

Client: Hunter Oxby Aug 20, 2025

### Gender

0. 0 1 2 3 Please select your gender so we can tailor the questions for you	
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#### **Diet**

1.	0 1 2 3	Alcohol
2.	0 1 2 3	Artificial sweeteners
3.	0 1 2 3	Candy, desserts, refined sugar
4.	0 1 2 3	Carbonated beverages
5.	<b>0</b> 1 2 3	Chewing tobacco
6.	<b>0</b> 1 2 3	Cigarettes
7.	<b>0</b> 1 2 3	Cigars/pipes
8.	0 1 2 3	Caffeinated beverages
9.	0 1 2 3	Fast foods
10.	0 1 2 3	Fried foods
11.	0 1 2 3	Luncheon meats
12.	<b>0</b> 1 2 3	Margarine
13.	<b>0</b> 1 2 3	Milk products
14.	<b>0</b> 1	Radiation exposure
15.	0 1 2 3	Refined flour/baked goods
16.	<b>0</b> 1 2 3	Vitamins and minerals
17.	0 1 2 3	Distilled water (Not regular filtered water; likely purchased from a store and labelled as distilled water.)
18.	<b>0</b> 1 2 3	Tap water (unfiltered)
19.	<b>0</b> 1 2 3	Well water
20.	0 1 2 3	Diet for weight control
Life	estyle	

### Lifestyle

<b>21</b> . 0 1 <b>2</b> 3	Exercise per week
<b>22.</b> ① 1 2 3	Changed jobs
<b>23</b> . ① 1 2 3	Divorced or widowed
<b>24.</b> 0 1 2 <b>3</b>	Work over 60 hours/week

### **Medications**

25. 0 1 Antacids	25.	<b>0</b> 1	Antacids
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**Nutri-Q** 

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26.	<b>(</b> ) 1	Antianxiety medications
27.	<b>0</b> 1	Antibiotics
28.	<b>①</b> 1	Anticonvulsants
29.	<b>①</b> 1	Antidepressants
30.	<b>①</b> 1	Antifungals
31.	<b>①</b> 1	Aspirin/Ibuprofen
32.	<b>1</b>	Asthma inhalers
33.	<b>1</b>	Beta blockers
34.	<b>①</b> 1	Birth control pills/implant contraceptives
35.	<b>①</b> 1	Chemotherapy
36.	<b>①</b> 1	Cholesterol lowering medications
37.	<b>①</b> 1	Cortisone/steroids
38.	<b>①</b> 1	Diabetic medications/insulin
39.	<b>①</b> 1	Diuretics
40.	<b>①</b> 1	Estrogen or progesterone (pharmaceutical, prescription)
41.	<b>①</b> 1	Estrogen or progesterone (natural)
42.	<b>①</b> 1	Heart medications
43.	<b>①</b> 1	High blood pressure medications
44.	<b>①</b> 1	Laxatives
45.	<b>①</b> 1	Recreational drugs
46.	<b>0</b> 1	Relaxants/Sleeping pills
47.	<b>0</b> 1	Testosterone (natural or prescription)
48.	<b>0</b> 1	Thyroid medication
49.	<b>0</b> 1	Acetaminophen (Tylenol)
50.	<b>0</b> 1	Ulcer medications
51.	<b>0</b> 1	Sildenafal citrate (Viagra)
Up	per Gastrointestinal System	
52.	0 1 2 3	Belching or gas within one hour after eating
53.	<b>0</b> 1 2 3	Heartburn or acid reflux
54.	0 1 2 3	Bloating within one hour after eating
55.	<b>0</b> 1	Vegan diet (no dairy, meat, fish or eggs)
56.	<b>0</b> 1 2 3	Bad breath (halitosis)
57.	<b>0</b> 1 2 3	Loss of taste for meat
58.	<b>0</b> 1 2 3	Sweat has a strong odor
59.	① 1 2 3	Stomach upset by taking vitamins



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<b>60.</b> 0 1 <b>2</b> 3	Sense of excess fullness after meals
<b>61.</b> 0 1 2 <b>③</b>	Feel like skipping breakfast
<b>62.</b> 0 1 2 <b>③</b>	Feel better if you don't eat
<b>63.</b> 0 1 2 <b>3</b>	Sleepy after meals
<b>64.</b> ① 1 2 3	Fingernails chip, peel or break easily
<b>65.</b> ① 1 2 3	Anemia unresponsive to iron
<b>66.</b> ① 1 2 3	Stomach pains or cramps
<b>67.</b> ① 1 2 3	Diarrhea, chronic
<b>68.</b> ① 1 2 3	Diarrhea shortly after meals
<b>69.</b> ① 1 2 3	Black or tarry colored stools
<b>70.</b> ① 1 2 3	Undigested food in stool

### Liver and Gallbladder

<b>71. (</b> 0 1 2 3	Pain between shoulder blades
<b>72</b> . 0 1 2 3	Stomach upset by greasy foods
<b>73.</b> 0 1 <b>2</b> 3	Greasy or shiny stools
<b>74.</b> ① 1 2 3	Nausea
<b>75.</b> ① 1 2 3	Sea, car, airplane or motion sickness
<b>76.</b> ① 1	History of morning sickness
<b>77</b> . 0 <b>1</b> 2 3	Light or clay colored stools
<b>78.</b> ① 1 2 3	Dry skin, itchy feet or skin peels on feet
<b>79.</b> ① 1 2 3	Headache over eyes
<b>80.</b> ① 1 2 3	Gallbladder attacks
81. ① 1	Gallbladder removed
<b>82. (</b> ) 1 2 3	Bitter taste in mouth, especially after meals
<b>83. (</b> ) 1	Become sick if you were to drink wine
<b>84. (</b> ) 1	Easily intoxicated if you were to drink wine
<b>85. (</b> ) 1	Easily hung over if you were to drink wine
<b>86. (</b> 0) 1 2 3	Alcoholic drinks per week
<b>87. (</b> ) 1	Recovering alcoholic
<b>88. (</b> ) 1	History of drug or alcohol abuse
<b>89. (</b> ) 1	History of hepatitis
90. 0 1	Long term use of prescription/recreational drugs
<b>91. (</b> ) 1 2 3	Sensitive to chemicals (perfume, cleaning agents, etc.)
<b>92. (</b> ) 1 2 3	Sensitive to tobacco smoke
<b>93.</b> 0 1 2 <b>(3)</b>	Exposure to diesel fumes _

Exposure to diesel fumes
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<b>94.</b> ① 1 2 3	Pain under right side of rib cage
<b>95.</b> ① 1 2 3	Hemorrhoids or varicose veins
<b>96.</b> ① 1 2 3	Nutrasweet (aspartame) consumption
<b>97.</b> ① 1 2 3	Sensitive to Nutrasweet (aspartame)
<b>98.</b> 0 <b>1</b> 2 3	Chronic fatigue or Fibromyalgia

### **Small Intestine**

<b>99. (</b> 0) 1 2 3	Food allergies
<b>100</b> . <b>(</b> 0 1 2 3	Abdominal bloating 1 to 2 hours after eating
<b>101.</b> ① 1	Specific foods make you tired or bloated
<b>102.</b> ① 1 2 3	Pulse speeds after eating
<b>103</b> . <b>(</b> 0 1 2 3	Airborne allergies
<b>104.</b> ① 1 2 3	Experience hives
<b>105</b> . <b>(</b> 0 1 2 3	Sinus congestion, "stuffy head"
<b>106</b> . <b>(</b> 0 1 2 3	Crave bread or noodles
<b>107. (</b> 0 1 2 3	Alternating constipation and diarrhea
<b>108.</b> ① 1 2 3	Crohn's disease
<b>109.</b> ① 1 2 3	Wheat or grain sensitivity
<b>110</b> . 0 1 2 <b>③</b>	Dairy sensitivity
<b>111. (0</b> 1	Are there foods you could not give up
<b>112. (</b> 0 1 2 3	Asthma, sinus infections, stuffy nose
<b>113. (</b> 0 1 2 3	Bizarre vivid dreams, nightmares
<b>114. (0</b> 1 2 3	Use over-the-counter pain medications
<b>115.</b> 0 <b>1</b> 2 3	Feel spacey or unreal

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Large Intestine	
<b>116.</b> ① 1 2 3	Anus itches
<b>117.</b> ① 1 2 3	Coated tongue
<b>118.</b> ① 1 2 3	Feel worse in moldy or musty place
<b>119.</b> ① 1 2 3	Taken antibiotics for a total accumulated time of
<b>120.</b> ① 1 2 3	Fungus or yeast infections
<b>121.</b> ① 1 2 3	Ring worm, "jock itch", "athletes foot", nail fungus
<b>122.</b> 0 1 <b>2</b> 3	Yeast symptoms increase with sugar, starch or alcohol. Examples of yeast symptoms include fatigue, poor memory, feeling 'spacey' or 'unreal', muscle aches or weakness, pain or swelling in joints, and digestive issues such as constipation, diarrhea or bloating.
<b>123.</b> (0) 1 2 3	Stools hard or difficult to pass



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<b>124.</b> ① 1	History of parasites	
<b>125.</b> ① 1 2 3	Less than one bowel movement per day	
<b>126.</b> ① 1 2 3	Stools have corners or edges, are flat or ribbon shaped	
<b>127.</b> 0 <b>1</b> 2 3	Stools are not well formed (loose)	
<b>128.</b> 0 <b>1</b> 2 3	Irritable bowel or mucus colitis	
<b>129.</b> ① 1 2 3	Blood in stool	
<b>130.</b> 0 <b>1</b> 2 3	Mucus in stool	
<b>131</b> . 0 <b>1</b> 2 3	Excessive foul smelling lower bowel gas	
<b>132</b> . 0 1 2 3	Bad breath or strong body odors	
<b>133.</b> ① 1 2 3	Painful to press along outer sides of thighs (Iliotibial Band)	
<b>134.</b> ① 1 2 3	Cramping in lower abdominal region	
<b>135.</b> ① 1 2 3	Dark circles under eyes	

### **Mineral Needs**

<b>136.</b> ① 1	History of carpal tunnel syndrome
<b>137. (</b> ) 1	History of lower right abdominal pains or ileocecal valve problems
<b>138.</b> ① 1	History of stress fracture
<b>139.</b> ① 1 2 3	Bone loss (reduced density on bone scan)
<b>140.</b> ① 1	Are you shorter than you used to be?
<b>141.</b> ① 1 2 3	Calf, foot or toe cramps at rest
<b>142.</b> 0 <b>1</b> 2 3	Cold sores, fever blisters or herpes lesions
<b>143.</b> ① 1 2 3	Frequent fevers
<b>144.</b> ① 1 2 3	Frequent skin rashes and/or hives
<b>145.</b> ① 1	Herniated disc
<b>146.</b> ① 1 2 3	Excessively flexible joints, "double jointed"
<b>147.</b> 0 <b>1</b> 2 3	Joints pop or click
<b>148.</b> 0 <b>1</b> 2 3	Pain or swelling in joints
<b>149.</b> ① 1 2 3	Bursitis or tendonitis
<b>150.</b> ① 1	History of bone spurs
<b>151.</b> ① 1 2 3	Morning stiffness
<b>152.</b> ① 1 2 3	Nausea with vomiting
<b>153.</b> 0 1 2 <b>3</b>	Crave chocolate
<b>154.</b> ① 1 2 3	Feet have a strong odor
<b>155.</b> ① 1 2 3	History of anemia
<b>156.</b> ① 1 2 3	Whites of eyes (sclera) blue tinted
<b>157.</b> (0) 1 2 3	Hoarseness

157. 0 1 2 3 Hoarseness
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<b>158.</b> ① 1 2 3	Difficulty swallowing
<b>159.</b> ① 1 2 3	Lump in throat
<b>160.</b> ① 1 2 3	Dry mouth, eyes and/or nose
<b>161</b> . 0 1 2 <b>3</b>	Gag easily
<b>162.</b> 0 <b>1</b> 2 3	White spots on fingernails
<b>163.</b> 0 <b>1</b> 2 3	Cuts heal slowly and/or scar easily
<b>164.</b> ① 1 2 3	Decreased sense of taste or smell

## **Essential Fatty Acids**

<b>165.</b> 0 <b>1</b>	Experience pain relief with aspirin
<b>166.</b> ① 1 2 3	Crave fatty or greasy foods
<b>167.</b> ① 1 2 3	Low or reduced-fat diet
<b>168.</b> 0 <b>1</b> 2 3	Tension headaches at base of skull
<b>169.</b> ① 1 2 3	Headaches when out in the hot sun
<b>170.</b> 0 <b>1</b> 2 3	Sunburn easily or suffer sun poisoning
<b>171.</b> 0 <b>1</b> 2 3	Muscles easily fatigued
<b>172.</b> ① 1 2 3	Dry flaky skin or dandruff

## **Sugar Handling**

<b>173.</b> ① 1 2 3	Awaken a few hours after falling asleep, hard to get back to sleep
<b>174.</b> 0 1 2 <b>③</b>	Crave sweets
<b>175.</b> ① 1 2 3	Binge or uncontrolled eating
<b>176.</b> 0 1 <b>②</b> 3	Excessive appetite
<b>177.</b> 0 1 <b>②</b> 3	Crave coffee or sugar in the afternoon
<b>178.</b> 0 1 2 <b>③</b>	Sleepy in afternoon
<b>179.</b> ① 1 2 3	Fatigue that is relieved by eating
<b>180.</b> ① 1 2 3	Headache if meals are skipped or delayed
<b>181.</b> ① 1 2 3	Irritable before meals
<b>182. (</b> ) 1 2 3	Shaky if meals delayed
<b>183.</b> 0 <b>1</b> 2 3	Family members with diabetes
<b>184.</b> ① 1 2 3	Frequent thirst
<b>185.</b> 0 <b>1</b> 2 3	Frequent urination

### **Vitamin Need**

**Nutri-Q** 

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<b>186.</b> 0 <b>(1)</b> 2 3	Muscles become easily fatigued
<b>187.</b> 0 <b>(1)</b> 2 3	Feel exhausted or sore after moderate exercise
188. (O) 1 2 3	Vulnerable to insect bites
<b>189.</b> 0 <b>(1)</b> 2 3	
190. (0) 1 2 3	Loss of muscle tone, heaviness in arms/legs
	Enlarged heart or congestive heart failure
	Pulse below 65 per minute
	Ringing in the ears (Tinnitus)
193. ① 1 2 3	Numbness, tingling or itching in hands and feet
194. ① 1 2 3	Depressed
195. 0 1 2 3	Fear of impending doom
<b>196.</b> 0 1 2 <b>3</b>	Worrier, apprehensive, anxious
<b>197.</b> 0 1 <b>2</b> 3	Nervous or agitated
198. 0 1 2 3	Feelings of insecurity
199. 0 1 2 3	Heart races
<b>200</b> . ① 1 2 3	Can hear heart beat on pillow at night
<b>201.</b> ① 1 2 3	Whole body or limb jerk as falling asleep
<b>202</b> . 0 1 2 3	Night sweats
<b>203</b> . 0 1 2 3	Restless leg syndrome
<b>204.</b> ① 1 2 3	Cracks at corner of mouth (Cheilosis)
<b>205.</b> ① 1 2 3	Fragile skin, easily chaffed, as in shaving
<b>206.</b> 0 1 2 3	Polyps or warts
<b>207.</b> ① 1 2 3	MSG sensitivity
<b>208.</b> 0 1 2 3	Wake up without remembering dreams
<b>209</b> . 0 1 2 3	Small bumps on back of arms
<b>210.</b> 0 1 <b>2</b> 3	Strong light at night irritates eyes
<b>211</b> . ① 1 2 3	Nose bleeds and/or tend to bruise easily
<b>212</b> . ① 1 2 3	Bleeding gums especially when brushing teeth
Adrenal	
<b>213.</b> ① 1 2 3	Tend to be a "night person"
<b>214.</b> ① 1 2 3	Difficulty falling asleep
<b>215.</b> ① 1 2 3	Slow starter in the morning
<b>216.</b> 0 1 2 3	Tend to be keyed up, trouble calming down
<b>217.</b> 0 1 2 <b>3</b>	Blood pressure above 120/80
<b>218.</b> ① 1 2 3	Headache after exercising
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**Nutri-Q** 

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<b>219</b> . 0 1 2 3	Feeling wired or jittery after drinking coffee	
<b>220.</b> 0 1 2 3	Clench or grind teeth	
<b>221.</b> 0 1 2 <b>3</b>	Calm on the outside, troubled on the inside	
<b>222</b> . <b>(0)</b> 1 2 3	Chronic low back pain, worse with fatigue	
<b>223</b> . 0 1 2 3	Become dizzy when standing up suddenly	
<b>224.</b> ① 1 2 3	Difficulty maintaining manipulative correction	
<b>225.</b> ① 1 2 3	Pain after manipulative correction	
<b>226.</b> ① 1 2 3	Arthritic tendencies	
<b>227</b> . 0 1 <b>2</b> 3	Crave salty foods	
<b>228.</b> 0 1 2 <b>③</b>	Salt foods before tasting	
<b>229.</b> 0 1 <b>②</b> 3	Perspire easily	
<b>230.</b> 0 1 <b>②</b> 3	Chronic fatigue, or get drowsy often	
<b>231</b> . 0 1 <b>②</b> 3	Afternoon yawning	
<b>232.</b> 0 <b>1</b> 2 3	Afternoon headache	
<b>233.</b> ① 1 2 3	Asthma, wheezing or difficulty breathing	
<b>234.</b> ① 1 2 3	Pain on the medial or inner side of the knee	
<b>235.</b> ① 1 2 3	Tendency to sprain ankles or "shin splints"	
<b>236.</b> 0 1 2 <b>③</b>	Tendency to need sunglasses	
<b>237.</b> ① 1 2 3	Allergies and/or hives	
<b>238.</b> ① 1 2 3	Weakness, dizziness	
Pituitary		
<b>239</b> .	Height over 6' 6" (198cm)	
<b>240.</b>	Early sexual development (before age 10)	
<b>241</b> . 0 1 <b>②</b> 3	Increased libido	
<b>242.</b> 0 <b>1</b> 2 3	Splitting type headache	
<b>243</b> . 0 1 <b>②</b> 3	Memory failing	
<b>244.</b> 0 <b>1</b>	Tolerate sugar, feel fine when eating sugar	
<b>245</b> .	Height under 4' 10" (147cm)	
<b>246.</b> ① 1 2 3	Decreased libido	
<b>247.</b> ① 1 2 3	Excessive thirst	
<b>248.</b> 0 1 2 <b>③</b>	Weight gain around hips or waist	
<b>249.</b> 0 1 2 3	Menstrual disorders	
<b>250.</b> 0 <b>1</b>	Delayed sexual development (after age 13)	
<b>251</b> . 0 (1) 2 3	Tendency to ulcers or colitis	

**Nutri-Q** 

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## **Thyroid**

<b>252.</b> ① 1 2 3	Sensitive/allergic to iodine
<b>253.</b> ① 1 2 3	Difficulty gaining weight, even with large appetite
<b>254.</b> 0 <b>1</b> 2 3	Nervous, emotional, can't work under pressure
<b>255.</b> 0 <b>1</b> 2 3	Inward trembling
<b>256.</b> ① 1 2 3	Flush easily
<b>257.</b> 0 <b>1</b> 2 3	Fast pulse at rest
<b>258.</b> ① 1 2 3	Intolerance to high temperatures
<b>259.</b> 0 1 2 <b>3</b>	Difficulty losing weight
<b>260.</b> 0 <b>1</b> 2 3	Mentally sluggish, reduced initiative
<b>261.</b> 0 <b>1</b> 2 3	Easily fatigued, sleepy during the day
<b>262.</b> ① 1 2 3	Sensitive to cold, poor circulation (cold hands and feet)
<b>263.</b> ① 1 2 3	Constipation, chronic
<b>264.</b> ① 1 2 3	Excessive hair loss and/or coarse hair
<b>265.</b> ① 1 2 3	Morning headaches, wear off during the day
<b>266.</b> ① 1 2 3	Loss of lateral 1/3 of eyebrow
<b>267.</b> ① 1 2 3	Seasonal sadness

## **Male Reproductive System**

<b>268. (</b> 0 1 2 3	Prostate problems
<b>269.</b> ① 1 2 3	Difficulty with urination, dribbling
<b>270</b> . <b>(</b> 0 1 2 3	Difficult to start and stop urine stream
<b>271. (</b> 0 1 2 3	Pain or burning with urination
<b>272.</b> 0 1 2 <b>③</b>	Waking to urinate at night
<b>273. (</b> 0 1 2 3	Interruption of stream during urination
<b>274. (</b> 0 1 2 3	Pain on inside of legs or heels
<b>275.</b> 0 <b>1</b> 2 3	Feeling of incomplete bowel evacuation
<b>276.</b> ① 1 2 3	Decreased sexual function

## Cardiovascular

<b>297.</b> 0 <b>1</b> 2 3	Aware of heavy and/or irregular breathing
<b>298.</b> ① 1 2 3	Discomfort at high altitudes
<b>299.</b> 0 <b>1</b> 2 3	Air hunger or sigh frequently
<b>300</b> . <b>(</b> 0 1 2 3	Compelled to open windows in a closed room



<b>306</b> . ① 1 2 3	Muscle cramps with exertion
<b>305.</b> ① 1 2 3	Dull pain or tightness in chest and/or radiate into right arm, worse with exertion. (If this symptom is occurring, please contact your healthcare provider or cardiologist to discuss this issue.)
<b>304.</b> ① 1 2 3	Blush or face turns red for no reason
<b>303.</b> ① 1 2 3	Cough at night
<b>302.</b> ① 1 2 3	Ankles swell, especially at end of day
<b>301</b> . 0 <b>1</b> 2 3	Shortness of breath with moderate exertion
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## **Kidney and Bladder**

<b>307.</b> ① 1 2 3	Pain in mid-back region
<b>308</b> . ① 1 2 3	Puffy around the eyes, dark circles under eyes
309. ① 1	History of kidney stones
<b>310.</b> ① 1 2 3	Cloudy, bloody or darkened urine
<b>311.</b> ① 1 2 3	Urine has a strong odor

## **Immune System**

<b>312.</b> ① 1 2 3	Runny or drippy nose
<b>313.</b> ① 1 2 3	Catch colds at the beginning of winter
<b>314</b> . ① 1 2 3	Mucus producing cough
<b>315.</b> ① 1 2 3	Frequent colds or flu
<b>316.</b> ① 1 2 3	Other infections (sinus, ear, lung, skin, bladder, kidney, etc.)
<b>317.</b> ① 1 2 3	Never get sick
<b>318.</b> 0 <b>1</b> 2 3	Acne (adult)
<b>319.</b> ① 1 2 3	Itchy skin (Dermatitis)
<b>320.</b> ① 1 2 3	Cysts, boils, rashes
<b>321.</b> ① 1 2 3	History of Epstein-Barr, Mono, Herpes, Shingles, Chronic Fatigue Syndrome, Hepatitis or other chronic viral condition

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