
Health Assessment

Gender: ___ M ___ F

Age: ___

Weight: ___ lb.

Height: ___

Are you a Vegetarian?

___ No

___ Yes

Account identifier: _____
(Please use your email address, Account ID, or web-site User Name)

Do you experience Colds, Respiratory Infections, and/or Sore Throats frequently?

___ No

___ Yes

Please describe your average daily activity:

___ Confined to Bed

___ Very Light (Seated and standing activities, driving, cooking, playing music)

___ Light (Golf, sailing, housecleaning, child care, walking 2.5-3 mph)

___ Moderate (Dancing, skiing, tennis, cycling, walking 3.5-4 mph)

___ Heavy (Basketball, football, soccer, climbing)

How often do you drink one serving of Green Tea?

___ Never

___ Daily

___ Weekly

How often do you drink one serving of freshly squeezed vegetable juice?

___ Never

___ Daily

___ Weekly

How often do you drink one serving of freshly squeezed fruit juice?

___ Never

___ Daily

___ Weekly

How many units* of Alcohol do you consume on average per week?

___ 0 to 1

___ 2 to 5

___ more than 5

* 1 unit of alcohol is equal to 1 oz of hard liquor or an equivalent amount of other drinks.

Do you add salt to your food?

___ No

___ Yes

How often do you eat one serving of High Fiber Breakfast Cereals?

___ Never or almost never

___ 1 to 2 times a week

___ 3 to 5 times a week

___ more than 5 times a week

Are you under a lot of Stress (emotional and/or physical)?

___ No

___ Yes

Describe your situation regarding smoking:

___ I have never smoked

___ I am exposed to Second-Hand Smoke

___ I have smoked in the past but do not at present

___ I currently smoke

Please identify your primary health concern and the condition type(s) (select up to 5):

Healthy Person Health Support

- Healthy Person Health Support for Man
- Healthy Person Health Support for Women

General Conditions

- Aphthous Ulcers/ Canker Sores
- Bad Breath
- Chronic Fatigue
- Common Cold/ Cold
- Fluid Retention
- Frequent Cold Sores
- Gingivitis/ Gum Disease
- High Cholesterol
- High Homocysteine
- Restless Legs Syndrome
- Ringing in the Ears/ Tinnitus
- Wound Healing Problem
- Brittle Nails
- Excessive Weight
- Hair Loss
- Acne

Cancer Risk Reduction

- Cancer Risk Reduction

Skin Problems

- Atopic Dermatitis/ Eczema
- Seborrheic Dermatitis
- Shingles
- Rosacea
- Psoriasis

Eye/Vision Problems

- Macular Degeneration
- Cataracts

Ear, Nose, Throat Problems

- Sinus congestion/ Nasal Congestion
- Rhinitis/ Stuffy Nose

Lung/Pulmonary Problems

- Asthma/ Bronchial Asthma
- Chronic Obstructive Pulmonary Disease/Emphysema

Heart Problems

- Angina pectoris
- Coronary Heart Disease
- Cardiomyopathy (Dilated Congestive C.)
- Congestive Heart Failure

Liver/Gallbladder/Pancreas Problems

- Alcohol-related liver disease
- Cirrhosis/ Liver Cirrhosis
- Hepatitis

Female Health Problems

- Breast Tenderness/ Fibrocystic Breast Disease
- Endometriosis
- Heavy Menstruation
- Menopause/ Hot Flashes
- Menstrual Cramps/ Painful Menstruation
- Premenstrual Syndrome (PMS)

Male Health Problems

- Benign Prostatic Hyperplasia (BPH)
- Enlarged Prostate/ Prostate Enlargement (Benign)
- Erectile Dysfunction (ED)/ Impotence
- Low Sperm Counts/ Male Infertility

Allergic Conditions/Immune System Support

- Allergy (Seasonal Allergy, Environmental Allergy)
- Immune Function Support

Arthritis/Musculoskeletal Disorders

- Arthritis Degenerative/ Osteoarthritis
- Degenerative Joint Disease (DJD)
- Rheumatoid Arthritis (RA)
- Back Pain
- Bone Loss/ Osteoporosis
- Fibromyalgia
- Lupus/ Systemic Lupus Erythematosus

Kidney/Urinary Tract Problems

- Bladder Infection/ Cystitis
- Urinary Tract Infection (UTI)

Nervous/Mental Health Problems

- Attention Deficit-Hyperactivity Disorder(ADHD)
- Attention Deficit Disorder(ADD)
- Age-Related Memory Decline/ Forgetfulness
- Alzheimer's Disease/ Dementia
- Anxiety/ Nervousness
- Depression
- Headache-Tension/ Migraine
- Insomnia/ Sleeplessness
- Multiple Sclerosis (MS)
- Parkinson's Disease
- Peripheral Neuralgia
- Vertigo

Blood Vessels/Lymphatic/Circulation Problems

- Atherosclerosis/ Hardening of the Arteries
- Chronic Venous Insufficiency
- Circulatory Problems/ Occlusive Arterial Disease
- Raynaud's Syndrome
- Stroke Risk Reduction

High Blood Pressure

- High Blood Pressure/ Elevated Blood Pressure
- Hypertension

Alimentary/Gastrointestinal/Stomach and Bowel Problems

- Acid Reflux(Gastroesophageal Reflux Disease)
- Bloating/ Flatulence
- Digestion problem/ Poor Digestion
- Dyspepsia/ Indigestion
- Constipation
- Irritable Bowel Syndrome/ Spastic Colon
- Pancreatic Insufficiency
- Ulcerative Colitis
- Crohn's Disease

Endocrine/Metabolism Problems

- Diabetes/ High Blood Sugar
- Goiter
- Hypoglycemia/ Low Blood Sugar
- Insulin Resistance Syndrome
- Metabolic Syndrome X
- Thyroid Underactive/ Hypothyroidism

Infectious Problems/HIV/AIDS

- Acquired immunodeficiency syndrome (AIDS)
- Genital Herpes