

## Symptom Analysis

For each symptom that you experience often, score **1** point in the score column. Many symptoms occur more than once, because they can be the result of many nutrient deficiencies. If you experience any of the symptoms in **bold** type, score **2** points. The maximum score for each nutrient is 10 points.

Score	<b>Vitamin A:</b>	Score	<b>Vitamin C:</b>
	<b>Mouth Ulcers</b>		<b>Frequent colds</b>
	Poor night vision		Lack of energy
	Acne		Bleeding or tender gums
	<b>Frequent colds or infections</b>		<b>Frequent infections</b>
	Dry flaky skin		Easy bruising
	Dandruff		Nose bleeds
	Thrush or Cystitis		Slow wound healing
	Diarrhoea		Red pimples on skin
	<b>Your score</b>		<b>Your score</b>

Score	<b>Vitamin D:</b>	Score	<b>Vitamin B1:</b>
	<b>Arthritis or Osteoporosis</b>		Tender muscles
	Backache		Eye pains
	Tooth decay		Irritability
	Hair loss		Poor concentration
	<b>Muscle twitching or spasms</b>		Restless (prickly) legs
	<b>Joint pain or stiffness</b>		Poor memory
	Weak bones		Constipation
			stomach pains
			Tingling hands
			Rapid heartbeat
	<b>Your score</b>		<b>Your score</b>

Score	<b>Vitamin E:</b>	Score	<b>Vitamin B2:</b>
	<b>Exhaustion after light exercise</b>		<b>Bloodshot, burning or gritty eyes</b>
	<b>Easy bruising</b>		<b>Sensitivity to bright light</b>
	Slow wound healing		Sore tongue
	Varicose veins		Cataracts
	Poor skin elasticity		Dull or oily hair
	Loss of muscle tone		Eczema or dermatitis
	Infertility		Split nails
	Lack of sex drive		Cracked lips
	<b>Your score</b>		<b>Your score</b>

Score	<b>Vitamin B3 (Niacin):</b>	Score	<b>Vitamin B5:</b>
	Lack of energy		Muscle tremors, cramps or spasms
	Diarrhoea		Apathy
	Insomnia		Poor concentration
	Headaches or migraine		<b>Burning feet or tender heels</b>
	Poor memory		Nausea or vomiting
	Anxiety or tension		Lack of energy
	Depression		Exhaustion after light exercise
	Irritability		Anxiety or tension
	Bleeding or tender gums		Teeth grinding
	Acne		
	<b>Your score</b>		<b>Your score</b>

Score	<b>Vitamin B6:</b>	Score	<b>Vitamin B12:</b>
	<b>Infrequent dream recall</b>		Poor hair condition
	<b>Water retention</b>		Eczema or dermatitis
	Tingling hands		Mouth over sensitive to hot or cold
	Depression or nervousness		Irritability
	Irritability		Anxiety or tension
	Muscle tremors, cramps or spasm		<b>Lack of energy</b>
	<b>Lack of energy</b>		Constipation
			Tender or sore muscles
			Pale skin
	<b>Your score</b>		<b>Your score</b>

Score	<b>Folic acid:</b>	Score	<b>Biotin:</b>
	Eczema		<b>Dermatitis or dry skin</b>
	Cracked lips		<b>Poor hair condition</b>
	Prematurely greying hair		<b>Prematurely greying hair</b>
	Anxiety or tension		<b>Tender or sore muscles</b>
	Poor memory		<b>Poor appetite or nausea</b>
	<b>Lack of Energy</b>		
	Depression		
	Poor appetite		
	Stomach pains		
	<b>Your score</b>		<b>Your score</b>

Score	Calcium:	Score	Iron:
	Muscle cramps, tremors, spasms		Pale skin
	Insomnia or nervousness		Sore tongue
	Joint pain or arthritis		Fatigue or listlessness
	Tooth decay		Loss of appetite or nausea
	High blood pressure		Heavy periods or blood loss
	<b>Your score</b>		<b>Your score</b>

Score	Magnesium:	Score	Chromium:
	Muscle cramps, tremors, spasms		Excessive or cold sweats
	Muscle weakness		Need for frequent meals
	Insomnia, nervousness, hyperactivity		Dizziness or irritability after six hours without food
	High blood pressure		Cold hands
	Irregular or rapid heart beat		
	Constipation		
	Fits or convulsions		
	Breast tenderness or water retention		Need for excessive sleep or drowsiness during the day
	Depression or confusion		
	<b>Your score</b>		<b>Your score</b>

Score	Manganese:	Score	Zinc:
	Muscle twitches		Decline in sense of taste or smell
	Childhood 'growing pains'		Frequent infections
	Dizziness or poor sense of balance		White marks on more than two finger nails
	Fits or convulsions		Stretch marks
	Sore knees		Acne or greasy skin
	<b>Your score</b>		<b>Your score</b>

Score	Selenium:
	Family history of cancer
	Signs of premature aging
	Cataracts
	High blood pressure
	<b>Your score</b>

Score	<b>Omega 3 &amp; Omega 6:</b>
	<b>Dry skin eczema or dry eyes</b>
	Dry hair or dandruff
	Inflammatory health problems, e.g. arthritis
	Excessive thirst or sweating
	PMS or breast pain
	Water retention
	Frequent infections
	Poor memory or learning difficulties
	High blood pressure or high blood lipids
	<b>Your score</b>

### Lifestyle analysis

The following checks allow you to adjust your nutrient needs according to aspects of your health and lifestyle. Again, answer the questions as best you can and work out your score. In most checks the maximum score is 10, scoring **1** point for each yes answer unless type is **bold**, in which case score **2**. **If you score 5 or more in any category, you will need to add the points shown in the chart to your individual nutrient scores.**

The easiest way to do this is to circle all the numbers in the corresponding columns on the supplement calculator. For example, if you scored more than 5 on the Energy check, you should circle all the numbers in the energy column. Some checks are either yes or no. If the answer is yes, circle the numbers in the relevant columns.

Score	<b>Energy check:</b>
	Do you need more than 8 hours sleep per night?
	Are you rarely wide awake and ready to go within 20 minutes of waking?
	Do you need tea, coffee or a cigarette to get you going in the morning?
	Do you have tea, coffee, and sugar containing foods or drinks, or smoke cigarettes, at regular intervals during the day?
	Do you often feel drowsy or sleepy during the day, or after meals?
	Do you get dizzy or irritable if you have not eaten for 6 hours?
	Do you avoid exercise because you do not have the energy?
	Do you sweat a lot during the night or day or get excessively thirsty?
	Do you sometimes lose concentration or does your mind go blank?
	Is your energy less now than it used to be?
	<b>Your score</b>

Score	<b>Stress check:</b>
	Do you feel guilty when relaxing?
	Do you have a persistent need for recognition or achievement?
	Are you unclear about your goals in life?
	Are you especially competitive?
	Do you work harder than most people?
	Do you easily get angry?
	Do you often do 2 or 3 tasks simultaneously?
	Do you get impatient if people or things hold you up?
	Do you have difficulty getting to sleep, sleep restlessly or wake up with your mind racing?
	<b>Your score</b>

Score	<b>Exercise check:</b>
	<b>Do you take exercise that noticeably raises your heartbeat for at least 20 minutes more than 3 times per week?</b>
	<b>Does your job involve lots of walking, lifting or any other vigorous activity?</b>
	<b>Do you regularly play a physical sport?</b>
	<b>Do you have any physically tiring hobbies?</b>
	<b>Are you in serious training for an athletic event?</b>
	<b>Do you consider yourself fit?</b>
	<b>Your score</b>

Score	<b>Immune check:</b>
	Do you get more than 3 colds per year?
	Do you find it hard to shift an infection?
	Are you prone to thrush or cystitis?
	Do you take antibiotics twice or more per year?
	Have you had a major personal loss in the last year?
	Is there any history of cancer in your family?
	Have you ever had any lumps or growths removed or biopsied?
	Do you have an inflammatory condition such as arthritis, eczema or asthma?
	Do you suffer with hay fever?
	Do you suffer from allergy problems?
	<b>Your score</b>

Score	<b>Pollution check:</b>
	Do you live in a city or by a busy road?
	Do you spend more than 2 hours a week in heavy traffic?
	Do you exercise or cycle along busy roads?
	Do you smoke more than 5 cigarettes per day?
	Do you live or work in a smoky environment?
	Do you generally eat non-organic produce?
	Do you buy foods that are exposed to roadside fumes?
	Do you drink more than 1 unit of alcohol per day (1 glass of wine, 1 pint of beer, 1 measure of spirit)?
	Do you spend long periods in front of a computer or TV screen?
	Do you usually drink unfiltered water?
	<b>Your score</b>

Score	<b>Cardiovascular check:</b>
	Is your blood pressure over 140/90?
	Is your pulse rate after 15 minutes rest, above 75bpm?
	Are you more than 14 pounds (7kg) above your ideal weight?
	Do you smoke more than 5 cigarettes per day?
	Do you do less than 2 hours of vigorous exercise (1 hour if you are over 50) per week?
	Do you eat more than 1 table spoon of sugar per day?
	Do you eat meat more than 5 times per week?
	Do you add salt to your food?
	Do you have more than 2 alcoholic drinks per day?
	Is there a history of heart disease or diabetes in your family?
	<b>Your score</b>

Yes	No	<b>Female health check:</b>
		Do you regularly suffer with PMS?
		Are you pregnant or trying to get pregnant?
		Are you breast feeding?
		Do you suffer menopausal symptoms or are you post menopausal?
		<b>Your score</b>

Yes	No	<b>Age check:</b>
		Are you under 11?
		Are you 11-16?
		Are you over 50?
		<b>Your score</b>

Now mark your **scores** in the **symptom score** column and project your figures across to the **Total score** column. This will give you a guide to the quantities needed for optimum health.



## Supplement Calculator

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Your total score	Vit	0-4	5-6	7-8	9 or more	What you need
	<b>A</b>	<b>7500</b>	<b>10000</b>	<b>15000</b>	<b>20000</b>	<b>Ius</b>
	<b>D</b>	<b>200</b>	<b>400</b>	<b>600</b>	<b>800</b>	<b>Ius</b>
	<b>E</b>	<b>100</b>	<b>300</b>	<b>500</b>	<b>1000</b>	<b>Ius</b>
	<b>C</b>	<b>1000</b>	<b>2000</b>	<b>3000</b>	<b>4000</b>	<b>mg</b>
	<b>B1</b>	<b>25</b>	<b>50</b>	<b>75</b>	<b>100</b>	<b>mg</b>
	<b>B2</b>	<b>25</b>	<b>50</b>	<b>75</b>	<b>100</b>	<b>mg</b>
	<b>B3</b>	<b>50</b>	<b>75</b>	<b>100</b>	<b>150</b>	<b>mg</b>
	<b>B5</b>	<b>50</b>	<b>100</b>	<b>200</b>	<b>300</b>	<b>mg</b>
	<b>B6</b>	<b>50</b>	<b>100</b>	<b>200</b>	<b>250</b>	<b>mg</b>
	<b>B12</b>	<b>5</b>	<b>10</b>	<b>50</b>	<b>100</b>	<b>mcg</b>
	<b>FA</b>	<b>100</b>	<b>200</b>	<b>300</b>	<b>400</b>	<b>mcg</b>
	<b>Biotin</b>	<b>50</b>	<b>100</b>	<b>150</b>	<b>200</b>	<b>mcg</b>
	<b>Omega 6</b>	<b>-</b>	<b>150</b>	<b>225</b>	<b>300</b>	<b>mg</b>
	<b>Omega 3</b>	<b>-</b>	<b>800</b>	<b>1600</b>	<b>2400</b>	<b>mg</b>
	<b>Cal</b>	<b>150</b>	<b>300</b>	<b>450</b>	<b>600</b>	<b>mg</b>
	<b>Mag</b>	<b>75</b>	<b>150</b>	<b>225</b>	<b>300</b>	<b>mg</b>
	<b>Iron</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>	<b>mg</b>
	<b>Zinc</b>	<b>10</b>	<b>15</b>	<b>20</b>	<b>25</b>	<b>mg</b>
	<b>Man</b>	<b>2.5</b>	<b>5</b>	<b>10</b>	<b>15</b>	<b>mg</b>
	<b>Sel</b>	<b>25</b>	<b>50</b>	<b>75</b>	<b>100</b>	<b>mcg</b>
	<b>Chro</b>	<b>20</b>	<b>50</b>	<b>100</b>	<b>200</b>	<b>mcg</b>

Key: Ius = International units. Mg = Milligrams. Mcg = Micrograms