

Metabolic Health Assessment

Patient Name: _____

TOP 4 HEALTH CONCERNS

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



Rachel Lazenby, CNC
310-489-9806

Directions: Rate each symptom that applies a 1, 2, or 3 depending on severity

| 1 | Thyroid Symptoms |
|---|---|
| | *Difficulty gaining weight, even with large appetite |
| | *Nervous, emotional, can't work under pressure |
| | *Flush easily |
| | *Fast pulse at rest |
| | *Inward trembling |
| | *Intolerance - high temperatures |
| | Difficulty losing weight |
| | Mentally sluggish, reduced initiative |
| | Easily fatigued, sleepy during the day |
| | Sensitive to cold, poor circulation (cold hands and feet) |
| | Excessive hair loss and/or coarse hair |
| | Morning headaches, wear off during the day |
| | Loss of lateral 1/3 of eyebrow |
| | Infrequent bowel movements |
| * | (*) Referring to Hyperthyroid |

| 3 | Adrenal Symptoms |
|---|---|
| | *Cannot fall asleep; wake up after a few hours of sleep |
| | *Perspire easily |
| | *Wake up tired – after 6+ hours of sleep |
| | *Tend to be “keyed up” during the day |
| | *Clenched or grind teeth |
| | *Excessive thirst |
| | Crave salty foods |
| | Cannot stay asleep. Awaken after a few hours of sleep |
| | Slow starter in the morning |
| | Afternoon fatigue |
| | Become dizzy when standing up suddenly |
| | Weak nails |
| | Weakness / Dizziness |
| | Afternoon yawning |
| | Allergies or hives |
| | Arthritic tendencies |
| * | (*) Referring to Hyperadrenal |

| 5 | Leaky Gut Symptoms |
|---|--|
| | Bloating and distention after eating |
| | Intolerance to sugars & starches - upset the stomach |
| | Abdominal swelling |
| | Increased reactions to eating foods |
| | Pains, aches and swelling throughout the body |
| | Unpredictable food reactions |
| | Skin issues: acne, rosacea |

| 6 | Digestion Symptoms |
|---|--------------------------------------|
| | Bad breath (halitosis) |
| | Heartburn or acid reflux |
| | Excessive belching or burping |
| | Undigested foods in stool |
| | Gas after meals |
| | Difficult bowel movements |
| | Sense of excess fullness after meals |
| | Sleepy after meals |

| 2 | Sugar Handling Symptoms |
|---|----------------------------------|
| | Crave sweets |
| | Irritable if missed meals |
| | Light headed if meals are missed |
| | Frequent urination |
| | Frequent thirst |
| | Fatigue after meals |
| | Eating relieves fatigue |
| | Agitated or easily upset |
| | Blurred vision |
| | Headache if meals are missed |
| | Poor memory/forgetful |
| | Shaky if missed meals |
| | Binge or uncontrolled eating |

| 4 | Environmental Symptoms |
|---|--|
| | Chemical & odor sensitivities |
| | Headaches after exposure to chemicals |
| | Intolerance to household chemicals (e.g. shampoo, lotion, laundry detergent, etc.) |
| | Skin outbreaks |
| | Excessive mucus |

| 7 | Liver & Gallbladder |
|---|----------------------------------|
| | Nausea |
| | Hormone imbalances |
| | Light colored stools |
| | Pain between shoulder blades |
| | Stomach upset after greasy foods |
| | Acne or unhealthy skin |
| | Hemorrhoids or varicose veins |
| | Dry or flakey skin |
| | Itchy skin |
| | Removal of gallbladder |
| | Gallbladder attacks |
| | Headache over eyes |