

## FibromyalgiaHope.com's Nutritional Deficiency Assessment

Print the Assessment. **Simply place a check by the symptoms you have experienced in the last month.** Directions for interpretation begin on Page 5.

This form is not a diagnosis and supplements should not be expected to 'cure' any disease. Please consult your physician for any symptoms to rule out serious disease and to avoid adverse medicine interactions, before beginning a supplement program.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Time Zone: \_\_\_\_\_ Best Time to Call: \_\_\_\_\_

### Category 1

- tired all the time
- irritated often
- crave sweets/caffeine
- headaches
- stress
- PMS
- mood swings
- racing heartbeat
- anxiety
- nails have ridges
- skin problems/hair loss
- pregnancy/morning sickness
- carpal tunnel syndrome
- female before menopause
- cracked lips
- gray hair prematurely
- depression

### Category 2

- get a cold often
- canker sores
- bruise easily/slow healing
- varicose veins/spider veins
- allergies
- arthritis
- back/neck pain
- smoke cigarettes
- stress
- cancer concerns
- macular degeneration
- poor immune system
- take oral contraceptives
- bleeding gums
- iron deficiency
- heavy metals/toxins

### Category 3

- heart problems
- asthma
- poor circulation
- high blood pressure
- diabetes
- wounds heal slowly
- PMS
- autoimmune disease
- menopause/hot flashes
- high cholesterol
- restless legs
- cold hands and/or feet
- poor night vision
- dark veins in legs

### Category 4

- go to bed tired/wake up tired
- mood swings
- weakness/weak muscles
- dry hair/hair loss
- splitting/peeling nails
- difficult to concentrate
- hormonal issues
- high cholesterol
- osteoporosis-or risk of
- low/fluctuating blood sugar
- going through menopause
- depression
- thyroid problems
- stomach upset easily
- slow healing
- premature aging
- poor immune system
- muscle spasms
- no elasticity in skin

### **Category 5**

- tight muscles/muscle cramps
- irritated often
- trouble sleeping
- grinding teeth
- PMS-with or without cramps
- muscle spasms
- joint pain
- poor fingernails
- osteoporosis-self or relatives
- backache
- erratic heartbeat
- headaches/migraines
- colon cancer-self or relatives
- low dairy intake

### **Category 6**

- constipation-past or present
- acne
- leaky gut
- narrow, thin bowel movements
- low nutrient absorption
- narrow diameter bowel movements
- diarrhea

### **Category 7**

- allergies/asthma
- drink coffee
- arthritis/joint pain/gout
- sinus problems
- low vegetable consumption
- digestive problems/GERD
- kidney/bladder infections
- bad breath/body odor
- water weight gain
- wake up to urinate/middle of night
- need to detoxify

### **Category 8**

- history of antibiotic/med use
- repeat infections
- IBS/colitis/Chrohn's
- sensitivity to odors/scents
- rashes/eczema/psoriasis
- allergies/food sensitivities
- vaginal/bladder infections
- candida
- white coating on tongue
- itchy vaginal area

### **Category 9**

- liver overworked
- hepatitis, cirrhosis
- take OTC/prescription meds
- problems with sleep
- food sensitivities
- dark circles/bags under eyes
- canker sores/acne
- candida/yeast overgrowth
- eczema/psoriasis/hives
- low hormone production
- body odor, bad breath

### **Category 10**

- colds/flu often
- asthma/allergies
- cancer concerns
- immune system needs boost
- chronic hidden virus

### **Category 11**

- using cholesterol lowering meds
- no energy
- cold hands/feet
- weak heart, poor heartbeat
- low endurance
- poor short term memory
- poor circulation

### **Category 12**

- not enough hours in the day!
- feeling stressed out often!
- stressful deadlines
- muscles tight
- quick to anger
- difficult to concentrate
- anxiety

### **Category 13**

- I burn the candle at both ends
- constant fatigue
- mental/physical exhaustion
- no motivation
- low blood pressure
- high stress

### **Category 14**

- \_\_\_ high blood sugar
- \_\_\_ type II diabetes
- \_\_\_ crave sweets, breads, pasta
- \_\_\_ high triglycerides
- \_\_\_ low HDL cholesterol
- \_\_\_ need caffeine boost in afternoon

### **Category 15**

- \_\_\_ osteoarthritis
- \_\_\_ sports injuries
- \_\_\_ decreased ability to move
- \_\_\_ need to rebuild cartilage

### **Category 16**

- \_\_\_ repeat stress on joints
- \_\_\_ arthritis pain
- \_\_\_ chronic pain
- \_\_\_ joints suffer from overuse

### **Category 17**

- \_\_\_ arthritis pain
- \_\_\_ muscle strains
- \_\_\_ neck/shoulder pain
- \_\_\_ backaches
- \_\_\_ sore joints

### **Category 18**

- \_\_\_ food intolerances (lactose)
- \_\_\_ gas/bloating/rumbling stomach
- \_\_\_ indigestion
- \_\_\_ lack of raw foods in diet

### **Category 19**

- \_\_\_ trouble concentrating
- \_\_\_ ADD/ADHD
- \_\_\_ poor memory
- \_\_\_ vertigo/dizzy/ringing in ears
- \_\_\_ macular degeneration
- \_\_\_ headaches
- \_\_\_ diabetic circulation problems
- \_\_\_ cataracts, glaucoma

### **Category 20**

- \_\_\_ PMS/menstrual regularities
- \_\_\_ skin eruptions/dryness/eczema
- \_\_\_ fibrocystic lumps
- \_\_\_ high cholesterol
- \_\_\_ arthritic pain and swelling
- \_\_\_ multiple sclerosis
- \_\_\_ dry eye syndrome
- \_\_\_ fertility problems
- \_\_\_ menopausal symptoms
- \_\_\_ headaches
- \_\_\_ lines on nails

### **Category 21**

- \_\_\_ hot flashes
- \_\_\_ sleep disturbances
- \_\_\_ mood swings
- \_\_\_ anxiety/jumpiness
- \_\_\_ short-tempered
- \_\_\_ depression/weepiness
- \_\_\_ heart pounding while resting
- \_\_\_ going through menopause

### **Category 22**

- \_\_\_ depression
- \_\_\_ melancholy
- \_\_\_ loss of interest in life
- \_\_\_ lack of motivation
- \_\_\_ sleep disorders
- \_\_\_ emotional distress/stress

### **Category 23**

- \_\_\_ slow thinking
- \_\_\_ brain fog
- \_\_\_ difficult to remember things
- \_\_\_ trouble focusing
- \_\_\_ slow reaction time
- \_\_\_ high stress
- \_\_\_ depression
- \_\_\_ aluminum, lead toxicity
- \_\_\_ poor night vision
- \_\_\_ vertigo

### **Category 24**

- \_\_\_ viral/bacterial infections
- \_\_\_ weak immune system
- \_\_\_ frequent sore throat
- \_\_\_ want quick fix at first sign of cold/flu

### **Category 25**

- \_\_\_ acid indigestion/gas/bloating
- \_\_\_ upset stomach easily
- \_\_\_ morning sickness
- \_\_\_ motion sickness

### **Category 26**

- \_\_\_ insomnia
- \_\_\_ TMJ/muscle tension
- \_\_\_ headaches/anxiety
- \_\_\_ rapid heartbeat
- \_\_\_ hyperactivity

### **Category 27**

- \_\_\_ blood clots, aneurysms
- \_\_\_ viral, bacterial infections
- \_\_\_ yeast infections/Candida
- \_\_\_ sinus infections
- \_\_\_ allergies/asthma
- \_\_\_ colitis
- \_\_\_ weakened immune system
- \_\_\_ natural antibiotic needed

### **Category 28**

- \_\_\_ anemia
- \_\_\_ heavy menstruation
- \_\_\_ itching all over
- \_\_\_ dark circles under eyes
- \_\_\_ spoon-shaped, thin nails
- \_\_\_ vegetarian diet
- \_\_\_ low energy/fatigue/stress

### **Category 29**

- \_\_\_ high cholesterol
- \_\_\_ poor memory
- \_\_\_ concentration problems
- \_\_\_ low thyroid
- \_\_\_ nerve damage/MS
- \_\_\_ trying to lose weight

### **Category 30**

- \_\_\_ poor circulation/blood clots
- \_\_\_ migraine headaches
- \_\_\_ learning challenges, ADD
- \_\_\_ autism, development disorders
- \_\_\_ eczema, psoriasis
- \_\_\_ ulcerative colitis
- \_\_\_ lupus/multiple sclerosis
- \_\_\_ bipolar disorder
- \_\_\_ depression
- \_\_\_ asthma, allergies

### **Category 31**

- \_\_\_ constipation
- \_\_\_ acne
- \_\_\_ body odor
- \_\_\_ high cholesterol
- \_\_\_ diabetes
- \_\_\_ frequent headaches/migraines
- \_\_\_ colon problems
- \_\_\_ diet high in processed foods
- \_\_\_ heart disease

### **Category 32**

- \_\_\_ asthma/allergies
- \_\_\_ poor night vision
- \_\_\_ skin issues
- \_\_\_ respiratory infections
- \_\_\_ bronchitis/pneumonia
- \_\_\_ viruses/weak immune system
- \_\_\_ family cancer history
- \_\_\_ exposure to toxins
- \_\_\_ heart disease
- \_\_\_ < 5 servings/day fruits/veggies

### **Category 33**

- \_\_\_ < 5 servings/day fruits/veggies
- \_\_\_ liver toxins/problems
- \_\_\_ intestinal toxins/problems

### **Category 34**

- \_\_\_ acne
- \_\_\_ slow healing
- \_\_\_ thin hair shaft
- \_\_\_ white spots on nails
- \_\_\_ white coating on tongue

## **Interpret the Results of your Nutritional Assessment**

If you chose the **Self-Guided Assessment**, the **Key to the Assessment is on the following page**. If you have two or more checks in any category, you may benefit from that supplement. The more checks in a Category, the more you may benefit from the nutrient, herbal formula, or supplement related to that Category. Confused about which supplements to start with? You may choose to upgrade below and benefit from my added expertise in prioritizing a beginning nutritional program unique to your needs.

If you ordered the **Nutritional Assessment by Email**, **print, fill out, and fax the first four pages of this document to me at 1-708-850-0680**. Be sure to **include your name and email address**. Drop me an email with more about your history and current symptoms to [anitamurray@earthlink.net](mailto:anitamurray@earthlink.net). I will return your Beginning Nutritional Program, usually within 1 business day.

If you ordered the **Nutritional Assessment by Phone**, **fax your completed Nutritional Assessment to 1-708-850-0680, along with your email address, phone number, time zone and the best time for an appointment** (morning, afternoon, or evening).

If you wish to **upgrade to the Nutritional Assessment by Email** in order to receive my personal recommendations for a beginning nutritional program, or upgrade to the **Nutritional Assessment by Phone** which includes an in-depth review of your health, history, and current symptoms, along with a Beginning Nutritional Program you may [choose your upgrade & purchase here](#).

**Important:** Please fax your Nutritional Assessment to me. Office supply stores have faxing services. For the safety of my business computer, **I do not open attachments**. If you cannot fax the Assessment, email me the total checks for each Category, in the body of an email.

## **FibromyalgiaHope.com's Nutritional Deficiency Assessment Key**

Each category's corresponding product is linked to a guaranteed safe and effective brand. Try the products below with the confidence of a **30-day Money-back Guarantee** that you will feel better. What have you got to lose? Feeling like crap—that's what you've got to lose. What have you got to gain? My nutritional expertise. When you purchase your products from me, I will work with you to fine-tune your Nutritional Program to best support your health and healing.

**A quality multivitamin and mineral is essential for most everyone:** [Vita-Lea](#)

- Category 1 = [B-Complex 120](#) or [B-Complex 240](#)
- Category 2 = [Sustained Release Vita-C](#)
- Category 3 = [Vitamin E Complex](#)
- Category 4 = [Energizing Soy Protein](#)
- Category 5 = [OsteoMatrix 120](#) or [OsteoMatrix 360](#)
- Category 6 = [Herb-Lax 60](#) or [Herb-Lax 240](#)
- Category 7 = [Alfalfa 330](#) or [Alfalfa 700](#)
- Category 8 = [Optiflora](#)
- Category 9 = [Liver DTX](#)
- Category 10 = [Nutriferon](#)
- Category 11 = [CoQHeart](#)
- Category 12 = [Stress Relief](#)
- Category 13 = [CorEnergy](#) or [CorEnergy Kosher](#)
- Category 14 = [Glucose Regulation Complex](#) or [Kosher version](#)
- Category 15 = [Joint Health Complex](#)
- Category 16 = [Pain Relief Complex](#)
- Category 17 = [Joint and Muscle Pain Cream](#)
- Category 18 = [EZ-Gest](#)
- Category 19 = [Mental Acuity Plus](#)
- Category 20 = [GLA Complex](#)
- Category 21 = [Menopause Balance Complex](#) and/or [Cooling Lotion](#)
- Category 22 = [Moodlift Complex](#)
- Category 23 = [Memory Optimizer](#)
- Category 24 = [Defend and Resist Complex](#)
- Category 25 = [Stomach Soothing Complex](#)
- Category 26 = [Gentle Sleep Complex](#)
- Category 27 = [Garlic](#)
- Category 28 = [Iron plus C Complex](#)
- Category 29 = [Lecithin](#)
- Category 30 = [Omega Guard](#)
- Category 31 = [Fiber Plan Mix](#) or [Fiber Tablets](#)
- Category 32 = [Carotomax 30](#) or [Carotomax 90](#)
- Category 33 = [FlavoMax 60](#)
- Category 34 = [Zinc](#)

Convenient option:

Use [Vitalizer](#) or [Vitalizer + Iron](#) in place of Categories 1-3, 8, & 30. Includes 80 Bio-optimized nutrients for a well-rounded nutritional program. Add Herb-lax, OsteoMatrix, and Protein to complete the Basic Fibromyalgia Supplement Program.