

Client Score Sheet

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Life Force Health Strategies
Austin, TX

www.carencoe.com

For Client: AAA, AAA













Clinician: Caren Coe

Survey Date: 9/18/2010

Next Visit (8 Weeks):

Your Survey Score: 696 (0-1000, where 1000 is a perfect score)

Group Totals

Group Description	Group Score	Percent of Group Score	Adjusted Ranking	0%	50%	100%
5 Biliary and Liver Dysfunction	85	24%	1			
6 Digestive	50	14%	2			
8 Foundational Issues	39	11%	3			
3 Sugar Handling	34	10%	4			
7f Endocrine - Hypoadrenal	30	9%	5			
1 Sympathetic Dominance	28	8%	6			
2 Parasympathetic Dominance	28	8%	7			
7d Endocrine - Hypopituitary	13	4%	8			
7b Endocrine - Hypothyroid	13	4%	9			
7e Endocrine - Hyperadrenal	10	3%	10			
7a Endocrine - Hyperthyroid	9	3%	11			
7c Endocrine - Hyperpituitary	6	2%	12			
4 Cardiovascular	4	1%	13			
F Female	3	1%	14			
	352					

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Client Group Descriptions

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Survey Date: 9/18/2010
Next Visit (8 Weeks):

Below are descriptions for one or more of the major groups from the Systems Survey form you recently filled out. These are listed by level of importance. The level of importance is calculated from a formula, using the number of questions you answered within a group and by the number (1, 2 or 3) you placed next to each of these questions.

Group: 5 Biliary and Liver Dysfunction

The questions of the Biliary and Liver Dysfunction group are designed to determine the need for nutritional support to improve the function of the liver and gallbladder and the related detoxification and fat metabolism systems. Indications here do not point to liver or gallbladder disease but rather to deficiency of needed food factors to support proper function of these organs. The liver should be thought of as the industrial center of the body; it acts as a chemical factory making new body chemistry and breaking down toxic waste chemistry, filters impurities from the blood, generates new cells for much of the body, and plays a large part in the balancing of the entire endocrine system. The production of bile in the liver and storage of that bile in the gallbladder is essential for the proper metabolism of dietary fats and their conversion into necessary chemicals including hormones.

Liver dysfunction may also influence the appearance of other symptoms such as sensitivity to chemicals, allergies, asthma, skin conditions, and food-sensitivities. The liver is also central in the breakdown and elimination of all non-food substances we take in such as food preservatives, food colorings, prescription and non-prescription drugs, and caffeine, so many times your practitioner will recommend a program of minimizing the taking in of these factors called a detoxification (detox, for short) program designed to allow the liver to catch up on the back-log of processing it has to do and allow rest and repair for the liver, digestive system, and waste elimination organs such as the kidneys and gastro-intestinal tract. Your practitioner will recommend dietary changes, nutritional supplements, herbs, and lifestyle changes possibly including a detox program to help regulate the Biliary and Liver system.

Primary indicators of Biliary and Liver Dysfunction symptoms from your Systems Survey form are:

- | | |
|---|--|
| (74) Dry skin | (76) Blurred vision |
| (81) Bowel movements painful or difficult | (84) Greasy foods upset |
| (86) Skin peels on foot soles | (92) Dreaming, nightmare type bad dreams |
| (97) Crave sweets | |

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Group: 6 Digestive

Digestive indications in Group 6 point to the need to support the digestive process with nutritional factors and enzymes. This group really is looking at the body's ability to properly metabolize protein in the diet. This is very important to the utilization of minerals and nutrition in the entire body. Proteins act as carriers of minerals and vitamins from the digestive system into the bloodstream and also act as building blocks for repair of damaged tissue. Improper digestion is marked by heartburn, intestinal gas, loss of taste for certain foods, and bathroom difficulties. We can negatively influence the digestive process by eating more food than we can process at one time, eating certain foods in combination like sugars and proteins together, taking antacids which neutralize both proper and improper acids in the stomach, and avoiding foods that assist the digestive process such as naturally fermented foods and bitters. As we age we also produce less and less digestive enzymes that chemically breakdown foods into nutrients, by the age fifty, we may produce as little as fifteen percent of the enzymes we produced in our twenties.

To support the Digestive system, your practitioner will recommend dietary changes, nutritional supplements, herbs, and lifestyle changes and may recommend a detoxification program which is a short program of specific foods and practices designed to allow a resting and recovery of the digestive tract, liver, kidneys and other detoxifying organs.

Primary indicators of Digestive symptoms from your Systems Survey form are:

- (98) Loss of taste for meat
- (99) Lower bowel gas several hours after eating
- (106) Stomach "bloating" after eating

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Client Supplement Schedule

Please Post This On Your Refrigerator

For Client: AAA, AAA
Clinician: Caren Coe

Survey Date: 9/18/2010
Next Visit (8 Weeks):

Supplement	Upon Arising	Break- fast	10 am	Lunch	3 pm	Dinner	7 pm	Before Sleep
Black Currant Seed Oil		1		1		1		
ProSynbiotic		1		1		1		
Protefood®		1		1		1		

Clinician Notes:

Supplement Descriptions:

Black Currant Seed Oil

Source of GLA, supports Thyroid function. Can be used to assist with inflammation relief, skin repair, muscle cramping, and blood pressure regulation.

ProSynbiotic

ProSynbiotic contains beneficial probiotic microbes to help maintain a healthy gut environment.

Protefood®

Supports Protein metabolism, contains Amino Acids. Assists with Muscle condition, blood sugar handling issues, and long term fatigue.

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Authorizing Signature

Caren Coe

Date

Not Valid Unless Signed By a Qualified Clinician

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Group: 8 Foundational Issues

The Vitamin B complex found in foods is very important for several reasons. Firstly, it is intimately involved in all nerve and muscle function including heart operation and brain neurochemistry. Second, it is essential to the proper production of energy in the body, secretion of digestive juices and proper metabolism of carbohydrates (sugars) in the diet. Thirdly, it is important to the health and normal function of the liver, eyes, skin, hair, endocrine system, the spleen, thymus gland, pancreas and kidneys (and more!) The B complex promotes optimal growth and energy production, affects blood cell production and supports the immune system for resistance to cellular injury.

The Vitamin B complex is probably the first vitamin destroyed by all commercial processing of food, the milling of flour, the flash freezing of frozen dinners and long term cold storage of so-called "fresh" produce. It is the major part of the nutritional value removed from grains in the bran and the polishing of rice. A diet lacking in fresh picked, raw foods and consisting mostly of commercially prepared fare, is in significant need of supplementation with the vitamin B complex from whole foods.

The Vitamin B complex is made up of many individual factors, so far over 25 have been identified, although only a few are available in "fortified" commercial foods most notably B1, B2, B3, B6 and B12. The importance of this "complex" form found naturally in foods like Brewer's yeast, whole grains, meats, nuts, beans, and peas, is that there is a close interaction between parts of the B complex where an inadequate intake of one part will prevent the body from properly using other parts. The B complex should be taken as a whole, and in nature you never find a single B vitamin isolated from the rest. The B complex can be separated into two distinct parts, one part acting as a calming support for the body especially for cardiovascular and nervous system function, referred to as Vitamin G complex, and the part acting as a stimulating, energy producing factors, referred to as the B Complex. It is normal for the body to need both parts together, or separately, from time to time depending on the individual diet and lifestyle of the person.

Primary indicators of Foundational Issues symptoms from your Systems Survey form are:

- | | |
|--|---|
| (174) Irritability | (180) Craving for sweets |
| (183) Noise sensitivity | (196) Inability to concentrate; confusion |
| (197) Frequent stuffy nose; sinus infections | |

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