

Blake Graham, B.Sc. (Honours)  
Clinical Nutritionist

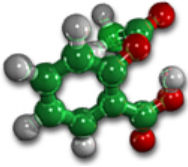
## Instructions on how to fill out questionnaire:

- **Please read this page before filling in your questionnaire.**
- Take the time to fill in the questionnaire carefully and thoroughly. Allow sufficient time before your appointment for completion. **The consultation can not take place unless the questionnaire is completed.** Please note the questionnaire is 18 pages long and takes some time to fill in.
- **Use a pen colour other than black.** Ideally also use a **coloured highlighter** to mark signs, symptoms and risk factors.
- Answer every question possible. Answer questions as honestly as possible.
- If unsure of a question ask someone who may know and/or give it some thought.
- Circle or mark all symptoms, signs and risk factors (see right hand column in image below) which apply to you. See example below:

### Zinc deficiency.

White spots or lines on nails	Risk factors ( <i>mark or circle those which apply</i> ):
Acne, eczema, psoriasis or warts	
Stretch marks	
Slow wound healing (including frequent mouth ulcers or leg ulcers)	
Rough skin	
Impaired taste acuity or sense of smell (e.g. need high levels of salt for food to taste salty)	
Poor/decreased appetite	
Poor night vision	
Frequent infections	
Anger, ADD, hyperactivity, explosive behavior or aggression/violent	
	<ul style="list-style-type: none"> <li>• Ongoing or regularly recurring diarrhea</li> <li>• Recent pregnancy or breastfeeding</li> <li>• Birth control pill use</li> <li>• Regular aspirin use</li> <li>• Low meat consumption</li> <li>• Diuretics, antacids or steroids (e.g. prednisone)</li> <li>• Recent injury/burns/surgery</li> </ul>

- When answering if you have a certain physical sign (e.g. white tongue), actually look, as it may not be something you have noticed before.
- If a certain line contains a number of different symptoms, just mark the sections of the line which apply to you.
  - e.g. Acne, eczema or psoriasis
- Fill out the questionnaire the best you can. If some information is not accessible or unknown, do not worry.
- If **pain** is a significant issue, print off the following pain diagram. Mark and highlight the areas of pain you experience and add this page between page 1 & 2 of the questionnaire.
- [www.functionalmedicine.org/content\\_management/files/18\\_Musncik%20Handout%20-%20Intake%20Form%20Spring%202008.pdf](http://www.functionalmedicine.org/content_management/files/18_Musncik%20Handout%20-%20Intake%20Form%20Spring%202008.pdf)
- If the time between receiving the questionnaire and your appointment is too short to fill out some sections (e.g. temperature regulation section), do your best to fill in as much as you can with what time you have.
- Filling out the questionnaire may seem like a big task, but it is in your best interest. Collecting this much information during an appointment would take hours, and cause the appointment to cost much more.
- Please staple the pages in the correct order.
- Prior to your initial appointment go to [www.nutritional-healing.com.au/content/articles.php](http://www.nutritional-healing.com.au/content/articles.php) and read the article 'Dietary recommendations' for general information about diet.
- If you smoke go to [www.nutritional-healing.com.au/content/articles.php](http://www.nutritional-healing.com.au/content/articles.php) and read the article 'Methods to quit smoking'.



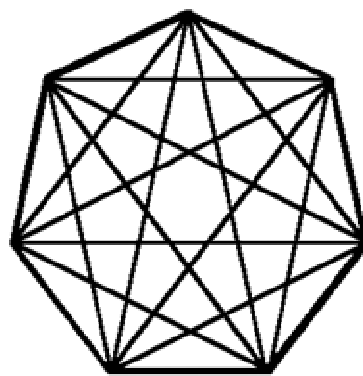
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## General philosophy and what to expect in your initial appointment:

The primary initial goal is to identify the causes of your symptoms, rather than purely using symptomatic or general treatments. For example Irritable Bowel Syndrome (IBS) is often caused by intestinal infections (e.g. parasites). This approach is different to, for example, using stimulant herbs to treat fatigue, or using pain reducing agents for treating arthritis. '*Treat the individual not the diagnosis*' is the general philosophy and results in the most profound changes in health. Chronic health issues are virtually always multi-factorial, meaning more than one factor is contributing to symptoms. Secondly different issues typically inter-relate with one another. Treatment ideally targets as many contributing factors as possible.



Multi-factorial nature of illness.



Web of inter-relationships and vicious cycles.

The completed questionnaire is reviewed and certain issues discussed for the purpose of identifying factors possibly contributing to your symptoms (e.g. intestinal parasites, magnesium deficiency, stress, allergies, etc.). Once a general impression of likely contributing factors has been made then, depending on the issue, one of the following options can be taken:

- In certain areas tests are recommended to confirm the existence and nature of different issues, after which time treatment of these issues can be commenced. At present the most common tests suggested include:
  - Stool microbial analysis for healthy and harmful intestinal bacteria, parasites, and yeast.
  - Saliva adrenal hormone testing.
  - Hair mineral analysis.
  - Elimination diets for identifying food allergies and intolerances.
- In other areas certain issues can be treated immediately. For example magnesium and fish oil supplements may be recommended if you display symptoms of magnesium and essential fatty acid deficiency, or if sleep deprivation or high stress levels are present, action can be taken to address these issues.

One individual, for example, may initially focus on addressing imbalanced intestinal bacteria, food allergies, low magnesium and stress. Clinical response is monitored while selected issues are addressed for a period of time, after which an evaluation can be made of further avenues to explore if needed.