



Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# PERSONALIZED NUTRITIONAL GUIDE

## Introduction

A building is constructed from the ground up. Let's pretend that your body is a building in need of renovation and repair. Deficiency symptoms have been associated with poor lifestyle and nutritional habits.

If you find yourself checking different areas you should improve your diet or environment. If you choose to supplement we recommend the GNLD products, which we ourselves use. Minor problems will usually be met by broad-spectrum supplementation. Serious problems may require extra supplements in the specific area. Individuals with serious health problems should consult a physician for proper diagnosis and treatment. You should nourish yourself well as an adjunct to competent medical treatment

Check any of the following that apply. The greater number of marks, the greater the likelihood there is a need in that particular area.

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY** \_\_\_\_\_

**STATE/ZIP** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Work Phone:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

## BROAD-SPECTRUM SUPPLEMENTS

Protein (Super Ease, NouriShake, Vegetarian Protein, GR<sup>2</sup> Meal Replacement Shakes)

- Fatigue
- Flabbiness
- Infections
- Brittle and ridged nails
- Dull, damaged hair
- Bruising
- Weight problems
- Mental depression or confusion

## UNIPAK SYSTEMS

Vitamin A

- Red or irritated eyes

- Runny nose and eyes
- Headache
- Sinus problems
- Allergies
- Colds and sore throats
- Smoker's cough
- Lung problems
- Dandruff
- Night blindness
- Acne
- Athlete's foot and other fungus problems
- Callus on bottom of foot
- Ear infection

## Vitamin B Complex

- Dark circles or bags under eyes
- Fatigue
- Poor appetite
- Digestive disorders
- Dull, dry gray hair
- Nerve disorders
- Eye problems
- Skin problems
- Cracks at corner of mouth
- Anemia
- Arthritis
- Constipation
- Sweet tooth
- Nausea and morning sickness
- Stressed out
- Weak immune system
- Alcohol consumption

## Vitamin C Complex

- Frequent colds or flu
- Varicose veins
- Hemorrhoids
- Stressed out
- Bleeding gums
- Swollen or painful joints
- Slow healing wounds or fractures
- Bruising
- Nosebleeds
- Impaired Digestion
- Poor tolerance to heat or cold
- Drug addiction
- Viral diseases

## Vitamin E Complex

- Retinal degeneration

- Hot flashes
- Menstrual pain
- Blood clotting
- Premature aging
- Angina pain
- Poor circulation
- Lack of energy and stamina

#### Grain Oils

- Prostate problems
- Poorly functioning endocrine glands
- Mental illness
- Skin problems
- Dandruff
- Lusterless hair
- Allergy prone
- Dry skin, dehydration
- Faulty teeth
- Asthma
- Acne
- Weight problems

#### Calcium

- Muscle cramping, twitching or tenseness
- High blood pressure
- Soft or brittle bones
- Insomnia

#### Multi-Minerals

- Blood sugar problems
- Weak immune system
- Digestive problems
- Tooth decay
- Heavy metal accumulation
- Backache
- Alcoholism
- Anemia
- Body odor
- Arthritis
- Stretch marks
- Stunted growth
- Heart disease
- Coffee consumption
- Acne

#### Liver Plus C

- Low vitality or endurance
- Anemia
- Energy for athletic competition
- Liver problems
- Pesticide exposure

#### Salmon Oil

- High blood pressure
- Stroke
- Heart disease
- Arthritis
- Ringing of the ears

- Alcohol intolerance
- Skin problems
- Menstrual irregularity
- Irregular sleep
- Easy bruising
- Cold sensitivity
- Distressing fears
- Tiredness and fatigue
- Mental illness
- Poor circulation
- High cholesterol and triglyceride
- Migraine headache
- Pain (e.g. backache)

#### DIGESTANTS

##### Betagest

- Asthma
- Bloating
- Belching
- Burping
- Full after meals
- Frequent need of antacids
- Delicate stomach
- Bad breath
- Internal parasites
- Food allergy
- Blood sugar problems
- Gas
- Intolerant to fruit juice
- Weak immune system
- Fluid retention

##### Enzyme Digestive Aid

- Food sensitivity
- Schizophrenia
- Blood sugar problems
- Asthma
- Overweight or underweight
- Gas
- Cancer
- Digestive distress

##### Liipotropic Adjunct

- Fatigue
- Problems digesting fat
- Weight problems
- Poor circulation
- Fatty liver
- Heart disease (high cholesterol and triglyceride)

##### Fiber Powder & Total Fiber Concentrate

- Diverticular disease
- Appendicitis
- Hiatus hernia
- Varicose veins
- Hemorrhoids
- Colon cancer

- Estrogen imbalance
- Gallstones
- Obesity
- Blood sugar problems
- Heart disease

**Acidophilus Complex**

- Anxiety
- Use of antibiotics
- Recurrent infections
- Alcohol, sugar or fat consumption
- Digestive problems
- Food allergy
- Cystitis
- Osteoporosis
- Heart disease

**SPECIFICS**

**Herbal Men's Formula**

- Prostate problems

**Herbal Women's Formula**

- Female problems
- Menstrual pain
- Cramping
- Hot flashes

**Garlic Allium Complex**

- Yeast infection
- High blood pressure
- Allergies

**Betagard**

- Exposure to toxics
- Exposure to radiation (X-ray)
- Allergies (air pollution)
- Freeway driving
- Fatigue
- Dark circles or bags under eyes
- Cancer risk
- Irritated eyes or nose

**Resp-Eleven**

- Smoker's cough
- Bothered by allergies
- Susceptible to colds or sore throats
- Lung problems

**Lecithin**

- Memory

**ENVIRONMENT**

**Water**

- Heart disease
- Weak immune system
- Drink insufficient water
- Water tastes bad

**Beverages**

- Carbonated water or soda
- Diet sodas
- Regular sweetened soft drinks
- Fruit juice
- Caffeine-containing coffee, tea, cola, chocolate
- Drink regular tap water
- Drink cold beverages with meals
- Drink milk

**Elimination**

- Frequently constipated
- Stool rarely or never floats
- Frequent diarrhea or loose stools
- Colitis or irritable bowl syndrome
- Stool has a light (yellow or white) color
- Frequent use of laxatives

**Eating Patterns (double check if frequently)**

- Skip breakfast
- Light breakfast
- Large dinner
- Snack after dinner
- Eat ice cream
- Eat pie, cookies, cake
- Eat candy
- Eat lots of red meat
- Eat luncheon meats
- Don't like vegetables
- Eat out at fast food restaurants
- Tendency to eat on the run
- Tend to go on eating binges
- Enjoy salty food

My primary nutritional and dietary concerns are:

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Vitamins/medications taking or used in past year:

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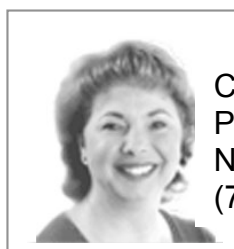
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