

# Objective Nutritional / Metabolic Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Do you Eat:

Do you eat 5 or more servings of vegetables in a day?	Yes or No
Do you eat 4 or more servings of fruit in a day?	Yes or No
Do you drink more than 1 sugar sweetened beverage (sodas energy drinks, sweetened tea) in a day?	Yes or No
Do you drink more than 2 cups of coffee in a day?	Yes or No
Do you eat more than 3 servings candy, cookies, cakes, sweetened rolls in a week?	Yes or No
Do you eat bread all 7 days of the week?	Yes or No
Do you eat whole grain bread & pasta?	Yes or No
Do you eat more than 2 servings a day of packaged snack foods i.e.-potato chips, crackers, corn chips, Cheetos etc. daily?	Yes or No
Do you eat more than 2 packaged entrees and side dishes daily?	Yes or No
Do you purchase/eat regular store bought meat (not grass-fed)?	Yes or No
Do you purchase/eat farm raised fish (not wild caught)?	Yes or No
Do you eat almonds, walnuts, cashews, pistachio, macadamia, pecans more than 2 times a week?	Yes or No
Do you eat chia, flaxseed, or hempseed more than 5 times week?	Yes or No

Total Yes's :

## Cooking

What oils do you cook with? ☐ olive oil ☐ coconut oil ☐ grass-fed butter ☐ corn oil ☐ sunflower oil ☐ vegetable oil

Do you eat Yogurt?	Yes or No
Do you consume cheese or milk products?	Yes or No

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Do you cook at home more than 5 times in a week?

Yes or No

Total Yes's :

### Do you feel?

Do you have muscle cramping?

Yes or No

Do you have restless leg syndrome?

Yes or No

Are you nervous or have anxiety?

Yes or No

Do you get headaches often?

Yes or No

Are you constipated frequently?

Yes or No

Do you suffer from osteoporosis or osteopenia?

Yes or No

Do you suffer from chronic pain?

Yes or No

Have you been diagnosed with an autoimmune disease?

Yes or No

Do you have muscle stiffness or pain?

Yes or No

Total Number of Yes':

### Exercise

Do you exercise?

Yes or No

Do you exercise 5 days a week?

Yes or No

What types of exercises ?

Are you more of a couch potato?

Yes or No

Do you ever get sore from exercising?

Yes or No

Total Number of Yes':

### Immune

Do you get a cold or the flue each season?

Yes or No

Do you believe that you have a strong immune system?

Yes or No

Do you have more than 1 bowl movement in a day?

Yes or No

Do you have allergies ?

Yes or No

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Do you get a sore throat and/or stuffy/runny nose more than once a month?	Yes or No
Do you eat dairy products – ice cream?	Yes or No
Do you eat sugar foods? i.e. candy/cakes	Yes or No
Would you like to strength your immune response?	Yes or No
Total Number of Yes':	

### Cardio-Metabolic Health

Are you currently diagnosed with ?	
Cholesterol Problems?	Yes or No
High Blood Pressure	Yes or No
Diabetes ?	Yes or No
Pre-diabetes ?	Yes or No
Metabolic Syndrome?	Yes or No
Any other diagnosis please list below:	

Do you take medications for:	
Cholesterol	Yes or No
High Blood Pressure	Yes or No
Diabetes / Pre-diabetes?	Yes or No
Total Yes's :	
Please list all medications:	

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Are you under the care of a physician for these conditions?

If yes, who is your physician currently managing these conditions?( Name, Address, Phone #)

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How important is it to you function at your optimum 100% health? On a scale of 1-10 (10 being ready to change today) \_\_\_\_\_

How ready are to change? On a scale of 1-10 (10 being ready to change today) \_\_\_\_\_

- \_\_\_\_\_ Your Diet
- \_\_\_\_\_ Supplementation
- \_\_\_\_\_ Consistent Chiropractic Care
- \_\_\_\_\_ Exercise

### For Practitioner Use Only:

Note- Yes = 1 point No= 0 points (ex. 5 yes' = 5 points)

	Totals:	Supplement Recommendations
Do you eat?		<p>&gt; 5</p> <p><b>Greens-</b> If yes is the primary answer this shows that the diet may be a very acidic diet. To counter balance the acidity, we recommend the Greens product which is an alkaline superfood which will help improve digestion, immunity, inflammation, energy, and aiding in weight loss.</p> <p><b>Turmeric-</b> With the increased amount of processed foods and sugary foods the body is undergoing an overwhelming amount of inflammation which could lead to pain, chronic disease, or autoimmune disease. Turmeric helps the body fight inflammation with the curcuminoids, ginger, curcumin, bromelain, and saffron. Turmeric will also help if the patient has any current pain or chronic conditions by supporting the body with an anti- inflammatory product.</p>
Cooking		<p>&gt; 2 &amp; corn oil &amp; vegetable oil are chosen</p> <p>With the increase in saturated fats, eating out, and the need for energy the patient is a great candidate for the <b>Ultra Amino Energy</b>. Why? This supplement is full of amino acids specifically L-arginine which is a vasodilator. This is why it is great for our cardiovascular system. It is also full of B- vitamins that will supply the patients with energy &amp; no crash. Educate patient on cooking methods to incorporate more healthy fats. Also, great to improve brain function.</p>

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Do you feel	>1	<p><b>Minerals Chelated-</b> This formula uses chelated minerals with Albion and TRACCS (The Real Amino Acid Chelate System) a highly bioavailable and absorptive form of the minerals. This supplement is formulated with ferrous gluconate (iron) to aid with hemoglobin formation, an oxygen carrier, muscle function, and brain function. This supplement has magnesium which helps prevent muscle aches and spasms, helps increase energy, calms nerves and anxiety, aids digestion by relieving constipation, important in heart health, and helps prevent migraine headaches. These minerals are also essential in building &amp; maintaining strong bones.</p> <p><b>Turmeric-</b> Turmeric helps the body fight inflammation which is the underlying root of a lot of diseases. Patients who suffer from chronic pain, autoimmune disease, and muscle stiffness/pain may benefit from this supplement by adding in an anti-inflammatory product like our Turmeric product.</p>
Exercise	>2	<p><b>Turmeric-</b> With turmeric being an anti-inflammatory supplement, it can be great for post work out inflammation and recovery/ soreness .</p> <p><b>Type One Collagen-</b> Working out helps strengthen our muscles, tendons, and ligaments. Type One Collagen Protein is important for growth and maintenance of tendons and ligaments. It also helps with joint health and improves our muscle mass.</p> <p><b>Ultra Amino Energy-</b> Aminos are a great aid for the cardiovascular system. By adding these into your daily supplement regiment it can be a great aid in improving stamina during a working out and provide you sustained energy throughout the day without any crash or added sugars!</p> <p><b>Minerals -</b> Helps with cramping during and after exercise. Great for bone health to keep bones strong!</p>
Immune	< 2	<p><b>Mega Immune-</b> This is a daily immune product that helps maintain the integrity of the immune system by a synergistic blend of ingredients. This product is a great immune support supplement to keep the immune system strong all year long.</p>

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Cardio-Metabolic  
Health

> 2

ALL ( Greens, Minerals, Turmeric, Type 1 Collagen Protein, & Ultra Amino Energy) SUPPLEMENTS TO SUPPORT THE BODY & CURRENT DISEASES.

### Dr. Mark Cymerint D.C. Recommendations:

For Patient: \_\_\_\_\_

#### Supplement Recommendations:

- ☐ Total Turmeric - \_\_\_\_\_
- ☐ Chelated Minerals - \_\_\_\_\_
- ☐ Type-1 Collagen - \_\_\_\_\_
- ☐ Ultra Amino Energy - \_\_\_\_\_
- ☐ Ultra Amino Energy (Caffeine Free) - \_\_\_\_\_
- ☐ Alkaline Greens - \_\_\_\_\_
- ☐ Mega Immune - \_\_\_\_\_

#### Exercise

#### Recommendations:

#### Dietary Recommendations: