

# Stress and Health Indicator

## Beverage Habits

- Drink diet sodas
- Drink more than 1 cup of coffee, chocolate, or tea a day
- Drink carbonated water
- Drink regular sodas
- Drink more than 4 oz of fruit juice a day
- Drink alcoholic beverages
- Drink artificial fruit punches
- Drink chlorinated tap water
- Drink water out of plastic bottles
- Consume iced beverages
- My water is fluoridated
- Do not drink enough water
- Drink milk

## Lifestyle Habits & Environment

- I use fluoridated toothpaste
- I have silver fillings in the mouth
- I have root canals
- I use hormone supplements (thyroid, HRT(hormone replacement therapy, birth control pills, etc. –underline or write down what the hormones are)
- Engage in frequent athletic activity
- Exposure to new rugs, perfumes, pesticides or other chemicals
- Work with solvents
- Heat home with gas
- Use electric blanket
- The bedroom is light at night (night light or light coming from outside the room or home)
- Live close to a busy road or freeway
- Spray home for pests on a regular basis
- Get outdoors frequently, always use sunscreen

## Dietary Habits

- I skip breakfast
- I eat late at night
- I eat fatty foods such as sausage, bacon, luncheon meats or fried foods
- I have a craving for and eat sugary foods like candy, pies, cakes

- I have a strong craving for salty foods
- I feel better when I eat salty foods
- I eat fast foods more than once a week
- I eat ice cream more than once a week
- My pulse sometimes races after I eat
- I sometimes begin to eat and find it difficult to stop eating
- I do not eat vegetables frequently
- I am a vegetarian or eat little meat
- I consume refined cereals on a regular basis (white bread, white rice, etc.)
- I consume whole grains on a regular basis (whole wheat, etc.)
- I suffer from canker sores or cold sores
- I eat raw foods with almost every meal
- I rarely eat fish
- I become sick or weak when I do not eat
- I frequently eat barbequed meats

## Stomach

- Heartburn or GERD
- Indigestion
- Belching
- Bloating
- Burping
- Gas or bloating
- Bad Breath
- Intolerance to fruit juices
- Fatty foods do not digest well
- Often hungry after eating, may lead to binging
- Considerable fluid retention around ankles, eyes
- Pancreatitis
- Gallbladder problems
- Constipation

## Small Intestine

- I notice emotional or physical changes after meals (tired, irritable, etc)

## Stress and Health Indicator

- Food allergies or sensitivities
- Recurrent diarrhea or dumping syndrome
- Gradual bloating or “balloon syndrome” as the day progresses

### Colon or Large Intestine

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- Hiatus hernia
- Diverticulosis
- Hemorrhoids
- Varicose Veins
- Constipation
- Bowel cancer
- Stool does not float
- Foul smelling stool
- Sweet smelling stool
- Stool is light colored
- Stool is not well formed
- Suffer from Candida albicans
- Past use of antibiotics

### Fat Intake

- Consume margarine, vegetable oils, or partially hydrogenated oils
- Frequently use butter
- Regular intake of olive oil
- Regular intake of flax oil
- I supplement with fish oils
- Elevated triglycerides
- Joint inflammation or stiffness
- Diagnosed with rheumatoid arthritis
- Diagnosed with osteoarthritis
- I suffer from inflammatory disease
- I suffer from migraine headache
- Dry skin
- Back pain
- Suffer from depression
- Suffer from bipolar disorder
- Alcohol problems
- Little or no ear wax
- Dry eyes or mouth
- Infertility
- Irritable or delicate bowel
- Dizzy when suddenly arise (postural hypotension)
- Eyes are sensitive to bright light (or use sunglasses in bright light)
- Frequent fatigue

- White shows under eyes when looking straight ahead (san paku)
- Feel stressed out all the time
- Suffer from high blood pressure
- Suffer from ear infections
- Allergy
- Asthma

### Vitamin A or Zinc

- Poor night vision
- Acne
- Bumps on the back of the calf or arm (hyperkeratosis)
- Bladder, sinus, ear or other infections
- Weak immune system
- Lack of sparkle in the eyes
- Callus on the bottom of the foot
- White clouds on the fingernails
- Loss of sense of taste
- Anorexia or bulimia
- Body odor
- Warts

### Vitamin B Complex

- Fluid retention, pitting edema
- Lack of energy
- Irritability
- Loss of appetite or poor digestion
- Poor coordination
- Pain and sensitivity
- Weak and sore muscles
- Cracks and sores at the corner of the mouth
- Inflammation of the mouth and tongue
- Capillary growth in the white of the eyes or on the cheeks
- Skin lesions or problems, dermatitis
- Sensitivity to light
- Insomnia
- Excess callusing
- Depression
- Dementia
- Low blood sugar or high blood sugar
- Muscle weakness
- Positive QEW test
- Nausea

## Stress and Health Indicator

- Tingling of the extremities
- Acne or oily facial skin
- Sluggish thinking
- Hair loss
- Numbness
- Carpal tunnel syndrome
- Constipation
- Labored breathing
- Anemia
- Sore, red tongue
- Gray hair
- Patchy areas of white skin
- Scleroderma

### Antioxidants

#### Vitamin C

- Slow or poor wound healing
- Joint pains (osteoarthritis)
- Easy bruising
- Bleeding gums
- Pinpoint “hemorrhages” on the skin
- Susceptibility to viral infections (cold, flu, bronchial infections)
- Tooth loss
- Corkscrew hairs

#### Vitamin D

- Rickets
- Poor bone formation
- Burning sensation in the mouth or throat
- Insomnia
- Diarrhea
- High blood pressure

#### Vitamin E

- Shortness of breath
- Angina
- Brown aging spots
- Bulky scar tissue
- Cramps when exercising
- Poor circulation
- Lung problems
- Aerobic exercise
- Supplement with fish or flax oil

#### Carotenoid

- Macular degeneration
- Cataract
- Prostate cancer
- Cancer
- Free radical exposure

- Allergy

#### Flavonoids

- Oral herpes
- Hot flashes
- Iron overload
- Weak bones
- Asthma symptoms

#### Cruciferous compounds

- Pesticide exposure
- Toxic exposures
- Menopause
- Breast or prostate cancer risk
- High estrogen exposure

### Minerals

(Note: Excess intake of some minerals such as iron, selenium and manganese can result in serious toxic effects)

#### Calcium, Magnesium, Vitamin D

- Leg or foot cramps (especially at night)
- Tight muscles in neck or shoulders
- Calcium deposits
- Backache
- Osteoporosis
- Menstrual cramping
- Leg aches
- High blood pressure
- Irregular heart beat
- Crowding of the teeth in the mouth
- Narrow face
- Insomnia
- Tooth decay
- Nervousness

#### Iodine

- Goiter
- Breast lumps
- Mononucleosis
- Thyroid problems
- Fluoride exposure

#### Iron

- Pale complexion
- Digestive problems
- Heavy menstrual flow
- Urine pink or red after eating beets
- Chewing ice
- Spoon shaped fingernail

#### Manganese & Copper

## Stress and Health Indicator

- Poor lactation
- Obesity
- Profuse perspiration
- High cholesterol
- Eye or hearing problems
- Heart disease

### Selenium

- Cancer
- Heart disease
- Infections
- Mercury exposure

### Protein

- Vegan
- Heavy meat eater
- Atkins type diet
- Flabby tissue
- Craving for sweets, alcohol or drugs
- Toxemia
- Underweight or overweight
- Hair loss
- Weak immune system
- Fluid retention
- Weak, brittle fingernails
- Poor recovery from exercise
- Lack of energy
- Blood sugar irregularities

### Arginine & Lysine

- Impotence
- Heart disease
- Loss of muscle
- Low energy
- Active herpes infection or susceptible to them

### Tyrosine

- Frequently depressed
- Weak adrenal
- Allergy prone

### Allergy

- Persistent sinus drip
- Recurring cough
- Pulse changes after eating
- Swelling of the stomach or pain and gas after eating
- Recurrent infections
- Fuzzy minded after eating or exposure to chemicals

- Puffiness of the eyes, red watery eyes
- Joint stiffness
- Ringing in the ears
- Anxiety
- Food cravings
- Sudden weight gain or loss
- Frequent headaches
- Hair trigger temper
- Dark circles under the eyes
- Depression or suicidal thoughts

### Common Medications

- Achromycin (antibiotic): calcium, magnesium, iron
- Aldactazide (diuretic): potassium
- Aldactone: potassium
- Apresoline (hypertension): vitamin B6
- Aspirin: vitamin B1, vitamin C
- Atromid-S: vitamin K
- Azo-Gantol: folic acid
- Bentyl with Phenobarbital: vitamin K
- Betapar: vitamin B6, C, zinc, potassium
- Brevicon (birth control): vitamin B6, C
- Bronkotabs and Elixir (asthma): vitamin K
- Butazolidin (arthritis): folic acid
- Cantil with Phenobarbital (diarrhea): vitamin K
- Colbenemid (arthritis): sodium, potassium, B12
- Colchicine (arthritis): sodium, potassium, B12, fat absorption
- Cortisone (allergy & arthritis): B6, vitamin D, zinc, potassium, vitamin C
- Cortisporin (burns): vitamin K, B12, folic acid
- Demulen (oral contraceptive): vitamin B6, C
- Diupres (hypertension): magnesium, potassium
- Diethylstilbestrol (menopause): vitamin B6
- Doriden (insomnia): folic acid

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- Enovid (oral contraceptive): vitamin B6, C
- Gantanol (infections): folic acid
- Hydrotension Plus: vitamin B6
- Indocin (arthritis): vitamin B1, C
- Neo-Cortef (allergy): vitamin K, B12, folic acid
- Neomycin (anti-bacterial): vitamin K, B12, folic acid
- Neosporin (antibiotic): reduced lactase, vitamin K, B12, folic acid
- Orasone (arthritis): B6, C, zinc, potassium
- Os-Cal-Mone (osteoporosis): vitamin B6
- Polysporin (antibiotic): B12, K, folic acid
- Prednisone (arthritis): B6, C, zinc, potassium
- Premarin (hormone replacement): folic acid
- Statin medications (lower cholesterol): CoQ10 synthesis
- Tetracycline (antibiotic): calcium, magnesium, iron

### **Surgery**

- Hysterectomy
- Tonsils
- Appendix
- Thyroid
- Breast cancer
- Other cancer
- Other surgeries \_\_\_\_\_
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