and others. Prevention of further weight gain is important and weight reduction may be desirable. BMI is a better predictor of disease risk than body weight alone. Competitive athletes, body builders, women who are pregnant or lactating, growing children or frail sedentary elderly individuals should not use BMI as the basis for estimating their body fat content.

Basal Metabolism Rate (BMR) Basal and Activity Calories (BAC)

BMR is how many calories your body uses when lying down at rest for 24 hours. BAC is how many calories your body uses in a day doing routine, personal activities. BAC does not include how many calories your body uses for exercise or physical labor.

Phase Angle (PA)

Phase angle is based on total body resistance and reactance and is independent of height, weight and body fat. Lower phase angles appear to be consistent with either cell death or a breakdown of the cell membrane. Higher phase angles appear to be consistent with large quantities of intact cell membranes and body cell mass. Phase angle is a predictor of outcome and indicates the course of disease or increases as the result of optimal health based on good nutrition and consistent exercise.

Capacitance (CAP)

All living things are made of cells. Cells are membrane bounded compartments filled with a concentrated solution of essential fatty acids, chemicals and salts. The cell membrane maintains a gradient difference across it which is essential to cell survival. The cell membrane functions as a permeable barrier separating the intra-cellular and extra-cellular components. Capacitance is not effected by weight or body fat. It is a measurement of cell membrane health and can change dramatically depending on disease or good health. This electrical gradient is necessary to support movement of oxygen, carbon dioxide, and nutrients. A person's electrical capacitance will increase or decrease depending on the health and number of cells.

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This consultation is intended to improve the use of bio-identical hormones, prescription, non-prescription medicine and products, non-drug approaches to self-care and/or referral to other health care providers.

Name _____ Date _____
 Address _____ Age _____ Gender Male Female
 City _____ State _____ Zip _____ Birth Date ___/___/___
 Day Phone (____) ____-____ Mobile Phone (____) ____-____ Night Phone (____) ____-____
 Fax Number (____) ____-____ **Best time to call _____**
 E-mail Address _____

Would you prefer test results be mailed, faxed or emailed to you? _____

Height _____ Weight _____ Race _____ Marital Status Married Single

Occupation _____

Whom may we thank for your referral? _____

Blood Type _____

Do you use tobacco? Smoke Chew Other None

Do you use alcohol? None Occasionally How much? _____

Which do you consume most often? Home Cooking Low fat Fast food

How many servings of fruits and vegetables do you consume each day? None 1-3 4-6 7 Plus

How often do you exercise? None Occasional 2-3 Times a week 4-5 Times a week

Pregnant? Yes No Breast Feeding? Yes No

Do you drink filtered or bottled water? Yes No

Food Allergies _____

Supplement Allergies (Vitamins, minerals, herbs, etc.) _____

Medication Allergies _____

Medication Reactions _____

Medical History

- | | | |
|--|---|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Angina / Heart Attack | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Bronchitis | <input type="checkbox"/> Heart Disease _____ | <input type="checkbox"/> Hormone Imbalances |
| <input type="checkbox"/> Asthma | <input checked="" type="checkbox"/> Pacemaker | <input type="checkbox"/> Prostate |
| <input type="checkbox"/> Allergies / Hay Fever | <input checked="" type="checkbox"/> Defibrillator | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Emphysema | <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Headaches / Migraine |
| <input type="checkbox"/> Cancer _____ | <input type="checkbox"/> High Homocysteine | <input type="checkbox"/> Kidney Disease |
| <input type="checkbox"/> Chronic Tiredness / Fatigue | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Kidney / Bladder disorders |
| <input type="checkbox"/> Thyroid dysfunction | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Liver Disease |
| <input type="checkbox"/> Digestion problems | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Chronic Infections |
| <input type="checkbox"/> Glaucoma | | |

Please turn this sheet over and complete the next page

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Other health concerns _____

Health Care Providers

Primary Care Physician _____ Phone (____) ____-_____
Dentist _____ Phone (____) ____-_____
Chiropractor _____ Phone (____) ____-_____
Pharmacy _____ Phone (____) ____-_____

May I contact your health care provider(s) for additional information or to inform them of health concerns that I may have? Yes No

Today's Health Concern(s)

Current Prescription Medications

Current Non-Prescription Medications, Vitamins, Minerals, Herbal Supplements, and Self-Care

Certification Statement of Client: To the best of my knowledge, the information I have entered on this form is correct.

Client Signature _____ Date: ____/____/_____

II. Xenobiotic Tolerability Test (XTT)

1. Are you presently using prescription drugs?

Yes (1 pt.)

If yes, how many are you currently taking? _____ (1 pt. each)

No (0 pt.)

2. Are you presently taking one or more of the following over-the-counter drugs?

Cimetidine (2 pts.)

Acetaminophen (2 pts.)

Estradiol (2 pts.)

3. If you have used or currently use prescription drugs, which of the following scenarios best represents your response to them:

Experience side effects, drug(s) is (are) efficacious at lowered dose(s) (3 pts.)

Experience side effects, drug(s) is (are) efficacious at usual dose(s) (2 pts.)

Experience no side effects, drug(s) is (are) usually not efficacious (2 pts.)

Experience *no* side effects, drug(s) is (are) usually efficacious (0 pt.)

4. Do you currently use or within the last 6 months had you regularly used tobacco products?

Yes (2 pts.) No (0 pt.)

5. Do you have strong negative reactions to caffeine or caffeine containing products?

Yes (1 pt.) No (0 pt.) Don't know (0 pt.)

6. Do you commonly experience "brain fog," fatigue, or drowsiness?

Yes (1 pt.) No (0 pt.)

7. Do you develop symptoms on exposure to fragrances, exhaust fumes, or strong odors?

Yes (1 pt.) No (0 pt.) Don't know (0 pt.)

8. Do you feel ill after you consume even small amounts of alcohol?

Yes (1 pt.) No (0 pt.) Don't know (0 pt.)

10. Do you have a personal history of

Environmental and/or chemical sensitivities (5 pts.)

Chronic fatigue syndrome (5 pts.)

Multiple chemical sensitivity (5 pts.)

Fibromyalgia (3 pts.)

Parkinson's type symptoms (3 pts.)

Alcohol or chemical dependence (2 pts.)

Asthma (1 pt.)

11. Do you have a history of significant exposure to harmful chemicals such as herbicides, insecticides, pesticides, or organic solvents?

Yes (1 pt.) No (0 pt.)

12. Do you have an adverse or allergic reaction when you consume sulfite containing foods such as wine, dried fruit, salad bar vegetables, etc?

Yes (1 pt.) No (0 pt.) Don't know (0 pt.)

GRAND TOTAL: _____

III. Alkalizing Assessment

1. Do you have a history or currently have kidney dysfunction?

Yes No

2. Have you ever been diagnosed with a condition known as hyperkalemia?

Yes No

3. Are you currently on diuretics or blood pressure medication?

Yes No

Note: Prescribe non-alkalizing nutrients if patient answered yes to any part of this section.

For Practitioner Use Only:

OVERALL SCORE TABULATION

See doctor brochure for protocol suggestions.

MSQ SCORE _____ (High >50; moderate 15-49; Low <14)

XTT SCORE _____ (High >10; moderate 5-9; Low <4)

URINARY pH _____

Note: Patients with high MSQ but low XTT may be exhibiting pathology that is not related to toxic load. Other mechanisms should be considered such as inflammation/immune/allergic gastrointestinal dysfunction, oxidative stress, hormonal/neuro-transmitter dysfunction, nutritional depletion, and/or mind body. Individualize support with specific medical foods, diet, and/or nutraceuticals.

HEALTH APPRAISAL QUESTIONNAIRE

Name _____ Date _____

DIRECTIONS

This questionnaire asks you to assess how you have been feeling **during the last four months**. This information will help you keep track of how your physical, mental and emotional states respond to changes you make in your eating habits, priorities, supplement program, social and family life, level of physical activity and time spent on personal growth. All information is held in strict confidence. Take all the time you need to complete this questionnaire.

For each question, circle the number that best describes your symptoms:

- 0 = No or Rarely**—You have never experienced the symptom or the symptom is familiar to you but you perceive it as insignificant (monthly or less)
- 1 = Occasionally**—Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some identifiable trigger
- 4 = Often**—Symptom occurs 2-3 times per week and/or with a frequency that bothers you enough that you would like to do something about it
- 8 = Frequently**—Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularity on a monthly or cyclical basis

Some questions require a YES or NO response: 0 = NO 8 = YES

PART I		No/Rarely	Occasionally	Often	Frequently
SECTION A					
1. Indigestion, food repeats on you after you eat	0	1	4	8	
2. Excessive burping, belching and/or bloating following meals	0	1	4	8	
3. Stomach spasms and cramping during or after eating	0	1	4	8	
4. A sensation that food just sits in your stomach creating uncomfortable fullness, pressure and bloating during or after a meal	0	1	4	8	
5. Bad taste in your mouth	0	1	4	8	
6. Small amounts of food fill you up immediately	0	1	4	8	
7. Skip meals or eat erratically because you have no appetite	0	1	4	8	
Total points					
SECTION B					
1. Strong emotions, or the thought or smell of food aggravates your stomach or makes it hurt	0	1	4	8	
2. Feel hungry an hour or two after eating a good-sized meal	0	1	4	8	
3. Stomach pain, burning and/or aching over a period of 1-4 hours after eating	0	1	4	8	
4. Stomach pain, burning and/or aching relieved by eating food; drinking carbonated beverages, cream or milk; or taking antacids	0	1	4	8	
5. Burning sensation in the lower part of your chest, especially when lying down or bending forward	0	1	4	8	
6. Digestive problems that subside with rest and relaxation	(0)No			(8)Yes	
7. Eating spicy and fatty (fried) foods, chocolate, coffee, alcohol, citrus or hot peppers causes your stomach to burn or ache	0	1	4	8	
8. Feel a sense of nausea when you eat	0	1	4	8	
9. Difficulty or pain when swallowing food or beverage	0	1	4	8	
Total points					
SECTION C					
1. When massaging under your rib cage <i>on your left side</i> , there is pain, tenderness or soreness	0	1	4	8	
2. Indigestion, fullness or tension in your abdomen is delayed, occurring 2-4 hours after eating a meal	0	1	4	8	
3. Lower abdominal discomfort is relieved with the passage of gas or with a bowel movement	0	1	4	8	
4. Specific foods/beverages aggravate indigestion	0	1	4	8	
5. The consistency or form of your stool changes (e.g., from narrow to loose) within the course of a day	0	1	4	8	
SECTION C (cont.)					
6. Stool odor is embarrassing	0	1	4	8	
7. Undigested food in your stool	0	1	4	8	
8. Three or more large bowel movements daily	0	1	4	8	
9. Diarrhea (frequent loose, watery stool)	0	1	4	8	
10. Bowel movement shortly after eating (within 1 hour)	0	1	4	8	
Total points					
SECTION D					
1. Discomfort, pain or cramps in your colon (lower abdominal area)	0	1	4	8	
2. Emotional stress and/or eating raw fruits and vegetables causes abdominal bloating, pain, cramps or gas	0	1	4	8	
3. Generally constipated (or straining during bowel movements)	0	1	4	8	
4. Stool is small, hard and dry	0	1	4	8	
5. Pass mucus in your stool	0	1	4	8	
6. Alternate between constipation and diarrhea	0	1	4	8	
7. Rectal pain, itching or cramping	0	1	4	8	
8. No urge to have a bowel movement	(0)No			(8)Yes	
9. An almost continual need to have a bowel movement	(0)No			(8)Yes	
Total points					
PART II					
1. When massaging under your rib cage <i>on your right side</i> , there is pain, tenderness or soreness	0	1	4	8	
2. Abdominal pain worsens with deep breathing	0	1	4	8	
3. Pain at night that may move to your back or right shoulder	0	1	4	8	
4. Bitter fluid repeats after eating	0	1	4	8	
5. Feel abdominal discomfort or nausea when eating rich, fatty or fried foods	0	1	4	8	
6. Throbbing temples and/or dull pain in forehead associated with overeating	0	1	4	8	
7. Unexplained itchy skin that's worse at night	0	1	4	8	
8. Stool color alternates from clay colored to normal brown	0	1	4	8	
9. General feeling of poor health	0	1	4	8	

PART II

	No/Rarely	Occasionally	Often	Frequently
10. Aching muscles not due to exercise	0	1	4	8
11. Retain fluid and feel swollen around the abdominal area	0	1	4	8
12. Reddened skin, especially palms	0	1	4	8
13. Very strong body odor	0	1	4	8
14. Are you embarrassed by your breath?	0	1	4	8
15. Bruise easily	(0)No	(8)Yes		
16. Yellowish cast to eyes	(0)No	(8)Yes		
Total points <input type="text"/>				

PART III

SECTION A

1. Feel cold or chilled—hands, feet or all over—for no apparent reason	0	1	4	8
2. Your upper eyelids look swollen	0	1	4	8
3. Muscles are weak, cramp and/or tremble	0	1	4	8
4. Are you forgetful?	0	1	4	8
5. Do you feel like your heart beats slowly?	0	1	4	8
6. Reaction time seems slowed down	0	1	4	8
7. In general, are you disinterested in sex because your desire is low?	0	1	4	8
8. Feel slow-moving, sluggish	0	1	4	8
9. Constipation	0	1	4	8
10. Dryness, discoloration of skin and/or hair	(0)No	(8)Yes		
11. Have you noticed recently that your voice is deepening?	(0)No	(8)Yes		
12. Thick, brittle nails	(0)No	(8)Yes		
13. Weight gain for no apparent reason	(0)No	(8)Yes		
14. Outer third of your eyebrow is thinning or disappearing	(0)No	(8)Yes		
15. Swelling of the neck	(0)No	(8)Yes		
Total points <input type="text"/>				

SECTION B

1. Lingering mild fatigue after exertion or stress	0	1	4	8
2. Do you find that you get tired and exhaust easily?	0	1	4	8
3. Craving for salty foods	0	1	4	8
4. Sensitive to minor changes in weather and surroundings	0	1	4	8
5. Dizzy when rising or standing up from a kneeling position	0	1	4	8
6. Dark bluish or black circles under your eyes	0	1	4	8
7. Have bouts of nausea with or without vomiting	0	1	4	8
8. Catch colds or infections easily	(0)No	(8)Yes		
9. Wounds heal slowly	(0)No	(8)Yes		
10. Your body or parts of your body feel tender, sore, sensitive to the touch, hot and/or painful	0	1	4	8
11. Feel puffy and swollen all over your body	0	1	4	8
12. Skin is gradually tanning without exposure to sun or the ingestion of high levels of carotene-rich foods (e.g., daily carrot juice intake) or supplements	(0)No	(8)Yes		
Total points <input type="text"/>				

PART IV

	No/Rarely	Occasionally	Often	Frequently
SECTION A				
When you miss meals or go without food for extended periods of time, do you experience any of the following symptoms?				
1. A sense of weakness	0	1	4	8
2. A sudden sense of anxiety when you get hungry	0	1	4	8
3. Tingling sensation in your hands	0	1	4	8
4. A sensation of your heart beating too quickly or forcefully	0	1	4	8
5. Shaky, jittery, hands trembling	0	1	4	8
6. Sudden profuse sweating and/or your skin feels clammy	0	1	4	8
7. Nightmares possibly associated with going to bed on an empty stomach	0	1	4	8
8. Wake up at night feeling restless	0	1	4	8
9. Agitation, easily upset, nervous	0	1	4	8
10. Poor memory, forgetful	0	1	4	8
11. Confused or disoriented	0	1	4	8
12. Dizzy, faint	0	1	4	8
13. Cold or numb	0	1	4	8
14. Mild headaches or head pounding	0	1	4	8
15. Blurred vision or double vision	0	1	4	8
16. Feel clumsy and uncoordinated	0	1	4	8
Total points <input type="text"/>				

SECTION B

1. Frequent urination during the day and night	0	1	4	8
2. Unusual thirst—feeling like you can't drink enough water	0	1	4	8
3. Unusual hunger—eating all the time	0	1	4	8
4. Vision blurs	0	1	4	8
5. Feel itchy all over	0	1	4	8
6. Tingling or numbness in your feet	0	1	4	8
7. Sense of drowsiness, lethargy during the day not associated with missing meals or not sleeping	0	1	4	8
8. Eating starchy foods, even if they are healthy and unprocessed (like rice, corn, beans, whole wheat or oats), causes you to gain weight or prevents you from losing weight	(0)No	(8)Yes		
9. Sores heal slowly	(0)No	(8)Yes		
10. Loss of hair on your legs	(0)No	(8)Yes		
Total points <input type="text"/>				

PART V

SECTION A

1. Feel jittery	0	1	4	8
2. First effort of the day causes pain, pressure, tightness or heaviness around the chest	0	1	4	8
3. Exhaustion with minor exertion	0	1	4	8
4. Heavy sweating (no exertion, no hot flashes)	0	1	4	8
5. Difficulty catching breath, especially during exercise	0	1	4	8
6. Heart pounding, sensation of heart beating too quickly, too slowly or irregularly	0	1	4	8
7. Swelling in feet, ankles and/or legs comes and goes for no apparent reason	0	1	4	8
Total points <input type="text"/>				