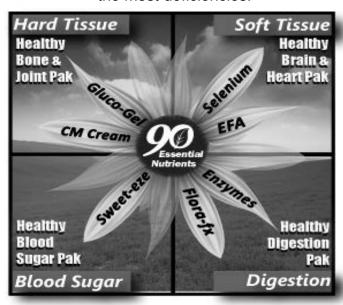
Dr. Wallach's Deficiency Chart

Dr. Joel Wallach, author of "Dead Doctors Don't Lie", is famous for connecting over 900 different health problems to deficiencies of the 90 Essential Nutrients that the body does not make. During the past 40 years, Dr. Wallach has discovered that most health problems fall into 1 of 4 categories as illustrated below. Please complete the self-evaluation questionnaire on the next page to determine which category you have the most deficiencies.



Category	Deficiency	Health Broblems Resulting				
Calegory	Deliciency	Health Problems Resulting				
1 Hard Tissue Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Calcium & Magnesium	Arthritis, Back Pain, Bell's Palsy, Bone Spurs, Bone Fractures, Brittle Nails, Calcium Deposits, Cartilage Damage, Cognitive Impairment, Depression, High/Low Blood Pressure, Insomnia, Irritability, Joint Pain, Kidney Stones, Ligament Damage, Muscle Cramps, Nervousness, Osteofibrosis, Osteoporosis, Panic Attacks, PMS, Prolonged Blood Clotting Time, Receding Gums, Restless Legs, Tooth Decay, Vertigo				
2 Soft Tissue Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Essential Fatty Acids & Selenium	Acne, ALS, Alzheimers, Asthma, Blood Clots, Brittle Hair, Cracked Heels, Dementia, Extended Menopause, Menstrual Pain, Eczema, Psoriasis, Fibromyalgia, Fried Food Cravings, Gallstones, Infertility, Low Libido, Low Sperm Count, MS, Muscular Dystrophy, Kidney Dysfunction, Heart/Lung Disease				
3 Blood Sugar Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Chromium & Vanadium	ADD/ADHD, Adrenal Failure, Anxiety, Bed Wetting, Bipolar Disorder, Cardio-vascular Disease, Depression, Diabetes, Elevated Cholesterol and Triglycerides, Fainting Spells, Fatigue, Hyperactivity, Hypoglycemia, Infertility, Learning Disabilities, Migraine Headaches, Moodiness, Narcolepsy, Night Sweats, Peripheral Neuropathy				
4 Digestion Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Enzymes & Flora	Allergies, Athletes Foot, Belching, Bloating, Gas, Burping, Celiac, Crohn's Disease, Dermatitis, Diarrhea, Constipation, Diverticulitis, Food Sensitivities, Heartburn, Hiatal Hernia, Indigestion, Irritable Bowel, Leaky Gut, Acid Reflux, Stomach or Intestinal Pain, Yeast Infections				

Name	_					nt	_ Heigh	t A	ige			
Date					y Health Evaluation							
Rate the severity and frequency of your conditions on a scale of 1 to 1010 being the worst.												
Category 1: Hard Tissue Problems				Category 2: Soft Tissue Problems								
	Start	30 days	60 days	90 days		Start	30 days	60 days	90 days			
Back, neck, knee, shoulder, or joint pain					Cracked heels, hands, cuticles							
Stiffness, numbness, noisy joints					Dry skin, rashes, age spots, blemishes							
Bleeding/receding gums, Tooth loss/decay					Forgetfulness, Cognitive issues, Fatigue							
Kidney stones, Bone spurs, Heel spurs					Cough, dry throat, Trouble breathing							
Nervousness, Trouble going to sleep					Prostate, Heart, Thyroid or Kidney issues							
High or low blood pressure					Eye or vision problems, Dry eyes							
Muscle Cramps, Spasms, Twitches					Sagging skin, Hemorrhoids, Gray hair							
Health Evaluation Score Totals					Health Evaluation Score Totals							
Do you take pain medication?					Cholesterol/Blood Thinner/Diuretic Meds?							
How often?					Fibromyalgia, MS, Parkinson meds?							
Do you take blood pressure medication?					Thyroid Meds? If so, which one(s)?							
Category 3: Blood Sugar Problems				Category 4: Diges	Category 4: Digestion Problems							
	Start	30 days	60 days	90 days		Start	30 days	60 days	90 days			
Cravings for carbs, sweets					Heartburn, Acid reflux, Indigestion							
Tired after meals, Randomly fall asleep					Stomach/Gut pain, Gallbladder issues							
Excessive thirst or sweating					Bloating, Belching, Gas, Nausea, Ulcers							
Wake up during the night					Food/Seasonal allergies, Fungal infections							
Trouble losing weight, Weight gain					Constipation or Diarrhea, Colon Problems							
High or low blood sugar levels					Get sick often, Low immunity							
Behavioral, Mood swings, Irritability					Skin problems, Flushed face, Arm Bumps							
Health Evaluation Score Totals					Health Evaluation Score Totals							
Do you take blood sugar medication?					Do you take anti-acids or stomach meds?							
Anti depressants or mood swing meds?					Fiber, medication for constipation?							
ADD, ADHD, Autism medication?					Crohn's Disease meds? Antibiotics?							
		•	•				1					
Typical daily diet: Proglefacts			Lunch		Dinner	S	noolza					
Typical daily diet: Breakfast: Lunch:				Difficit.	s	macks						
Do you drink alcoholic beverages? If so what kinds?			How often?									
Infertility concerns? Female: M	[enopau	ise Sympt	toms?	Irregular	Monthly Cycle or discomfort? Male: L	low Te	stosteron	e/Libido?				
Other health challenges or concerns:	·											
What is the most important thing you	u would	l like to c	hange abo	out your h								
Other improvements you would like	to see?	Mor	e Energy	Wei	ht Loss Heart Disease Prevention	Cancer	Preventi	on/Anti A	ging			

When completed, please call the person who referred you to discuss and review. Name and Phone#