



## “Lose It” Questionnaire (Brief)

Although your history and symptoms are very important in our analysis of your condition, it is also important for us that you understand:

- We do not diagnose or treat symptoms, conditions or diseases.
- Allergy is not a disease, rather a condition.
- A symptom is an attempt by your body to tell you something.
- We will attempt to find the underlying cause.
- We do not use drugs in this program.
- There is no single “healthy” diet that will work for everyone.
- Just because food is considered “healthy”, does not mean it is “healthy” for you.
- Your diet consists of everything you **eat, drink, rub on your skin, or inhale**.
- Our procedures are safe and painless.

Name \_\_\_\_\_  
 Phone \_\_\_\_\_ Fax \_\_\_\_\_  
 Email \_\_\_\_\_ Referred By \_\_\_\_\_  
 Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Have you noticed any recent weight changes?

\_\_\_\_\_

In what way and how often do you exercise?

\_\_\_\_\_

What are your main nutrition health concerns?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What medicines or supplements are you taking?

\_\_\_\_\_

My diet is (check one)

- \_\_\_\_\_ a. healthy  
 \_\_\_\_\_ b. somewhat healthy  
 \_\_\_\_\_ c. not healthy

**Note: Select the One(s) that most describes you**

My favorite foods are (choose only one response)

- \_\_\_\_\_ a. breads, rice, potatoes, desserts/sweets (P)  
 \_\_\_\_\_ b. rich, creamy, spicy, highly seasoned foods; crispy, fried foods (E)  
 \_\_\_\_\_ c. cheese, milk, yogurt, ice cream (N)  
 \_\_\_\_\_ d. meat, bacon, chicken, burgers, salt S)

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I have problems with the following now or in the past (choose all that apply)

- \_\_\_\_\_ a. thyroid, blood sugar imbalances, fatigue (P)
- \_\_\_\_\_ b. high cholesterol or triglycerides, gallbladder stress, n/v (E)
- \_\_\_\_\_ c. lower GI disorders, diarrhea, constipation, IBS, milk intolerance (N)
- \_\_\_\_\_ d. high blood pressure, back problems, kidney stones, gas (S)

Which best describes your body? (choose best answer)

- \_\_\_\_\_ a. gain weight evenly all over body, hold in stomach, butt is high and round (P)
- \_\_\_\_\_ b. carry weight in hip/thighs/calves, flat butt, flat stomach, narrow shoulders (E)
- \_\_\_\_\_ c. remain similar since teens, slim & trim or heavy & soft (N)
- \_\_\_\_\_ d. carry weight in chest/back/abdomen; broad shoulders; legs are thin, no butt (S)

My personality can best be described as (choose best answer)

- \_\_\_\_\_ a. happy go lucky, not the most organized, like attention (P)
- \_\_\_\_\_ b. an organizer, planner, caretaker (E)
- \_\_\_\_\_ c. analytical, thinker, need a lot of information to make a decision (N)
- \_\_\_\_\_ d. take charge and in control (S)