

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
- Styte - Infection - Congaplex
- Twitch - Magnesium
- Circles - Liver, Kidneys – Albaplex, Livaplex

Sinus:

- Dry - Infection - Allerplex
- Drain - Allergies - Antronex
- Plug - Infection, Food Allergies - Allerplex
- Post Nasal Drip:

- White - Infection Strep - Congaplex
- Yellow - Infection Staph - Thymex
- Green - Infection - Allerplex
- Gray - Infection chronic - Allerplex
- Brown - Bronchial infection with old blood – Allerplex, Broncafect
- Blood - Infection - Thymex
- 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
- Tight - “ - “ , “ , “
- Pressure - “ - “ , “ , “
- Heavy - “ - “ , “ , “
- Anxiety - “ - “ , “ , “
- Congestion - “ - “ , “ , “
- Pain - “ - “ , “ , “
- 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 - Crampex
- 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 (to 14) - 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, Eleuthero, Withania
- Surgical (partial/complete) – Adrenals – Drenamin, Eleuthero, 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

Cramps - 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, Astragalus
Patch	- Liver spots, Psoriasis – AF Betafood, Livaplex, Zymex II
Fluid	- Kidneys – Albaplex, Arginex, AC Carbimide
Cellulite	- Protein bound fluid – Zypan, Albaplex, Arginex, no protein after 4 PM
Nails	- Protein status – Protefood, Nutrimere, Circuplex
Spots	- Circulation – Zinc Liver, Chezyn, Circuplex
Hair Loss	- B Vitamins – Cataplex G/B, Parasites – Zymex II, Anemia – Fortil/B12
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