



IMAGE AWARENESS WELLNESS INSTITUTE

PG.1 STRESS AND HEALTH INDICATOR

PERSONAL INFORMATION

Name _____
Address _____
Phone _____
Email _____

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.
- 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
- 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
- Sluggish bowel

SMALL INTESTINE

- I notice emotional or physical changes after meals (tired, irritable, etc)
- Food allergies or sensitivities
- Recurrent diarrhea or dumping syndrome
- Gradual bloating or "balloon syndrome" as the day progresses or after meals

COLON OR LARGE INTESTINE

- 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



IMAGE AWARENESS WELLNESS INSTITUTE

PG.2 STRESS AND HEALTH INDICATOR

FAT INTAKE

- Consume margarine, vegetable 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

- 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

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
- 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



IMAGE AWARENESS WELLNESS INSTITUTE

PG.3 STRESS AND HEALTH INDICATOR

- 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

Zinc-Copper

- Body odor

- Loss of appetite
- Food tastes funny or tasteless
- Craving for salt
- Prostate problems
- Slow wound healing
- White clouds or bands on fingernails
- Acne
- Warts

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

- 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



IMAGE AWARENESS WELLNESS INSTITUTE

PG.4 STRESS AND HEALTH INDICATOR

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

Surgery

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

Primary Health Concerns

Family Health Problems

Medications Being Used and Reason for Use

Diet Diary: Record of Foods and Beverages Day 1

Day 2

Day 3
