



# ACTIVE LIFESTYLES WELLNESS & PERFORMANCE CTR.

chiropractic, physical therapy & nutritional counseling

7/23/2009

Welcome and congratulations on taking a strong personal initiative to improve your health and well-being.

We, at Active Lifestyles, believe that health is earned every day and that those who are proactive with their health will be rewarded immensely with good quality of life

We realize that a nutritional program is not for everyone as it requires self-motivation, dedication and commitment. We don't believe in "quick fixes" as these are usually temporary but rather commit to lifestyle changes that will last a lifetime. Exercise, proper food intake, chiropractic care and nutritional supplementation, if necessary, is what we like to call "health insurance". You have made the commitment to either call our office or visit, therefore, we believe that you have already should us some commitment.

We do not chase symptoms in our practice but like to nourish the body appropriately so that it can heal itself if the potential is there.

Thank you for joining this journey with us and remember good health is a journey and not a destination.

To help us know you better along with your health status, we will need the following:

- 1) General health questionnaire completed.
- 2) Symptom Survey completed.
- 3) Food intake diary completed for 1 week.
- 4) Blood work results less than 3 months old. (We can give you a prescription for this)

**THESE ARE MANDATORY PRIOR TO SCHEDULING YOUR FIRST APPOINTMENT AND MUST BE COMPLETED IN FULL.**

Prior to beginning your journey and completing the mandatory requirements, you may want to talk to one of the physicians to see if you are eligible or have questions about the program (15 minute visit is \$40).

**General Cost (No insurance is accepted)**

Nutritional Assessment (1st visit): \$150

Typical Monthly follow-ups: at 4 weeks: \$40

Plus Cost of Supplements (and Blood Tests if needed).

Please fax or deliver the completed paperwork at least 48 hours before the second visit.

1715 37<sup>th</sup> Place, Third Floor, Vero Beach, FL, 32960.  
772-978-7379, 772-539-8515 fax

# Nutritional Evaluation

## Personal History

## Contact Info

First Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_  
Last Name: \_\_\_\_\_ Work/Alt. Ph(+ext) \_\_\_\_\_  
Nickname: \_\_\_\_\_ Fax number: \_\_\_\_\_  
Address: \_\_\_\_\_ Cell Phone No. \_\_\_\_\_  
City: \_\_\_\_\_ E-mail: \_\_\_\_\_  
State: \_\_\_\_\_  
Zip: \_\_\_\_\_  
Social Security No: \_\_\_\_\_  
Gender:  Male  Female Date Of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
Occupation: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone No. \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

## Current Health Condition

**List all the condition you are currently treated for:**

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**List All the Surgeries (and date) you have had in the past:**

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**List all your medicines:**

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**List all your supplements:**

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**Date of your last blood test and who has the results:**

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# SYMPTOM SURVEY FORM



Client \_\_\_\_\_ Clinician \_\_\_\_\_ Date \_\_\_\_\_  
 Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Approx Weight \_\_\_\_\_ Sex: Male  Female   
 Pulse: Recumbent \_\_\_\_\_ Standing \_\_\_\_\_ Vegetarian: Yes  No   
 Blood pressure: Recumbent \_\_\_\_/\_\_\_\_ Standing \_\_\_\_/\_\_\_\_ Ragland's Test is Positive

**INSTRUCTIONS:** Fill in only the circles which apply to you.  
 ● ○ ○ MILD symptoms (occurred once or twice last 6 months).  
 ○ ● ○ MODERATE symptoms (occurred once or twice last month).  
 ○ ○ ● SEVERE symptoms (chronic, occurred once or twice last week).  
 ○ ○ ○ Leave circles BLANK if they don't apply to you!

1 2 3

- 52 ○ ○ ○ Awaken after few hours sleep - hard to get back to sleep
- 53 ○ ○ ○ Crave candy or coffee in afternoons
- 54 ○ ○ ○ Moods of depression - "blues" or melancholy
- 55 ○ ○ ○ Abnormal craving for sweets or snacks

- GROUP 1**
- 1 ○ ○ ○ Acid foods upset
  - 2 ○ ○ ○ Get chilled often
  - 3 ○ ○ ○ "Lump" in throat
  - 4 ○ ○ ○ Dry mouth-eyes-nose
  - 5 ○ ○ ○ Pulse speeds after meal
  - 6 ○ ○ ○ Keyed up - fail to calm
  - 7 ○ ○ ○ Cut heals slowly
  - 8 ○ ○ ○ Gag easily
  - 9 ○ ○ ○ Unable to relax; startles easily
  - 10 ○ ○ ○ Extremities cold, clammy
  - 11 ○ ○ ○ Strong light irritates
  - 12 ○ ○ ○ Urine amount reduced
  - 13 ○ ○ ○ Heart pounds after retiring
  - 14 ○ ○ ○ "Nervous" stomach
  - 15 ○ ○ ○ Appetite reduced
  - 16 ○ ○ ○ Cold sweats often
  - 17 ○ ○ ○ Fever easily raised
  - 18 ○ ○ ○ Neuralgia-like pains
  - 19 ○ ○ ○ Staring, blinks little
  - 20 ○ ○ ○ Sour stomach often

- GROUP 4**
- 56 ○ ○ ○ Hands and feet go to sleep easily, numbness
  - 57 ○ ○ ○ Sigh frequently, "air hunger"
  - 58 ○ ○ ○ Aware of "breathing heavily"
  - 59 ○ ○ ○ High altitude discomfort
  - 60 ○ ○ ○ Opens windows in closed rooms
  - 61 ○ ○ ○ Susceptible to colds and fevers
  - 62 ○ ○ ○ Afternoon "yawner"
  - 63 ○ ○ ○ Get "drowsy" often
  - 64 ○ ○ ○ Swollen ankles, worse at night
  - 65 ○ ○ ○ Muscle cramps, worse during exercise; get "charley horses"
  - 66 ○ ○ ○ Shortness of breath on exertion
  - 67 ○ ○ ○ Dull pain in chest or radiating into left arm, worse on exertion
  - 68 ○ ○ ○ Bruise easily, "black and blue" spots
  - 69 ○ ○ ○ Tendency to anemia
  - 70 ○ ○ ○ "Nose bleeds" frequent
  - 71 ○ ○ ○ Noises in head, or "ringing in ears"
  - 72 ○ ○ ○ Tension under the breastbone, or feeling of "tightness", worse on exertion

- GROUP 2**
- 21 ○ ○ ○ Joint stiffness on arising
  - 22 ○ ○ ○ Muscle-leg-toe cramps at night
  - 23 ○ ○ ○ "Butterfly" stomach, cramps
  - 24 ○ ○ ○ Eyes or nose watery
  - 25 ○ ○ ○ Eyes blink often
  - 26 ○ ○ ○ Eyelids swollen, puffy
  - 27 ○ ○ ○ Indigestion soon after meals
  - 28 ○ ○ ○ Always seems hungry; feels "lightheaded" often
  - 29 ○ ○ ○ Digestion rapid
  - 30 ○ ○ ○ Vomiting frequent
  - 31 ○ ○ ○ Hoarseness frequent
  - 32 ○ ○ ○ Breathing irregular
  - 33 ○ ○ ○ Pulse slow; feels "irregular"
  - 34 ○ ○ ○ Gagging reflex slow
  - 35 ○ ○ ○ Difficulty swallowing
  - 36 ○ ○ ○ Constipation, diarrhea alternating
  - 37 ○ ○ ○ "Slow starter"
  - 38 ○ ○ ○ Get "chilled" infrequently
  - 39 ○ ○ ○ Perspire easily
  - 40 ○ ○ ○ Circulation poor, sensitive to cold
  - 41 ○ ○ ○ Subject to colds, asthma, bronchitis

- GROUP 5**
- 73 ○ ○ ○ Dizziness
  - 74 ○ ○ ○ Dry skin
  - 75 ○ ○ ○ Burning feet
  - 76 ○ ○ ○ Blurred vision
  - 77 ○ ○ ○ Itching skin and feet
  - 78 ○ ○ ○ Excessive falling hair
  - 79 ○ ○ ○ Frequent skin rashes
  - 80 ○ ○ ○ Bitter, metallic taste in mouth in mornings
  - 81 ○ ○ ○ Bowel movements painful or difficult
  - 82 ○ ○ ○ Worrier, feels insecure
  - 83 ○ ○ ○ Feeling queasy; headache over eyes
  - 84 ○ ○ ○ Greasy foods upset
  - 85 ○ ○ ○ Stools light colored
  - 86 ○ ○ ○ Skin peels on foot soles
  - 87 ○ ○ ○ Pain between shoulder blades
  - 88 ○ ○ ○ Use laxatives
  - 89 ○ ○ ○ Stools alternate from soft to watery
  - 90 ○ ○ ○ History of gallbladder attacks or gallstones
  - 91 ○ ○ ○ Sneezing attacks
  - 92 ○ ○ ○ Dreaming, nightmare type bad dreams
  - 93 ○ ○ ○ Bad breath (halitosis)
  - 94 ○ ○ ○ Milk products cause distress
  - 95 ○ ○ ○ Sensitive to hot weather
  - 96 ○ ○ ○ Burning or itching anus
  - 97 ○ ○ ○ Crave sweets

- GROUP 3**
- 42 ○ ○ ○ Eat when nervous
  - 43 ○ ○ ○ Excessive appetite
  - 44 ○ ○ ○ Hungry between meals
  - 45 ○ ○ ○ Irritable before meals
  - 46 ○ ○ ○ Get "shaky" if hungry
  - 47 ○ ○ ○ Fatigue, eating relieves
  - 48 ○ ○ ○ "Lightheaded" if meals delayed
  - 49 ○ ○ ○ Heart palpitates if meals missed or delayed
  - 50 ○ ○ ○ Afternoon headaches
  - 51 ○ ○ ○ Overeating sweets upsets

- GROUP 6**
- 98 ○ ○ ○ Loss of taste for meat
  - 99 ○ ○ ○ Lower bowel gas several hours after eating
  - 100 ○ ○ ○ Burning stomach sensations, eating relieves
  - 101 ○ ○ ○ Coated tongue
  - 102 ○ ○ ○ Pass large amounts of foul-smelling gas
  - 103 ○ ○ ○ Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
  - 104 ○ ○ ○ Mucous colitis or "irritable bowel"
  - 105 ○ ○ ○ Gas shortly after eating
  - 106 ○ ○ ○ Stomach "bloating" after eating

**1 2 3 GROUP 7A**

- 107 ○ ○ ○ Insomnia
- 108 ○ ○ ○ Nervousness
- 109 ○ ○ ○ Can't gain weight
- 110 ○ ○ ○ Intolerance to heat
- 111 ○ ○ ○ Highly emotional
- 112 ○ ○ ○ Flush easily
- 113 ○ ○ ○ Night sweats
- 114 ○ ○ ○ Thin, moist skin
- 115 ○ ○ ○ Inward trembling
- 116 ○ ○ ○ Heart palpitates
- 117 ○ ○ ○ Increased appetite without weight gain
- 118 ○ ○ ○ Pulse fast at rest
- 119 ○ ○ ○ Eyelids and face twitch
- 120 ○ ○ ○ Irritable and restless
- 121 ○ ○ ○ Can't work under pressure

**GROUP 7B**

- 122 ○ ○ ○ Increase in weight
- 123 ○ ○ ○ Decrease in appetite
- 124 ○ ○ ○ Fatigue easily
- 125 ○ ○ ○ Ringing in ears
- 126 ○ ○ ○ Sleepy during day
- 127 ○ ○ ○ Sensitive to cold
- 128 ○ ○ ○ Dry or scaly skin
- 129 ○ ○ ○ Constipation
- 130 ○ ○ ○ Mental sluggishness
- 131 ○ ○ ○ Hair coarse, falls out
- 132 ○ ○ ○ Headaches upon arising, wear off during day
- 133 ○ ○ ○ Slow pulse, below 65
- 134 ○ ○ ○ Frequency of urination
- 135 ○ ○ ○ Impaired hearing
- 136 ○ ○ ○ Reduced initiative

**GROUP 7C**

- 137 ○ ○ ○ Failing memory
- 138 ○ ○ ○ Low blood pressure
- 139 ○ ○ ○ Increased sex drive
- 140 ○ ○ ○ Headaches, "splitting or rending" type
- 141 ○ ○ ○ Decreased sugar tolerance

**GROUP 7D**

- 142 ○ ○ ○ Abnormal thirst
- 143 ○ ○ ○ Bloating of abdomen
- 144 ○ ○ ○ Weight gain around hips or waist
- 145 ○ ○ ○ Sex drive reduced or lacking
- 146 ○ ○ ○ Tendency to ulcers, colitis
- 147 ○ ○ ○ Increased sugar tolerance
- 148 ○ ○ ○ Women: menstrual disorders
- 149 ○ ○ ○ Young girls: lack of menstrual function

**GROUP 7E**

- 150 ○ ○ ○ Dizziness
- 151 ○ ○ ○ Headaches
- 152 ○ ○ ○ Hot flashes
- 153 ○ ○ ○ Increased blood pressure
- 154 ○ ○ ○ Hair growth on face or body (female)
- 155 ○ ○ ○ Sugar in urine (not diabetes)
- 156 ○ ○ ○ Masculine tendencies (female)

**GROUP 7F**

- 157 ○ ○ ○ Weakness, dizziness
- 158 ○ ○ ○ Chronic fatigue
- 159 ○ ○ ○ Low blood pressure
- 160 ○ ○ ○ Nails weak, ridged
- 161 ○ ○ ○ Tendency to hives
- 162 ○ ○ ○ Arthritic tendencies
- 163 ○ ○ ○ Perspiration increase
- 164 ○ ○ ○ Bowel disorders
- 165 ○ ○ ○ Poor circulation
- 166 ○ ○ ○ Swollen ankles
- 167 ○ ○ ○ Crave salt
- 168 ○ ○ ○ Brown spots or bronzing of skin
- 169 ○ ○ ○ Allergies - tendency to asthma

**1 2 3**

- 170 ○ ○ ○ Weakness after colds, influenza
- 171 ○ ○ ○ Exhaustion - muscular and nervous
- 172 ○ ○ ○ Respiratory disorders

**GROUP 8**

- 173 ○ ○ ○ Apprehension
- 174 ○ ○ ○ Irritability
- 175 ○ ○ ○ Morbid fears
- 176 ○ ○ ○ Never seems to get well
- 177 ○ ○ ○ Forgetfulness
- 178 ○ ○ ○ Indigestion
- 179 ○ ○ ○ Poor appetite
- 180 ○ ○ ○ Craving for sweets
- 181 ○ ○ ○ Muscular soreness
- 182 ○ ○ ○ Depression; feelings of dread
- 183 ○ ○ ○ Noise sensitivity
- 184 ○ ○ ○ Acoustic hallucinations
- 185 ○ ○ ○ Tendency to cry without reason
- 186 ○ ○ ○ Hair is coarse and/or thinning
- 187 ○ ○ ○ Weakness
- 188 ○ ○ ○ Fatigue
- 189 ○ ○ ○ Skin sensitive to touch
- 190 ○ ○ ○ Tendency toward hives
- 191 ○ ○ ○ Nervousness
- 192 ○ ○ ○ Headache
- 193 ○ ○ ○ Insomnia
- 194 ○ ○ ○ Anxiety
- 195 ○ ○ ○ Anorexia
- 196 ○ ○ ○ Inability to concentrate; confusion
- 197 ○ ○ ○ Frequent stuffy nose; sinus infections
- 198 ○ ○ ○ Allergy to some foods
- 199 ○ ○ ○ Loose joints

**FEMALE ONLY**

- 200 ○ ○ ○ Very easily fatigued
- 201 ○ ○ ○ Premenstrual tension
- 202 ○ ○ ○ Painful menses
- 203 ○ ○ ○ Depressed feelings before menstruation
- 204 ○ ○ ○ Menstruation excessive and prolonged
- 205 ○ ○ ○ Painful breasts
- 206 ○ ○ ○ Menstruate too frequently
- 207 ○ ○ ○ Vaginal discharge
- 208 ○ ○ ○ Hysterectomy / ovaries removed
- 209 ○ ○ ○ Menopausal hot flashes
- 210 ○ ○ ○ Menses scanty or missed
- 211 ○ ○ ○ Acne, worse at menses
- 212 ○ ○ ○ Depression of long standing

**MALE ONLY**

- 213 ○ ○ ○ Prostate trouble
- 214 ○ ○ ○ Urination difficult or dribbling
- 215 ○ ○ ○ Night urination frequent
- 216 ○ ○ ○ Depression
- 217 ○ ○ ○ Pain on inside of legs or heels
- 218 ○ ○ ○ Feeling of incomplete bowel evacuation
- 219 ○ ○ ○ Lack of energy
- 220 ○ ○ ○ Migrating aches and pains
- 221 ○ ○ ○ Tire too easily
- 222 ○ ○ ○ Avoids activity
- 223 ○ ○ ○ Leg nervousness at night
- 224 ○ ○ ○ Diminished sex drive

List the five main complaints you have in the order of their importance:

1. _____
2. _____
3. _____
4. _____
5. _____

# Informed Consent for Nutritional Supplements

According to the Federal Food, Drug, & Cosmetic Act, as amended, Section 201(g)(1), the term "DRUG" is defined to mean:

*"Articles intended for use in the Diagnosis, Cure, Mitigation, Treatment or Prevention of disease."*

A vitamin is not a drug, NEITHER is a Mineral, Trace Element, Amino Acid, Herb, or Homeopathic Remedy.

Although, a Vitamin, a Mineral, Trace Element, Amino Acid, or Herb, may have an effect on any disease process or symptoms, this does not mean that it can be misrepresented, or be classified as a drug by anyone.

Therefore, please be advised that any suggested nutritional advice or dietary advice is not intended as any primary treatment and/or therapy for any disease or particular bodily symptom.

Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunctive schedule of nutrition is provided solely to upgrade the quality of foods in the patient's diet in order to supply good nutrition supporting the physiological and bio-mechanical processes of the human body.

Active Lifestyles does not recommend you stop taking any prescribed medicines and if you wish to diminish the dosage of your medicines for any reason, you should consult the physician who prescribed them to you. However, be aware that every nutritional program may diminish your need for your prescriptions. Keep you all your physicians informed of your program including your symptoms.

I have read and understand the above:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

# **Metabolic Syndrome**

## **A Major Cause of Ill Health in America**

Metabolic Syndrome, also known as Syndrome X, may be an unfamiliar term, but it is the most pervasive health problem in the U.S. with approximately 60 million Americans affected. The numbers grow larger each year and many children are now developing symptoms as well.

**What is it?** According to the American Medical Association, anyone with three of the following has Metabolic Syndrome:

- Waist measurement of 40 inches or greater in men and 35 inches or greater in women.
- Serum triglycerides level greater than 150mg/dl.
- HDL cholesterol less than 40 mg/dl. in men and Less than 50mg/dl in women.
- Blood pressure of 135/85 mm Hg. or greater.
- Fasting serum glucose of 100mg/dl or higher.

The central issue in Metabolic Syndrome is control of blood sugar; not just the glucose value on your blood test, but how much insulin is needed to keep the level within normal limits. Also important is how much glucose is in your system over time; the hemoglobin A1c test evaluates the average glucose level over a period of two months.

**What causes Metabolic Syndrome?** The primary cause is poor diet, especially excessive consumption of refined carbohydrates that rapidly convert to blood sugar. Contributing factors include stress, lack of exercise, and vitamin and mineral deficiencies. Over time, the body loses its ability to normally metabolize carbohydrates, thus more and more insulin is required to do the same work. This phenomenon is called insulin resistance.

**What can this syndrome do to your health?** Weight gain is the most noticeable effect, but hypertension, atherosclerosis, fatty liver disease, systemic inflammation, kidney damage, increased

coagulability of the blood and diabetes also have significant ties to Metabolic Syndrome.

There are some additional connections to hormones. Too much insulin in men can lead to a decrease in testosterone. Elevated triglycerides can block leptins from telling the brain that enough food has been consumed and without this communication, overeating can occur. Cortisol - the stress hormone - may cause glucose to be elevated, even when no food has been eaten recently, but at the expense of lean muscle mass.

**Blood tests related to Metabolic Syndrome.** There are a number of tests that have relevance in this insidious health challenge. These include several tests that are typically part of comprehensive panels; glucose, cholesterol, triglycerides, the liver enzyme SGPT, uric acid, and phosphorus. Along with assessing levels of insulin (a review of the reference range should be considered in light of recent research) and hemoglobin A1c, your doctor can gain insight into your ability to metabolize sugar and carbohydrates, and some of the related health issues that may be affecting you.

With cardiovascular disease being one of the primary concerns in Metabolic Syndrome, several tests have significant value including C-reactive protein and fibrinogen. The newly available Plac® test is related to the formation of rupture prone plaque in the arteries. The NMR Lipoprofile®, which provides the size and number of cholesterol particles, enables the doctor to differentiate risk to a much higher degree than with the traditional cholesterol test. Your doctor can help make informed choices regarding which tests are appropriate for you.

**What will help reverse Metabolic Syndrome?** Fortunately there are a number of supplements, along with a dietary and safe exercise program, that will enable the body to use insulin more effectively and aid in limiting harm. These include GTF chromium, zinc, B vitamins, garlic, l-carnitine, lipoic acid, whey protein and others that your doctor will consider when building a program to suite your individual needs.

### **Why Do More Testing Than Insurance Allows?**

The primary function of lab testing for insurance purposes is to confirm a diagnosis or follow the course of a known disease. This is of great benefit at certain times, but when you are interested in pursuing optimal health and desire to gather information about your personal health, insurance does not normally extend coverage.

If you have insurance, your primary care physician may order testing that is medically necessary. The quandary with this standard is that the doctor has significant restrictions and limited options when ordering tests. In other words, he or she must already have a diagnosis and use lab tests to confirm it. This doesn't allow for testing that may provide noteworthy insight into your personal health status.

Consider what you spend on non-essential things in life and then think about how much your health is worth – you may find that amount is far more than an insurance company is willing to spend!

*Remember, it's your health and your choice.*

*Make your health a priority.*

## Check nails

Your nails provide lots of instant health checks, which is one reason why doctors often start a physical examination here. The following table shows some possible nail signs:

Sign	Possible causes
Loss of usual pink nail color	Low level of hemoglobin in the blood (anemia) due to excessive bleeding, lack of iron, vitamin B12 or folic acid
Deep ridges across the nails due to a temporary lack of nail growth (Beau's lines)	Physical stress, such as periods of illness or lack of zinc
Small, shallow pits in the nail plate	A few may be due to trauma. Lots can be a sign of psoriasis, alopecia areata or atopic eczema
Separation of the end of the nail from the nail bed	Can occur with psoriasis, an over-active thyroid gland or nail trauma
Thin, spoon-shaped nails	Usually due to lack of iron, but is sometimes hereditary
White marks on the nails which can form spots, streaks or affect the whole nail	Usually due to trauma, but can be linked with low levels of albumin so fluid leaks from the circulation, compressing blood flow under the nails. White nails that also feel rough suggests a fungal nail infection
Purple-black discoloration of nail bed	Trauma, such as hitting your hand rather than a nail, with a hammer
Yellow-discolouration of nails, sometimes with thickening and slow-growing nails	Nicotine staining, using nail polish without a base coat, fungal infection. Sometimes it can be linked with poor lymph drainage
Swelling of the fingertips beneath the nail beds	Illnesses affecting the heart or lungs
Long, thin, splinter-like brown streaks due to bleeding from tiny blood vessels under the nails	Although this is often occupational, it is sometimes due to tiny blood clots coming from an infection of the heart (bacterial endocarditis)
Gross thickening of the nails, to resemble claws	Can occur in later life, especially in the big toe nail. May also be linked with trauma, psoriasis or fungal infection