



CLIENT INTAKE FORM

Personal Information

Client Name:

Date of intake:

Phone Number:

Age:

Email:

Gender:

Height:

Weight:

Goal Weight:

Getting to know clients:

What is your favorite time of day and why? (getting to know the client)

Medications/Multi-vitamins/Supplements:

Goals:

Have you been yoyo'ing with weight?

Do you have a white tongue? (can be a sign of Candida overgrowth, [Candida Clear](#) can help)

Medical information/hormone issues/depression:

Currently on any medications?



Thyroid Issues (0.5-2.5 = normal: too high = hypothyroid): (migraines/high blood pressure/cold/swollen eye lids/water retention/lining outer eyebrow/constipation/bump in throat/trouble swallowing/hoarse voice/low moods):

Vit D levels (joint/muscle pain/MS/fertility/moods/diabetes/OBESE:fat cells reduce receptors)? Should be 45-85.

Iron levels? Ferritin should be 50-100.

PMS? (ZINC-Copper Balance) Menstrual Cycle (How Many days is your Cycle):

FASTING blood glucose levels? (below 60 or above 100: possible insulin resistance)

Triglycerides? (above 100 is too high, this diet will get it below 100)

Do you "poo" everyday (Magnesium/Vit C/Probiotics can help)?

Indigestion? Acid Reflux? (taking acid blockers? Restless leg = low iron, numbness = b-12) Acidophillious before bed. GO GLUTEN FREE!

Current Exercise level:

Are you tired or energetic after you eat? Tired = too many carbs resulting in glucose crash.

Cravings or Bruise easily (low zinc).

SLEEP issues or bloating (low progesterone).

Fingernail Health:

Thin/Flat nails = possible b-12 deficiency

White spots on nails = lack of protein/zinc/B6

White spots on fingernails – this is very telling again of zinc deficiency. I've personally watched mine diminish in the past. Remember it can take years to remineralize the body. If you do decide to supplement with zinc make sure you take it with an overall mineral supplement as other minerals support zinc. Liquid/ionic zinc is best as it is most easily absorbed. Of course, you could always slurp down some raw oysters – that's my favorite source of zinc!

Ridges on nails = possible insulin resistant (PCOS)

WHAT TYPE OF WATER? TAP? CHLORINE = bad liver health and weight gain! **HOT TUB? Pool?** Avoid all Chlorine and Fluoride especially with thyroid problems. That is all city water and pools or hot tubs.

DRY SKIN? Dry Eyes = Low WATER and Vit A deficiency.

Facial Hair = excess caffeine and sugar = androgens (add Progest Cream) GREEN TEA and Estrofactores (Metformin = low B-12...makes cells more receptive to insulin), no microwaves: xenoestrogens.

Other Symptoms and Causes:

1. **Cuts heal slowly and/or scar easily** – this is a sign of **zinc deficiency**. Zinc is critical in wound healing. It's also important to have zinc to help build the stomach acid you need in order to pull the minerals from your food to begin with.
2. **Calf, foot or toe cramps at rest** – This is a sign of **magnesium or potassium deficiency**. Remember we need adequate HCL and good fatty acids to absorb those minerals.
3. **Lost vitality and sense of awareness or someone who 'fakes' their energy** - This person is lacking in minerals and likely quite imbalanced. Remember minerals are the 'spark plugs' of life. Minerals act as cofactors for enzyme reactions. Enzymes do not work without minerals. Enzymes are your bodies work horses. In Chinese medicine enzymes are what give the body it's 'chi'.

4. **Feet have a strong odor** This is a common sign of **magnesium deficiency**. Keep in mind every gram of sugar consumed uses up 54 of magnesium. This means most Americans are magnesium deficient. And that's only one reason we have such an epidemic of magnesium deficiency. Thankfully, there are lots of great ways to get magnesium into the body, such as magnesium gel. This would be great to rub all over the feet and legs and whole body for that matter.

5. **Abnormal cravings for substances other than food**, such as paper, dirt, clay, rubber as well as ice are indicative of an **iron deficiency**. These are signs of Pica, affecting mostly women and children. (my one son used to eat the cardboard baby board books when he was very little)

6. **Yeast & Fungal Infections** – often indicate **low iron and zinc deficiencies**, while the tissue copper levels are elevated. Excessive copper can produce an environment that encourages yeast and fungus to grow and proliferate. Chronic candida usually indicates high tissue copper levels.

7. **Hypertension & Cardiac Arrhythmias** – this is a common sign of **potassium deficiency**. Potassium plays a major role in the muscle contraction of the heart, as well as the heartbeat, it's also an important regulator of blood pressure.

Crohn's disease or abdominal pain, fever, not wanting to eat and weight loss, and a **pain in the lower right quarter of the abdomen?**

Symptoms of type 2 diabetes can include:

- Excessive thirst
- Extreme hunger (even after eating)
- Nausea and possible vomiting
- Unusual weight gain or loss
- Increased fatigue
- Irritability
- Blurred vision
- Slow healing of wounds
- Frequent infections (skin, urinary, vaginal)
- Numbness or tingling in hands and/or feet

What is their Typical diet:

-Breakfast/Coffee

-Lunch

-Snacks

-Dinner

-Dessert

-Drinks (alcohol/soda/juice/skim milk)

-Condiments/Sauces



Animal Protein = tyrosine absorption for thyroid function; soy decreases this absorption causing thyroid to slow down. So get protein from animal sources not vegetarian sources like soy.

WHAT ARE you replacing Food with??? EMOTIONAL EATING?