

# Patient Supplement Schedule

## Please Post This On Your Refrigerator

For Patient: XXXXXXXXXX  
 Doctor: Dr Ellan Duke

Evaluation Date: 8/12/2019  
 Next Visit (8 Weeks):

Supplement	Upon Arising	Break-fast	10 am	Lunch	3 pm	Dinner	7 pm	Before Sleep
Ashwagandha Complex .....		1		1		1		
Catalyn® .....		2		2		2		
Cataplex® B .....		2		2		2		
Gymnema .....		1				1		

### Supplement Descriptions:

#### **Ashwagandha Complex**

Work as a tonic to benefit the entire body, help the body adapt to the changes of every day life, maintain feelings of general well-being when experiencing temporary stress, support a healthy immune system, support nervous system health, promote relaxation, promote vitality and stamina in people of any age, support and maintain the body as it ages, support the body's natural defenses against emotional and environmental stressors.

#### **Catalyn®**

High concentration of multiple vitamin factors used to support repair and healing for long-term conditions. Used for supplementing highly refined diets, lowered resistance, and to speed action of other nutritional supplements.

#### **Cataplex® B**

Source of Vitamin B complex factors. Supports Heart function, muscle tone, Nervous system function. Assists with low energy, and emotional stability.

#### **Gymnema**

Help suppress normal cravings for sugar in the diet, maintain healthy blood sugar levels when combined with a balanced diet, maintain normal cholesterol levels in a normal range.

### Clinician Notes:

Dr Ellan Duke, Functional Medicine  
 1807 University Blvd South  
 Jacksonville, FL 32216  
 904-379-3443  
 DrDukeHealth@gmail.com  
 DrDukeHealth.com

#### Authorizing Signature

Dr Ellan Duke, Functional Medicine

*Not Valid Unless Signed By a Qualified Doctor*

#### Date

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# Patient Score Sheet

Dr Ellan Duke, Functional Medicine  
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For Patient: XXXXXXXXXX















Doctor: Dr Ellan Duke

Evaluation Date: 8/12/2019

Next Visit (8 Weeks):

Your Survey Score: 690 (0-1000, where 1000 is a perfect score)

## Group Totals

Group Description	Group Score	Percent of Group Score	Adjusted Ranking	0%	50%	100%
3 Sugar Handling	26	13%	1			
5 Biliary and Liver Dysfunction	25	13%	2			
7b Endocrine - Hypothyroid	24	12%	3			
4 Cardiovascular	23	12%	4			
1 Sympathetic Dominance	17	9%	5			
7f Endocrine - Hypoadrenal	17	9%	6			
2 Parasympathetic Dominance	15	8%	7			
7e Endocrine - Hyperadrenal	13	7%	8			
8 Foundational Issues	12	6%	9			
6 Digestive	8	4%	10			
7a Endocrine - Hyperthyroid	7	4%	11			
7d Endocrine - Hypopituitary	5	3%	12			
F Female	4	2%	13			
7c Endocrine - Hyperpituitary	1	1%	14			
	197					

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# Patient Survey Form - Summary

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For Patient: XXXXXXXXXX

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Next Visit (8 Weeks):

Answer Question

## Group: 1 Sympathetic Dominance

3	2	Get chilled often
2	1	Acid food upset
2	9	Extremities cold, clammy
1	4	Dry mouth-eyes-nose
1	6	Keyed up - fail to calm
1	12	Heart pounds after retiring
<hr/>		
10		

## Group: 2 Parasympathetic Dominance

3	39	Sensitive to cold
2	21	Muscle-leg-toe cramps at night
1	23	Eyes or nose watery
1	31	Uneven breathing
1	36	"Slow starter"
<hr/>		
8		

## Group: 3 Sugar Handling

3	49	Fatigue in afternoons
3	52	Crave candy or coffee in afternoons
1	46	Fatigue, eating relieves
1	54	Craving for sweets or snacks
<hr/>		
8		

## Group: 4 Cardiovascular

3	61	Afternoon "yawner"
3	69	Noises in head, or "ringing in ears"
2	64	Muscle cramps, worse during exercise; get "charley horses"
1	57	Aware of "breathing heavily"
1	62	Get "drowsy" often
1	67	Skin discolors easily after impact
<hr/>		
11		

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Next Visit (8 Weeks):

Answer Question

## Group: 5 Biliary and Liver Dysfunction

1	71	Dizziness
1	72	Dry skin
1	77	Occasional skin rashes
1	80	Worrier, feels insecure
1	82	Greasy foods upset
1	94	Crave sweets
<hr/>		
6		

## Group: 7a Endocrine - Hyperthyroid

3	108	Highly emotional
1	105	On edge
<hr/>		
4		

## Group: 7b Endocrine - Hypothyroid

3	122	Ringing in ears
3	124	Sensitive to cold
2	123	Sleepy during day
2	127	Mental sluggishness
1	121	Fatigue easily
1	125	Dry or scaly skin
<hr/>		
12		

## Group: 7c Endocrine - Hyperpituitary

1	134	Failing memory with age
<hr/>		
1		

## Group: 7d Endocrine - Hypopituitary

3	144	Menstrual disorders
<hr/>		
3		

## Group: 7e Endocrine - Hyperadrenal

3	148	Hair growth on face or body (female)
2	146	Headaches
2	150	Masculine tendencies (female)
1	145	Dizziness
<hr/>		
8		

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Next Visit (8 Weeks):

Answer Question

## Group: 7f Endocrine - Hypoadrenal

2	153	Nails weak, ridged
2	158	Poor circulation
1	151	Weakness, dizziness
1	152	Tired throughout day
1	159	Swollen ankles
1	160	Crave salt
1	163	Tiredness
<hr/>		
9		

## Group: 8 Foundational Issues

2	186	Apprehension (feeling that something bad will happen)
2	190	Forgetfulness
1	172	Melancholia (feeling of sadness)
1	173	Swelling of ankles
1	175	Tendency to consume sweets or carbohydrates
1	176	Muscle spasms
1	177	Blurred vision
1	184	Visible veins on chest and abdomen
<hr/>		
10		

## Group: F Female

1	193	Premenstrual tension
1	195	Depressed feelings before menstruation
1	197	Menstruate too frequently
1	200	Menses scanty or missed
<hr/>		
4		

## Five Main Complaints

- 1) Facial
- 2) Bruising
- 3) Slow Response
- 4) Weak Neck
- 5)

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## Barnes Thyroid Test

Date                      Temperature

---

## Other Tests

Blood Pressure Reading Unknown

Blood Pressure: Recumbent                      /                      Standing                      /

Pulse: Recumbent                      Standing

Hema-Combistix Urine Readings: pH                      Albumin %                      Glucose %                      Occult Blood

pH of Saliva                      pH of Stool Specimen

Blood Clotting Time                      Hemoglobin                      Blood Type

Weight 0                      Ragland's Test is Positive (drop in excess of 9mm) No

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**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: 3 Sugar Handling

Sugar handling as a term describes the processes the body uses to properly manage carbohydrates eaten in the diet. Difficulties with sugar handling can have a negative effect on the balance between the Sympathetic and Parasympathetic sides of the Autonomic Nervous System, indirectly influencing all other body function. Sugar handling can also directly affect liver function, pancreas function, kidney function, and circulation. While not a direct indicator of disease, indications in this group point to the body's inability to properly metabolize the carbohydrates in the diet and the need for dietary changes and nutrients to rebalance this function. Sugar handling symptoms will display aspects of both Sympathetic and Parasympathetic dominance from time to time, and will usually be marked by headaches, weight gain, and fatigue in early stages and may graduate to more serious indications over time including possibly thyroid problems, and diabetes. Many times mental and emotional health can be negatively influenced by the problems arising from sugar handling issues.

Your practitioner will recommend dietary changes, nutritional supplements, herbs, and lifestyle changes to help your body properly metabolize carbohydrates, many times leading to good side benefits such as proper body weight, good blood cholesterol levels, and improved energy levels. Difficulties with Sugar Handling will influence the entire Symptom Survey form, meaning that as you follow your practitioner's recommendations you will see the whole spectrum of indications on the form improve.

### Primary indicators of Sugar Handling symptoms from your Systems Survey form are:

- |                                          |                                   |
|------------------------------------------|-----------------------------------|
| (46) Fatigue, eating relieves            | (49) Fatigue in afternoons        |
| (52) Crave candy or coffee in afternoons | (54) Craving for sweets or snacks |

### Secondary (underlying) indicators of Sugar Handling symptoms from your Systems Survey form are:

- |                                              |                          |
|----------------------------------------------|--------------------------|
| (62) Get "drowsy" often                      | (82) Greasy foods upset  |
| (151) Weakness, dizziness                    | (153) Nails weak, ridged |
| (195) Depressed feelings before menstruation |                          |

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## 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:

- |                             |                              |
|-----------------------------|------------------------------|
| (71) Dizziness              | (72) Dry skin                |
| (77) Occasional skin rashes | (80) Worrier, feels insecure |
| (82) Greasy foods upset     | (94) Crave sweets            |

### Secondary (underlying) indicators of Biliary and Liver Dysfunction symptoms from your Systems Survey form are:

- |                                              |                                                   |
|----------------------------------------------|---------------------------------------------------|
| (4) Dry mouth-eyes-nose                      | (67) Skin discolors easily after impact           |
| (105) On edge                                | (150) Masculine tendencies (female)               |
| (151) Weakness, dizziness                    | (153) Nails weak, ridged                          |
| (159) Swollen ankles                         | (172) Melancholia (feeling of sadness)            |
| (173) Swelling of ankles                     | (175) Tendency to consume sweets or carbohydrates |
| (176) Muscle spasms                          | (177) Blurred vision                              |
| (195) Depressed feelings before menstruation | (197) Menstruate too frequently                   |

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## Group: 7b Endocrine - Hypothyroid

The Thyroid is responsible for the passage of nutrients into every cell in the body, it also controls all products including waste out of the cell. This is why it is considered one of the four most important endocrine glands to focus on when trying to balance body chemistry with nutrition. Many have illustrated the Thyroid's function as a thermostat for the body, speeding up or slowing down metabolism as is needed to properly accomplish body functions. The thyroid gland thrives on the supply of minerals, especially iodine properly bound to proteins and good dietary fats. The good aspect of the thyroid is that it responds very well to whole food nutrition supplementation and dietary modification, the bad aspect is that it is very sensitive to malnutrition and radiation.

The Thyroid gland, like all endocrine glands of the body, will slow down eventually if it is not receiving proper nutrition or if it's trying balance body function, and will be affected by the speeding up or slowing down of other endocrine organs as well. The "hypo" or under functioning state of the thyroid can negatively influence body weight, temperature, tissue repair from injury, resistance to infection and the condition of the skin and hair. The body may swing between Hyper and Hypo states in an attempt to regain balance within the endocrine system, especially in concert with sugar handling difficulties displayed in group 3.

### Primary indicators of Endocrine - Hypothyroid symptoms from your Systems Survey form are:

- |                         |                           |
|-------------------------|---------------------------|
| (121) Fatigue easily    | (122) Ringing in ears     |
| (123) Sleepy during day | (124) Sensitive to cold   |
| (125) Dry or scaly skin | (127) Mental sluggishness |

### Secondary (underlying) indicators of Endocrine - Hypothyroid symptoms from your Systems Survey form are:

- |                       |                                  |
|-----------------------|----------------------------------|
| (2) Get chilled often | (12) Heart pounds after retiring |
| (31) Uneven breathing | (152) Tired throughout day       |

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## Group: 4 Cardiovascular

The questions of the cardiovascular group are designed to determine the need for nutritional support to improve the function of the heart and circulatory systems. Indications here do not point to heart disease but rather to deficiency of needed food factors. For example, a brand new Cadillac may operate perfectly when properly maintained, but if it is low on oil, brake fluid, has little anti-freeze, and has water in the gas, you could understand the effect that would have on proper operation. Likewise, the heart and circulatory system need certain nutritional factors to fuel the proper operation of the organs involved. Your practitioner will recommend dietary changes, nutritional supplements, herbs, and lifestyle changes including exercise to help regulate the cardiovascular system.

### Primary indicators of Cardiovascular symptoms from your Systems Survey form are:

- |                                         |                                                              |
|-----------------------------------------|--------------------------------------------------------------|
| (57) Aware of "breathing heavily"       | (61) Afternoon "yawner"                                      |
| (62) Get "drowsy" often                 | (64) Muscle cramps, worse during exercise; get "charley hors |
| (67) Skin discolors easily after impact | (69) Noises in head, or "ringing in ears"                    |

### Secondary (underlying) indicators of Cardiovascular symptoms from your Systems Survey form are:

- (71) Dizziness

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## Group: 1 Sympathetic Dominance

The Autonomic Nervous System regulates the internal body processes that require no conscious awareness; for example, the rate of heart contractions, the rate of breathing, the amount of stomach acid secreted, and the speed at which food passes through the digestive tract. We divide the Autonomic Nervous System into the Sympathetic and Parasympathetic sides and they can be easily thought of as our body's gas pedal and brakes. The Sympathetic side relates to the speeding up of body processes, its response to stresses both external and internal like infection, and at its extreme influence we are in what may be referred to as "fight or flight" mode which is our response to extremely stressful or emergency situations (like flooring the gas pedal). While Sympathetic dominance is necessary, even life saving, at times, it prevents the proper operation of the Parasympathetic side which is equally important. Each of the two sides uses specific counterbalancing minerals and nutrients to fuel their controlling mechanisms. Think of Sympathetic dominance as an indicator for the need to supply the missing minerals and nutrients that support the opposite, Parasympathetic side - primarily alkaline ash minerals including Potassium. Too much acceleration means we need more brakes.

Sympathetic Dominance can be indicated by the presence of symptoms that both show a keyed up, hyper functioning, over-alertness, and an under-functioning of the Parasympathetic side such as poor digestion, difficulty relaxing or getting a good night's sleep, racing or erratic pulse, or difficulty with bathroom functions. It is important to note that it is possible for the Symptom Survey form to show both Sympathetic and Parasympathetic Dominance which means your body has a difficult time maintaining balance between the two states; it swings like a pendulum between both extremes and indicates a need for nutritional support for both sides. Your practitioner will recommend dietary changes, nutritional supplements, herbs, and lifestyle changes to help regulate the Sympathetic system and to feed and support the Parasympathetic side. Don't forget that there may be other emotional influences that both cause and can be caused by Sympathetic Dominance and that this can be helped by following the practitioner's recommendations.

### Primary indicators of Sympathetic Dominance symptoms from your Systems Survey form are:

- |                              |                                  |
|------------------------------|----------------------------------|
| (1) Acid food upset          | (2) Get chilled often            |
| (4) Dry mouth-eyes-nose      | (6) Keyed up - fail to calm      |
| (9) Extremities cold, clammy | (12) Heart pounds after retiring |

### Secondary (underlying) indicators of Sympathetic Dominance symptoms from your Systems Survey form are:

- (52) Crave candy or coffee in afternoons

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## Group: 7f Endocrine - Hypoadrenal

The Adrenal glands are very small but very important endocrine glands and they operate to provide energy control for the body. They can be viewed as the emergency back-up batteries of the body that kick into play when the body needs a boost. You may already be familiar with adrenaline, a chemical that the Adrenal glands produce to signal the body that there is a stress that needs to be dealt with by the body immediately. The adrenals will be greatly affected by long term stresses on the body, whether physically, like exposure to cold for a long time or long term illness, or emotionally, like the loss of a job or imminent danger to a child. The adrenals are also intricately involved in the function of the heart and respiration and so are very important to address with all seriously ill patients. Since the adrenals are the "backup" system for the body, when they are tired, they quickly become the priority need for support.

The Adrenal gland, like all endocrine glands of the body, will slow down eventually if it is not receiving proper nutrition or if it's trying balance body function, and will be affected by the speeding up or slowing down of other endocrine organs as well. The "hypo" or fatigued state of the Adrenals can indicate the body's inability to deal with major stress or illness and can also negatively affect energy levels and an increase in body weight. The body may swing between Hyper and Hypo states in an attempt to regain balance within the endocrine system, especially in concert with sugar handling difficulties displayed in group 3. Finally, the caffeine found in many hot and cold beverages can over-stimulate the Adrenal glands and "whip a tired horse" meaning avoidance of stimulants can be of great benefit to Adrenal function.

### Primary indicators of Endocrine - Hypoadrenal symptoms from your Systems Survey form are:

- |                           |                            |
|---------------------------|----------------------------|
| (151) Weakness, dizziness | (152) Tired throughout day |
| (153) Nails weak, ridged  | (158) Poor circulation     |
| (159) Swollen ankles      | (160) Crave salt           |
| (163) Tiredness           |                            |

### Secondary (underlying) indicators of Endocrine - Hypoadrenal symptoms from your Systems Survey form are:

- |                                          |                                 |
|------------------------------------------|---------------------------------|
| (39) Sensitive to cold                   | (61) Afternoon "yawner"         |
| (184) Visible veins on chest and abdomen | (197) Menstruate too frequently |

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## Group: 2 Parasympathetic Dominance

The Autonomic Nervous System regulates the internal body processes that require no conscious awareness; for example, the rate of heart contractions, the rate of breathing, the amount of stomach acid secreted, and the speed at which food passes through the digestive tract. We divide the Autonomic Nervous System into the Sympathetic and Parasympathetic sides and they can be easily thought of as our body's gas pedal and brakes. The Parasympathetic side influences the resting, nourishing, and repair aspects of our body. While Parasympathetic influence is necessary, allowing us to recharge and recover from stresses, unbalance to dominance prevents the proper operation of the Sympathetic side. Each of the two sides uses specific counterbalancing minerals and nutrients to fuel their controlling mechanisms. Think of Parasympathetic dominance as an indicator for the need to supply the missing minerals and nutrients that support the opposite, Sympathetic side - primarily acid ash minerals including Phosphorus. Too much braking means we need more acceleration.

Parasympathetic Dominance can be indicated by the presence of symptoms that both show a slowed down, under-energetic nature, and an under-functioning of the Sympathetic side such as frequent illness, slow to heal injuries, dislike of exercise, and lack of motivation. It is important to note that it is possible for the Symptom Survey form to show both Sympathetic and Parasympathetic Dominance which means your body has a difficult time maintaining balance between the two states; it swings like a pendulum between both extremes and indicates a need for nutritional support for both sides. Your practitioner will recommend dietary changes, nutritional supplements, herbs, and lifestyle changes to help regulate the Sympathetic system and to feed and support the Parasympathetic side. Don't forget that there may be other emotional influences that both cause and can be caused by Parasympathetic Dominance and that this can be helped by following the practitioner's recommendations.

### Primary indicators of Parasympathetic Dominance symptoms from your Systems Survey form are:

- |                                     |                          |
|-------------------------------------|--------------------------|
| (21) Muscle-leg-toe cramps at night | (23) Eyes or nose watery |
| (31) Uneven breathing               | (36) "Slow starter"      |
| (39) Sensitive to cold              |                          |

### Secondary (underlying) indicators of Parasympathetic Dominance symptoms from your Systems Survey form are:

- |                                   |                           |
|-----------------------------------|---------------------------|
| (57) Aware of "breathing heavily" | (127) Mental sluggishness |
| (163) Tiredness                   |                           |

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 1807 University Blvd South  
 Jacksonville, FL 32216  
 904-379-3443  
 DrDukeHealth@gmail.com  
 DrDukeHealth.com

**For Patient:** [REDACTED]

**Doctor:** Dr Ellan Duke

**Evaluation Date:** 8/12/2019

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## Group: 7e Endocrine - Hyperadrenal

The Adrenal glands are very small but very important endocrine glands and they operate to provide energy control for the body. They can be viewed as the emergency back-up batteries of the body that kick into play when the body needs a boost. You may already be familiar with adrenaline, a chemical that the Adrenal glands produce to signal the body that there is a stress that needs to be dealt with by the body immediately. The adrenals will be greatly affected by long term stresses on the body, whether physically, like exposure to cold for a long time or long term illness, or emotionally, like the loss of a job or imminent danger to a child. The adrenals are also intricately involved in the function of the heart and respiration and so are very important to address with all seriously ill patients.

The Adrenal gland, like all endocrine glands of the body, will slow down eventually if it is not receiving proper nutrition or if it's trying to balance a body function, and will be affected by the speeding up or slowing down of other endocrine organs as well. The "hyper" or speeded up state of the Adrenals can indicate the body's attempt to deal with major stress or illness. The body may swing between Hyper and Hypo states in an attempt to regain balance within the endocrine system, especially in concert with sugar handling difficulties displayed in group 3. Finally, the caffeine found in many hot and cold beverages can over-stimulate the Adrenal glands and "whip a tired horse" meaning avoidance of stimulants can be of great benefit to Adrenal function.

### Primary indicators of Endocrine - Hyperadrenal symptoms from your Systems Survey form are:

- |                                            |                                     |
|--------------------------------------------|-------------------------------------|
| (145) Dizziness                            | (146) Headaches                     |
| (148) Hair growth on face or body (female) | (150) Masculine tendencies (female) |

### Secondary (underlying) indicators of Endocrine - Hyperadrenal symptoms from your Systems Survey form are:

- |                             |                              |
|-----------------------------|------------------------------|
| (6) Keyed up - fail to calm | (9) Extremities cold, clammy |
|-----------------------------|------------------------------|

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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:

- |                                                             |                                          |
|-------------------------------------------------------------|------------------------------------------|
| (172) Melancholia (feeling of sadness)                      | (173) Swelling of ankles                 |
| (175) Tendency to consume sweets or carbohydrates           | (176) Muscle spasms                      |
| (177) Blurred vision                                        | (184) Visible veins on chest and abdomen |
| (186) Apprehension (feeling that something bad will happen) | (190) Forgetfulness                      |

### Secondary (underlying) indicators of Foundational Issues symptoms from your Systems Survey form are:

No secondary questions answered for this group.

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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:

No questions answered in this specific group.

This group was flagged as important from questions within other groups.

### Secondary (underlying) indicators of Digestive symptoms from your Systems Survey form are:

- |                         |                          |
|-------------------------|--------------------------|
| (1) Acid food upset     | (23) Eyes or nose watery |
| (36) "Slow starter"     | (94) Crave sweets        |
| (123) Sleepy during day | (146) Headaches          |

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## Group: 7a Endocrine - Hyperthyroid

The Thyroid is responsible for the passage of nutrients into every cell in the body, it also controls all products including waste out of the cell. This is why it is considered one of the four most important endocrine glands to focus on when trying to balance body chemistry with nutrition. Many have illustrated the Thyroid's function as a thermostat for the body, speeding up or slowing down metabolism as is needed to properly accomplish body functions. The thyroid gland thrives on the supply of minerals, especially iodine properly bound to proteins and good dietary fats. The good aspect of the thyroid is that it responds very well to whole food nutrition supplementation and dietary modification, the bad aspect is that it is very sensitive to malnutrition and radiation.

The Thyroid gland, like all endocrine glands of the body, will speed up it's operation to try and balance body function, and will be affected by the speeding up or slowing down of other endocrine organs as well. When an organ is in the "hyper" state, it indicates a lack of supportive nutrition, and ultimately may result in organ fatigue, leading to a weakened "hypo" state eventually. The body may swing between Hyper and Hypo states in an attempt to regain balance within the endocrine system, especially in concert with sugar handling difficulties displayed in group 3.

### Primary indicators of Endocrine - Hyperthyroid symptoms from your Systems Survey form are:

(105) On edge (108) Highly emotional

### Secondary (underlying) indicators of Endocrine - Hyperthyroid symptoms from your Systems Survey form are:

(6) Keyed up - fail to calm (9) Extremities cold, clammy  
 (193) Premenstrual tension

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## Group: 7d Endocrine - Hypopituitary

The Pituitary gland is chiefly responsible for control of the body's digestive system and controls body size and growth and also greatly affects the operation of the reproductive system. Pituitary imbalance can be caused by malnutrition, and the gland is also very sensitive to emotional and physical stress. Many serious digestive problems and uncomfortable bathroom problems are greatly improved when the Pituitary gland received proper nutritional and dietary support. Reproductive system disorders similarly can be greatly aided by focusing on the Pituitary's involvement with the particular body function.

The Pituitary gland, like all endocrine glands of the body, will slow down eventually if it is not receiving proper nutrition or if it's trying balance body function, and will be affected by the speeding up or slowing down of other endocrine organs as well. The "hypo" or slowed down state of the Pituitary can negatively influence digestive and reproductive function. The body may swing between Hyper and Hypo states in an attempt to regain balance within the endocrine system, especially in concert with sugar handling difficulties displayed in group 3.

### Primary indicators of Endocrine - Hypopituitary symptoms from your Systems Survey form are:

(144) Menstrual disorders

### Secondary (underlying) indicators of Endocrine - Hypopituitary symptoms from your Systems Survey form are:

No secondary questions answered for this group.

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## Group: F Female

The Endocrine system for people, male and female, differ primarily in the organs and systems used for reproduction. Nutritional deficiencies, stresses, and inherited weaknesses can show up in a variety of ways. For the female, from pre-adolescence to post-menopause, the reproductive system needs a variety of nutritional support and is greatly affected by the proper interaction with the Thyroid, Pituitary, and Adrenal organs and also with the function of the Liver in its production of hormones and dietary fats metabolism. The imbalance of certain hormones can greatly affect the monthly cycle and associated pre-menstrual syndromes and can also negatively affect the ability to have children or a healthy sexual lifestyle. This relationship between the reproductive system and the rest of the endocrine system is specifically identified in the Female group and will enable your practitioner to make dietary, nutritional supplement, and lifestyle recommendations based on the indications listed in the group. Interestingly, many herbal extracts are very helpful in assisting the female body to deal with stresses in the female reproductive system and your practitioner may suggest the use of these as well. Finally, female reproductive disorders can also increase a person's susceptibility to various infections including urinary tract infections.

### Primary indicators of Female symptoms from your Systems Survey form are:

- |                                 |                                              |
|---------------------------------|----------------------------------------------|
| (193) Premenstrual tension      | (195) Depressed feelings before menstruation |
| (197) Menstruate too frequently | (200) Menses scanty or missed                |

### Secondary (underlying) indicators of Female symptoms from your Systems Survey form are:

- (145) Dizziness

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## Group: 7c Endocrine - Hyperpituitary

The Pituitary gland is chiefly responsible for control of the body's digestive system and controls body size and growth and also greatly affects the operation of the reproductive system. Pituitary imbalance can be caused by malnutrition, and the gland is also very sensitive to emotional and physical stress. Many serious digestive problems and uncomfortable bathroom problems are greatly improved when the Pituitary gland received proper nutritional and dietary support. Reproductive system disorders similarly can be greatly aided by focusing on the Pituitary's involvement with the particular body function.

The Pituitary gland, like all endocrine glands of the body, will slow down eventually if it is not receiving proper nutrition or if it's trying balance body function, and will be affected by the speeding up or slowing down of other endocrine organs as well. The "hyper" or speeded up state of the Pituitary can negatively influence digestive and reproductive function. The body may swing between Hyper and Hypo states in an attempt to regain balance within the endocrine system, especially in concert with sugar handling difficulties displayed in group 3.

### Primary indicators of Endocrine - Hyperpituitary symptoms from your Systems Survey form are:

(134) Failing memory with age

### Secondary (underlying) indicators of Endocrine - Hyperpituitary symptoms from your Systems Survey form are:

No secondary questions answered for this group.

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