

SKIN	0-3	Comments & Additional Observations
Poor wound healing		
Wrinkles, cellulite, stretch marks, age spots		
Dry, itchy, peeling skin		
Skin rashes, eczema, psoriasis, hives, etc.		
Acne, breakouts		
Total		

HAIR, TEETH, NAILS	0-3	Comments & Additional Observations
Dry, itchy scalp, dandruff		Other conditions: seborrhea
Excessive hair loss; alopecia		
Dental degeneration, cavities, discoloration		Be specific
Gum disease		
Sensitive teeth		
Ridges on nails		
Chip, peel or break easily		
Discoloration, white spots		
Total		

BONES & JOINTS	0-3	Comments & Additional Observations
Joint pain; decreased mobility		Other conditions: osteoarthritis, carpal tunnel
Ligament, cartilage or bone injury; soft tissue injury		
Pain or swelling		
Bone loss		
Calf, foot or toe cramps at rest		
Joints pop or click		
Morning stiffness		
Total		

COGNITIVE/MOOD	0-3	Comments & Additional Observations
Anxiety		
Inability to concentrate or focus		
Insomnia or restless sleep		
Depression or lack of motivation		
Total		