CASE HISTORY KEY

(Clinical significance, system involved, product considerations …)

Primary Concern:

Consistent:

Month:

Headaches:

- Basal - digestive disturbance – AF Betafood, Gastrex, Cataplex AC
- Temples - uterus/prostate imbalance – Utrophin, Prostx
- Cluster
- Crown - CSF imbalance - Calamo
- TMJ - Liver, Gallbladder – AF Betafood, Livaplex
- Frontal - Sinus – Thymex, Allerplex
- Migraine: - Digestive, hypochlorhydria – AF Betafood, Zypan, Phosfood
  - Prodromal
  - Hallucinations
  - Photophobia
  - Olfaction/nausea

Ears:

- Noise - Infection, Parasites, Anemia – Thymex, Zymex II, Multizyme, Wormwood, Fortil/B12, Chlorophyll, Ferrofood
  - Ring
  - Hiss
  - Pound
- Plug - Infection – Thymex, SSO
- Pop - Eustachian congestion – Thymex, SSO, Congaplex
- Ache - Congestion – Thymex, SSO, Congaplex
- Drain - Otitis Externa – Thymex, SSO, Zymex, 50/50 white vinegar/alcohol drops
Itch - Yeast – Zymex, Zymex II
Loss - Infection, neurological – Thymex, Folic Acid
Dizzy - Infection, food allergy – Thymex, SSO
Wax

Tongue:
Thick
Coated - Yeast - Zymex

pH
Salivary - Acidosis – Calcium, Organic Minerals, Glutamine, SP Greenfood
Urine - Acidosis - Arginex

Eyes:
Burn - Infection, Allergies - Congaplex
Tear - Allergies - Antronex
Ache - Strain - Iplex
Red - Infection - Congaplex
Dry - Infection - Congaplex
Film - Infection - Congaplex
Itch - Allergies - Antronex
Blur - Strain - Iplex
Floaters - Lymphatic congestion in vitreous humor - Congaplex
Spots - Gallbladder – AF Betafood
Tired - Strain - Iplex
Puffy - Gallbladder – AF Betafood
Stye - Infection - Congaplex
Twitch - Magnesium
Circles - Liver, Kidneys – Alaplex, Livaplex

Sinus:
Dry - Infection - Allerplex
Drain - Allergies - Antronex
Plug - Infection, Food Allergies - Allerplex
Post Nasal Drip:
o White - Infection Strep - Congaplex
o Yellow - Infection Staph - Thymex
o Green - Infection - Allerplex
o Gray - Infection chronic - Allerplex
o Brown - Bronchial infection with old blood – Allerplex, Broncafect
o Blood - Infection - Thymex
o Clear - Allergy - Antronex
  • Sneezing - Infection, Allergy – Thymex, Antronex
  • Smell loss - Infection – Allerplex, Thymex
  • Taste loss - Infection – Allerplex, Thymex
  • Thirst - Dehydration – Trace Minerals
Throat:
  • Sore - Infection, Congestion - Congaplex
  • Hoarseness - Infection - Congaplex
Cough
  • Dry - Allergy – Allerplex, Antronex
  • Productive - Infection – treat by color of mucus
  • Allergies - Antronex, Allerplex
URI
Fever - Infection – Cataplex AC, Sesame Seed Oil
Chills - Thyroid, Infection – SSO, Thyroid Complex, Symplex F/M
Halitosis - chronic sinus infection–Thymex, SSO/gastric fermentation–Zypan, Cataplex AC
Cankers - achlorhydria – Cataplex AC, AF Betafood, Zypan, Calamo
Blisters - low calcium – Cataplex F Tablets, Immuplex, Calamo
Flu - Cataplex AC, Arginex, SSO, Thymex, Congaplex, Echinacea
Neck Stiffness - Lymphatic congestion - Congaplex
Shoulder Tension - Lymphatic congestion - Congaplex
Chielosis - B deficiency – Cataplex B/G
Dry mouth - Congaplex/ Acholia – AF Betafood, Choline
Cold Hands/Feet - Thyroid – Symplex F/M, Thytrophin, Thyroid Complex (Medi)
Sweaty Hands/Feet - Adrenals – Symplex F/M, Drenamin, Drenatrophin, Eleuthero, Rhodiola
Gums - Capillary fragility – Cyruta Plus, Cataplex C, Collagen C, Biodent
Teeth - Bone matrix – Calcifood, Biodent
Glands - Infection – Thymex, Congaplex, Immuplex, Cyruta Plus
Dysphagia - Food allergies, gallbladder – AF Betafood

Chest:
- Tension - Heart – Cardioplus, Vasculin, Magnesium
- Sternal - Bone marrow fatigue – SSO, Biost, Arginex
- Sharp Heart Pain – Angina – Cardioplus, Vasculin, Cataplex E2, Cataplex G/B
- Palpitations – Arrhythmias – Cardioplus, Vasculin, Cataplex B/G, Organic Minerals, Drenamin
- MVP – Cardiac dystonia - Cardioplus, Vasculin, Magnesium, Organic Minerals
- Tachycardia – Adrenals/Thyroid – Symplex F/M, Cardioplus, Magnesium
- Bradycardia – Adrenals, Thyroid - “
- Murmur - Cardiac dystonia – Cardioplus, Vasculin, Magnesium, Organic Minerals
- Arm pain - Angina – Cardioplus, Cataplex G/B, Minchex, Organic Minerals

Shortness of Breath:
- Constant - Cardiac – Cardioplus, Vasculin
- Exertion - Pulmonary - Allerplex
- Asthma - food allergy (usually milk) – Thymex, SSO
- Wheeze - “ “
- Air hunger - Acidosis – Calamo, Calcium
- Yawning - Acidosis - “ , “
DIGESTION

Heartburn - Reflux – Gallbladder – AF Betafood

Indigestion

- Aches - Cataplex AC, Lact Enz
- Cramps – “ , “
- Nausea – “ , “
- Queasy – “ , “

Bloating - Gallbladder – AF Betafood, Choline, Livton

Gas - Gallbladder, CHO fermentation – AF Betafood, Choline, Phase II diet

Belch - Gallbladder – AF Betafood, Choline, Livton

Ulcer - Stomach infection – Okra Pepsin, Congaplex, Lact Enz, Cats Claw

Hiatal Hernia - Reflux, food allergies – Ligaplex II, AF Betafood, Choline

Bowels:

- Regular - minimum daily, maximum following each meal
- Incomplete - Acholia – AF Betafood, Choline, Cataplex AC
- Sluggish (every____days) – less than daily - Acholia
- Cramps - Acholia, inflammation – Magnesium, AF Betafood
- Laxative - Acholia – AF Betafood, Cataplex AC, replace laxatives with Colax (Medi)
- Suppositories - Acholia
- Enemas - Acholia
- Colonics - Acholia
- Bulk - Acholia, lack of peristalsis

Fecal Consistency:

- Soft - Diarrheic – Cataplex AC
- Ribbons - Spasm in colon due to infection – Zymex, Zymex II, Multizyme
- Mucous - Allergy/Infection – Cataplex AC, Lact Enz
- Normal - well formed
- Hard - Acholia
- Pebbles - Acholia
- Dry - Acholia
- Pain - Acholia
- Diarrhea - Allergy/Infection – Cataplex AC
- Constipation - Acholia

Hemorrhoids:
- History - predisposes to future episodes with liver congestion
- Current - Liver congestion (all gut blood drains to the liver) – AF Betafood, Collinsonia
- Swollen - Liver congestion – Collinsonia, AF Betafood
- Burn - Allergy/infection – Cataplex AC
- Blood - Liver congestion – AF Betafood, Collinsonia, Chlorophyll
- Distend - Liver congestion – AF Betafood, Collinsonia
- Itch - Parasites – Zymex II, Multizyme, Wormwood
- Sting - Parasites/Infection/Allergy
- Ache - Acholia
- Cramping - Acholia, Mineral depletion – AFBetafood,Magnesium,Organic Minerals,Calcium

Prostate:
- History - Predisposes future episodes
- Current
  - Burn - Infection/Yeast – Zymex, Zymex II, Immuplex, Prost-x
  - Ache - “ / “
  - Pain - “ / “
  - Restrict – Benign Prostatic Hypertrophy (BPH) – Prost-x, Lact Enz, Palmettoplex, Tribulus
  - Dribble - “ “ “
  - Emission - “ “ “
  - Swelling - “ “ “
Vagina

- **Burn** - Bowel dysbiosis – Lact Enz, Infection – Cataplex AC
- **Itch** - Yeast/Infection - Zymex
- **Dry** - Depressed hormones – Symplex F, Utrophin, Ovatrophin, Ovex, Drenamin
- **Pain** - Pain upon coitus – Hormonal depletion – Wild Yam Complex, Tribulus, Evening Primrose Oil
- **Blood** - Vaginal atrophy – Estrogen Dominance – Livaplex, Cruciferous, Chelco(Medi)

Discharge (Vaginal)

- **Clear** - Normal
- **White** - Yeast - Zymex
- **Yellow** - Yeast/Infection – Zymex, Cataplex AC
- **Green** - Trichimonas – Zymex, Zymex II, Cataplex AC
- **Brown** - Old blood – Hormonal imbalance – Symplex F
- **Odor** - Yeast - Zymex

Menses:

- **Regular**
- **Irregular** - Chaste Tree regulates Prolactin & LH
  - Early - Chaste Tree, Symplex F
  - Late - White Peony, Symplex F
  - Skip - Hormonal imbalance – Symplex F, Hypothalmex, Utrophin, Tribulus
  - BC pill
  - LMP
- **Flow**
  - Heavy - Hormonal Balance, Chlorophyll
  - Moderate - Normal
  - Light -
  - Long - Anemia – Chlorophyll, Fortil/B12, Ferrofood, Femax
  - Brief - Stress – Magnesium, adrenal support - Drenamin
- **Cramps**
- Mild - Low calcium tetany - Calamo
- Med - Low Magnesium - Magnesium
- Severe - Hormonal imbalance - Cramplex
- Back - Hormonal imbalance - Symplex F, Utrophin, Ovatrophin

Low Abdominal Puffiness – Uterine swelling - Utrophin

Fluid:

- Face - Kidney – Arginex, Calamo
- Hands - Kidney
- Feet - Kidney
- Body - Kidney

Breast Tenderness - Prolactin imbalance – Chaste Tree, Symplex F

Acne - Hormonal Imbalance – Symplex F, Utrophin, EPO

- Pre-menses - Hormonal
- Mid - Hormonal
- Post - Hormonal

Spotting - Anemia – Chlorophyll, Fortil/B12

Clots - Anemia - “ , “

PMS:

- Mood swings - Hormonal – Symplex F, Utrophin
- Irritable - “
- Depression - “

Breast - Prolactin – Chaste Tree

Fluid - Kidney - Calamo

Tired - Adrenal – Drenamin, Eleuthero

Ovulation:

- Pains - Inflammation – Food allergy – Cataplex ACP
• Cysts - Hormonal imbalance – Symplex F, Utrophin
• Discharge - Yeast - Zymex
• Regular - On time – Hormonal – Symplex F, Chaste Tree, White Peony, Tribulus (Day 5 to 14)
• Irregular - Same as above
• Fibroids - Hormonal – Symplex F, Utrophin / Anemia – Chlorophyll, Fortil/B12

Breast Feeding - Support production – Fengre, Cataplex B
• Fibrosis - Congestion – avoid stimulants, Albaplex, Chaste Tree, EPO
• Lump - Lymphatic – Albaplex, Chaste Tree
• Discharge - Hormonal – Symplex F, Utrophin, Chaste Tree
• Prosthesis - Autoimmune risk
• Reduction - Hormonal – Symplex F
• Tender - Prolactin imbalance – Symplex F, Utrophin, Chaste Tree

Menopause
• Natural - Adrenals take over for ovary reduction – Drenamin, Eleuther, Withania
• Surgical (partial/complete) – Adrenals – Drenamin, Eleuther, Withania, Wild Yam, EPO

Hormones - use of HRT – Cruciferous to assist liver to prevent estrogen dominance
Patch - type of HRT – Cruciferous

Hot Flashes - Hormonal – adrenal – Symplex F, Utrophin, EPO, Tribulus, Wild Yam

Formication - Hormonal - Utrophin

Cranps - Muscle physiology – Magnesium, Organic Minerals (Potassium), Calcium

Aches - " " " " " "

Anxiety: - " " " " " "

Legs - " "

Feet - " "

Arms - " "

Hands - " "
Rash - Food allergy – elimination, Antronex
Acne - Parasites/Infection – Zymex II, Multizyme, Wormwood, Thymex, Sesame Oil
Dry - Dry skin – Liver – AF Betafood, Livaplex
Itch - Food Allergy
Fungus - Immune depression – Zymex, Immuplex, Echinacea, Astragulus
Patch - Liver spots, Psoriasis – AF Betafood, Livaplex, Zymex II
Fluid - Kidneys – Albaplex, Arginex, AC Carabimide
Cellulite - Protein bound fluid – Zypan, Albaplex, Arginex, no protein after 4 PM
Nails - Protein status – Protefood, Nutrimere, Circuplex
Spots - Circulation – Zinc Liver, Chezyn, Circuplex
Limp - B Vitamins – Cataplex G/B

Urination:
- Nocturnal____/night____/week - should be zero – shows lack of liver strength shunting all work to the kidneys – AF Betafood, Livaplex, Chelco
- Frequency - Kidney strength – Albaplex, Arginex
- Urgent - Bladder – Albaplex, Arginex
- Burn - Infection – Arginex, Cranberry Complex
- Pain - Infection – Albaplex, Arginex, Cranberry
- Odor - Infection – Albaplex, Arginex, Cranberry
- Spasm - Infection - “ “ “ “
- Leak - Prolapse – Ligaplex II
- UTI - Infection – Albaplex, Arginex, Cranberry

Sleep:
- Difficulty Falling Asleep – Calcium, Cataplex G, Minchex, Protefood
- Insomnia - Protefood, Cataplex G, Nutrimere
- Interrupted(____/night) – Cataplex G, Protefood, Nutrimere
- sleep craving – Fatigue – Adrenals – Drenamin, Cataplex B
- jolts - right/left brain integration – RNA, OPC Synergy, Gingko
- Dreams - Phase II sleep – Cataplex G, Minchex, AF Betafood
- Nightmares - Gallbladder – AF Betafood, Parasites – Zymex II
- Night sweats – Gallbladder – AF Betafood, Livaplex
- Restlessness/____hrs per night – Calcium, Magnesium

Emotional Well Being:
- Sad - Adrenals – Drenamin, Withania, Symplex F/M
- Grief - Lungs – Allerplex, Zymex II
- Depression - Brain chemistry – Minchex, Cataplex G/B
- Moodiness - Gallbladder – AF Betafood
- Irritable - “ ”
- Worrisome - Gut lining – Cataplex AC
- Angry - Liver - Livaplex
- Nervous - Adrenals - Drenamin
- Frustrated - Liver – AF Betafood, Livaplex
- Anxiety - Adrenals – Drenamin, Withania, Eleuthero
- Panic - Adrenals - “ ”
- Cry - Hormonal – Symplex F/M, Heart – Cardioplus, Vasculin
- Fear - Kidneys – Albaplex, Arginex
- Shame - Hypothalamus – Hypothalmex, Symplex F/M

Appetite
- Low - Gut lining irritation – Cataplex AC
- High - “ ”
- Sweet - Glycemic regulation – reduce starches, more protein
- Coffee - Adrenals – Drenamin, Eleuthero, Rhodiola
- Tea - "", "", "", ""
- Chocolate - Hormonal – Symplex F/M, Drenamin
- Beer - Yeast – Zymex, Immuplex
- Wine - Liver - Livaplex
- CHO - Energy – lack of protein
- Spices - Gut lining irritation – Cataplex AC
- Ice Cream - Gallbladder, Bile delivery – AF Betafood
- Soda - Gut lining irritation – Cataplex AC

Stress - Hormonal, Adrenal – Symplex F/M, Drenamin, Withania

Energy:
- Low - Heart – Cardioplus, Vasculin
- Variable - Gallbladder – AF Betafood, Hormonal – Symplex F/M
- Up - normal
- Slow to start (improving/worse) – gut lining irritation – Cataplex AC
- _am/pm/meals low – variable systems depending upon time of low energy
- Exercise - Endorphin imbalance – Hypothalamus – Hypothalmex, Symplex F/M

Memory
- Name - Brain integration – RNA, Gingko, OPC, Rhodiola
- Number - Phosphorous – Circuplex, RNA
- Word - Brain integration - RNA

Coordination - Brain Integration – RNA, Symplex F/M

Concentration - “ “ “ - OPC Synergy, Rhodiola

Sexuality
- Flat - Hormonal – Symplex F/M, Tribulus, Drenamin
- Low - “ “ “ “ “
- Normal - Normal
- Impotent - Adrenals – often blocked by medication

Slow Healing - Zinc deficiency – Zinc Liver, Chezyn, Catalyn
Bruising - Blood quality - Chlorophyll
Arthralgia - Liver – AF Betafood, Livaplex, Circulation – Circuplex, Collinsonia
Weight: (+/- ___ lbs) – Low Carb lifestyle
Overall (+/- ___) - Gain or loss under care
Height: - Skeletal Energy – Biost, Calcifood
BF% (___) - body fat – Phase II lifestyle reduces 6-8 lbs/month
Pulse - Adrenals - Drenamin
BP: / - Food allergy – elimination of allergen, Magnesium
Chol. - Lipids – Phase II lifestyle
HDL - “ - “ - “
Tri. - “ - preferably less than 90 – Phase II
Medications: - watch for contraindication
Surgery - Identify future scar repair projects
Allergy - Keep ongoing list of known allergens, including supplement reactions