

Client: Carole Corkadel Jul 17, 2025

Gender

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

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.	0 1 2 3	Chewing tobacco
6.	0 1 2 3	Cigarettes
7.	0 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.	0 1 2 3	Margarine
13.	0 1 2 3	Milk products
14.	0 1	Radiation exposure
15.	0 1 2 3	Refined flour/baked goods
16.	0 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.	0 1 2 3	Tap water (unfiltered)
19.	0 1 2 3	Well water
20.	0 1 2 3	Diet for weight control
Life	estyle	

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

Medications

25. ① 1	Antacids
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Nutri-Q

Clie	ent: Carole Corkadel	Jul 17, 2025
26.	() 1	Antianxiety medications
27.	0 1	Antibiotics
28.	0 1	Anticonvulsants
29.	0 1	Antidepressants
30.	0 1	Antifungals
31.	0 (1)	Aspirin/Ibuprofen
32.	() 1	Asthma inhalers
33.	0 1	Beta blockers
34.	() 1	Birth control pills/implant contraceptives
35.	() 1	Chemotherapy
36.	() 1	Cholesterol lowering medications
37.	0 1	Cortisone/steroids
38.	1	Diabetic medications/insulin
39.	1	Diuretics
40.	<u>0</u> 1	Estrogen or progesterone (pharmaceutical, prescription)
41.	① 1	Estrogen or progesterone (natural)
42.	0 1	Heart medications
43.	0 1	High blood pressure medications
44.	0 1	Laxatives
45.	0 1	Recreational drugs
46.	0 1	Relaxants/Sleeping pills
47.	0 1	Testosterone (natural or prescription)
48.	0 1	Thyroid medication
49.	0 1	Acetaminophen (Tylenol)
50.	0 1	Ulcer medications
51.	<u>0</u> 1	Sildenafal citrate (Viagra)
Up	per Gastrointestinal System	
52.	0 1 2 3	Belching or gas within one hour after eating
53.	0 1 2 3	Heartburn or acid reflux
54.	0 1 2 3	Bloating within one hour after eating
55.	1	Vegan diet (no dairy, meat, fish or eggs)
56.	0 1 2 3	Bad breath (halitosis)
57.	0 1 2 3	Loss of taste for meat
58.	0 1 2 3	Sweat has a strong odor
59.	0 1 2 3	Stomach upset by taking vitamins



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

Liver and Gallbladder

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

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Client: Carole Corkadel	Jul 17, 2025
94 . (0) 1 2 3	Pain under right side of rib cage
95. (0) 1 2 3	Hemorrhoids or varicose veins
96. 0 (1) 2 3	Nutrasweet (aspartame) consumption
97. (0) 1 2 3	Sensitive to Nutrasweet (aspartame)
98. (0) 1 2 3	Chronic fatigue or Fibromyalgia
Small Intestine	
99. 0 1 2 3	Food allergies
100. ① 1 2 3	Abdominal bloating 1 to 2 hours after eating
101. (0) 1	Specific foods make you tired or bloated
102. ① 1 2 3	Pulse speeds after eating
103. ① 1 2 3	Airborne allergies
104. ① 1 2 3	Experience hives
105. ① 1 2 3	Sinus congestion, "stuffy head"
106. 0 1 2 3	Crave bread or noodles
107. ① 1 2 3	Alternating constipation and diarrhea
108. ① 1 2 3	Crohn's disease
109. ① 1 2 3	Wheat or grain sensitivity
110. ① 1 2 3	Dairy sensitivity
111. (0 1	Are there foods you could not give up
112. ① 1 2 3	Asthma, sinus infections, stuffy nose
113. ① 1 2 3	Bizarre vivid dreams, nightmares
114. 0 1 2 3	Use over-the-counter pain medications
115. ① 1 2 3	Feel spacey or unreal
Large Intestine	
116. ① 1 2 3	Anus itches
117. ① 1 2 3	Coated tongue
118. 0 1 2 3	Feel worse in moldy or musty place
119. 0 1 2 3	Taken antibiotics for a total accumulated time of
120. ① 1 2 3	Fungus or yeast infections
121. ① 1 2 3	Ring worm, "jock itch", "athletes foot", nail fungus
122. (0) 1 2 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.
123 0 1 2 3	Stools hard or difficult to pass

Stools hard or difficult to pass

Client: Carole Corkadel



Jul 17, 2025

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

Mineral Needs

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



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

Essential Fatty Acids

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

Sugar Handling

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

Vitamin Need

Nutri-Q

186. 1 2 3	Client: Carole Corkadel	Jul 17, 2025
187. (i) 1 2 3 Feel exhausted or sore after moderate exercise 188. (i) 1 2 3 Vulnerable to insect bites 189. (ii) 1 2 3 Loss of muscle tone, heaviness in arms/legs 190. (ii) 1 2 3 Enlarged heart or congestive heart failure 191. (ii) 1 2 3 Ringing in the ears (Tinnitus) 193. (ii) 1 2 3 Numbness, tingling or litching in hands and feet 194. (ii) 1 2 3 Depressed 195. (ii) 1 2 3 Pear of impending doom 196. (ii) 1 2 3 Morrior, apprehensive, anxious 197. (ii) 1 2 3 Rearry and a Pear of impending doom 198. (ii) 1 2 3 Rearry and a Pear of impending sor insecurity 199. (ii) 1 2 3 Feelings of insecurity 199. (ii) 1 2 3 Feelings of insecurity 199. (ii) 1 2 3 Can hear heart beat on pillow at night 201. (ii) 1 2 3 Reafless leg syndrome 202. (ii) 1 2 3 Reafless leg syndrome 203. (iii) 1 2 3 Reafless leg syndrome 204. (iii) 1 2 3 Reafless leg syndrome 205. (iii) 1 2 3 Reafless leg syndrome 206. (iii) 1 2 3 Reafless leg syndrome 207. (iii) 1 2 3 Reafless leg syndrome 208. (iii) 2 3 Reafless leg syndrome 209. (iii) 2 3 Reafless leg syndrome 2100. (iii) 2 3 Reafless leg syndrome 2211. (iii) 1 2 3 Reafless leg syndrome 2222. (iii) 2 3 Reafless leg syndrome 2233. (iii) 3 Reafless leg syndrome 2244. (iii) 4 2 3 Reafless leg syndrome 2255. (iiii) 4 2 3 Reafless leg syndrome 2266. (iiii) 5 Reafless leg syndrome 2277. (iiii) 6 Reafless leg syndrome 2288. (iiii) 6 Reafless leg syndrome 2299. (iiii) 7 Reafless leg syndrome 2399. (iiii) 8 Reafless leg syndrome 2400. (iiii) 8 Reafless leg syndrome 2410. (iii) 9 Reafless leg syndrome 2411. (iii) 1 2 3 Reafless leg syndrome 2412. (iii) 1 2 3 Reafless leg syndrome 2413. (iii) 1 2 3 Reafless leg syndrome 2414. (iii) 1 2		
188.	186. ① 1 2 3	Muscles become easily fatigued
188. ① 1 2 3	187. ① 1 2 3	Feel exhausted or sore after moderate exercise
190.	188. ① 1 2 3	Vulnerable to insect bites
191. ① 1 Pulse below 65 per minute 192. ② 1 2 3 Ringing in the ears (Tinnitus) 193. ③ 1 2 3 Numbness, tingling or itching in hands and feet 194. ④ 1 2 3 Depressed 195. ④ 1 2 3 Per of impending doom 196. ④ 1 2 3 Per of impending doom 197. ④ 1 2 3 Per of impending doom 198. ④ 1 2 3 Per of impending doom 199. ④ 1 2 3 Per of impending of	189. ① 1 2 3	Loss of muscle tone, heaviness in arms/legs
192.	190. ① 1 2 3	Enlarged heart or congestive heart failure
193.	191. ① 1	Pulse below 65 per minute
194.	192. ① 1 2 3	Ringing in the ears (Tinnitus)
195. 0 1 2 3 Fear of impending doom 196. 0 1 2 3 Worrier, apprehensive, anxious 197. 0 1 2 3 Nervous or agitated 198. 0 1 2 3 Feelings of insecurity 199. 0 1 2 3 Heart races 200. 0 1 2 3 Can hear heart beat on pillow at night 201. 0 1 2 3 Whole body or limb jerk as falling asleep 202. 0 1 2 3 Night sweats 203. 0 1 2 3 Restless leg syndrome 204. 0 1 2 3 Cracks at corner of mouth (Cheilosis) 205. 0 1 2 3 Fragile skin, easily chaffed, as in shaving 206. 0 1 2 3 MSG sensitivity 207. 0 1 2 3 MSG sensitivity 208. 0 1 2 3 Small bumps on back of arms 209. 0	193. ① 1 2 3	Numbness, tingling or itching in hands and feet
196.	194. ① 1 2 3	Depressed
197. 0 1 2 3 Nervous or agitated 198. 0 1 2 3 Feelings of insecurity 199. 0 1 2 3 Heart races 200. 0 1 2 3 Whole body or limb jerk as falling asleep 202. 0 1 2 3 Night sweats 203. 0 1 2 3 Restless leg syndrome 204. 0 1 2 3 Cracks at corner of mouth (Chellosis) 205. 0 1 2 3 Polyps or warts 206. 0 1 2 3 MSG sensitivity 208. 0 1 2 3 Wake up without remembering dreams 209. 0 1 2 3 Small bumps on back of arms 210. 0 1 2 3 Strong light at night irritates eyes 211. 0 1 2 3 Nose bleeds and/or tend to bruise easily 212. 0 1 2 3 Bleeding gums especially when brushing teeth <	195. ① 1 2 3	Fear of impending doom
198.	196. ① 1 2 3	Worrier, apprehensive, anxious
199. ① 1 2 3	197. ① 1 2 3	Nervous or agitated
200. ① 1 2 3	198. ① 1 2 3	Feelings of insecurity
201. ① 1 2 3 Whole body or limb jerk as falling asleep 202. 0 ① 2 3 Night sweats 203. ① 1 2 3 Restless leg syndrome 204. ① 1 2 3 Cracks at corner of mouth (Cheilosis) 205. ① 1 2 3 Fragile skin, easily chaffed, as in shaving 206. ① 1 2 3 MSG sensitivity 208. 0 ① 2 3 Wake up without remembering dreams 209. ① 1 2 3 Small bumps on back of arms 210. ② 1 2 3 Strong light at night irritates eyes 211. ② 1 2 3 Nose bleeds and/or tend to bruise easily 212. ② 1 2 3 Bleeding gums especially when brushing teeth Adrenal 213. ③ 1 2 3 Difficulty falling asleep 215. ③ 1 2 3 Slow starter in the morning 216. ③ 1 2 3 Blood pressure above 120/80	199. ① 1 2 3	Heart races
202. 0 ① 2 3 Night sweats 203. ① 1 2 3 Restless leg syndrome 204. ② 1 2 3 Cracks at corner of mouth (Cheilosis) 205. ③ 1 2 3 Fragile skin, easily chaffed, as in shaving 206. ③ 1 2 3 Polyps or warts 207. ③ 1 2 3 MSG sensitivity 208. 0 ① 2 3 Wake up without remembering dreams 209. ③ 1 2 3 Small bumps on back of arms 210. ⑥ 1 2 3 Strong light at night irritates eyes 211. ⑥ 1 2 3 Nose bleeds and/or tend to bruise easily 212. ⑥ 1 2 3 Bleeding gums especially when brushing teeth Adrenal 213. ⑥ 1 2 3 Difficulty falling asleep 215. ⑥ 1 2 3 Slow starter in the morning 216. ⑥ 1 2 3 Blood pressure above 120/80	200. ① 1 2 3	Can hear heart beat on pillow at night
203.	201. ① 1 2 3	Whole body or limb jerk as falling asleep
204. ① 1 2 3	202. 0 1 2 3	Night sweats
205.	203. ① 1 2 3	Restless leg syndrome
206. ① 1 2 3 Polyps or warts 207. ② 1 2 3 MSG sensitivity 208. 0 ① 2 3 Wake up without remembering dreams 209. ① 1 2 3 Small bumps on back of arms 210. ② 1 2 3 Strong light at night irritates eyes 211. ② 1 2 3 Nose bleeds and/or tend to bruise easily 212. ② 1 2 3 Bleeding gums especially when brushing teeth Adrenal 213. ③ 1 2 3 Tend to be a "night person" 214. ④ 1 2 3 Difficulty falling asleep 215. ③ 1 2 3 Slow starter in the morning 216. ④ 1 2 3 Tend to be keyed up, trouble calming down 217. ① 1 2 3 Blood pressure above 120/80	204. ① 1 2 3	Cracks at corner of mouth (Cheilosis)
207.	205 . ① 1 2 3	Fragile skin, easily chaffed, as in shaving
208. 0 ① 2 3 Wake up without remembering dreams 209. ① 1 2 3 Small bumps on back of arms 210. ② 1 2 3 Strong light at night irritates eyes 211. ② 1 2 3 Nose bleeds and/or tend to bruise easily 212. ② 1 2 3 Bleeding gums especially when brushing teeth Adrenal 213. ② 1 2 3 214. ② 1 2 3 Tend to be a "night person" 215. ③ 1 2 3 Difficulty falling asleep 216. ② 1 2 3 Slow starter in the morning 216. ② 1 2 3 Tend to be keyed up, trouble calming down 217. ② 1 2 3 Blood pressure above 120/80	206. ① 1 2 3	Polyps or warts
209.	207. ① 1 2 3	MSG sensitivity
210. ① 1 2 3 Strong light at night irritates eyes 211. ① 1 2 3 Nose bleeds and/or tend to bruise easily 212. ① 1 2 3 Bleeding gums especially when brushing teeth Adrenal 213. ② 1 2 3 Tend to be a "night person" 214. ② 1 2 3 Difficulty falling asleep 215. ② 1 2 3 Slow starter in the morning 216. ③ 1 2 3 Tend to be keyed up, trouble calming down 217. ③ 1 2 3 Blood pressure above 120/80	208. 0 1 2 3	Wake up without remembering dreams
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212.	210. ① 1 2 3	Strong light at night irritates eyes
Adrenal 213. ① 1 2 3 Tend to be a "night person" 214. ② 1 2 3 Difficulty falling asleep 215. ② 1 2 3 Slow starter in the morning 216. ② 1 2 3 Tend to be keyed up, trouble calming down 217. ② 1 2 3 Blood pressure above 120/80	211. ① 1 2 3	Nose bleeds and/or tend to bruise easily
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215. ① 1 2 3 Slow starter in the morning 216. ① 1 2 3 Tend to be keyed up, trouble calming down 217. ① 1 2 3 Blood pressure above 120/80	213. ① 1 2 3	Tend to be a "night person"
216. ① 1 2 3 Tend to be keyed up, trouble calming down 217. ② 1 2 3 Blood pressure above 120/80	214. ① 1 2 3	Difficulty falling asleep
217. ① 1 2 3 Blood pressure above 120/80	215. ① 1 2 3	Slow starter in the morning
	216. ① 1 2 3	Tend to be keyed up, trouble calming down
218. 0 1 2 3 Headache after exercising	217. ① 1 2 3	Blood pressure above 120/80
	218. ① 1 2 3	Headache after exercising

Nutri-Q

Client: Carole Corkadel	Jul 17, 2025
219. ① 1 2 3	Feeling wired or jittery after drinking coffee
220. ① 1 2 3	Clench or grind teeth
221. ① 1 2 3	Calm on the outside, troubled on the inside
222. ① 1 2 3	Chronic low back pain, worse with fatigue
223. ① 1 2 3	Become dizzy when standing up suddenly
224. ① 1 2 3	Difficulty maintaining manipulative correction
225. ① 1 2 3	Pain after manipulative correction
226. ① 1 2 3	Arthritic tendencies
227. ① 1 2 3	Crave salty foods
228. 0 1 2 3	Salt foods before tasting
229. 0 1 2 3	Perspire easily
230. ① 1 2 3	Chronic fatigue, or get drowsy often
231. 0 1 2 3	Afternoon yawning
232. ① 1 2 3	Afternoon headache
233. ① 1 2 3	Asthma, wheezing or difficulty breathing
234. ① 1 2 3	Pain on the medial or inner side of the knee
235. ① 1 2 3	Tendency to sprain ankles or "shin splints"
236. ① 1 2 3	Tendency to need sunglasses
237. ① 1 2 3	Allergies and/or hives
238. ① 1 2 3	Weakness, dizziness
Pituitary	
239. 0 1	Height over 6' 6" (198cm)
240 . ① 1	Early sexual development (before age 10)
241. ① 1 2 3	Increased libido
242. ① 1 2 3	Splitting type headache
243. ① 1 2 3	Memory failing
244. 0 1	Tolerate sugar, feel fine when eating sugar
245 . () 1	Height under 4' 10" (147cm)
246. ① 1 2 3	Decreased libido
247. ① 1 2 3	Excessive thirst
248. 0 1 2 3	Weight gain around hips or waist
249. 0 1 2 3	Menstrual disorders
250. ① 1	Delayed sexual development (after age 13)
251. ① 1 2 3	Tendency to ulcers or colitis



Client: Carole Corkadel Jul 17, 2025

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

Female Reproductive System

277. ① 1 2 3	Depression during periods
278. 0 1 2 3	Mood swings associated with periods (PMS)
279. 0 1 2 3	Crave chocolate around periods
280. 0 1 2 3	Breast tenderness associated with cycle
281. ① 1 2 3	Excessive menstrual flow
282. 0 1 2 3	Scanty blood flow during periods
283. 0 1 2 3	Occasional skipped periods
284. 0 1 2 3	Variations in menstrual cycles
285. ① 1 2 3	Endometriosis
286. ① 1 2 3	Uterine fibroids
287. ① 1 2 3	Breast fibroids, benign masses
288. ① 1 2 3	Painful intercourse (dysparenia)
289. 0 1 2 3	Vaginal discharge
290. ① 1 2 3	Vaginal dryness
291. ① 1 2 3	Vaginal itchiness



Jul 17, 2025

292. 0 1 2 3	Tendency to gain weight around hips, thighs and buttocks as opposed to other areas such as the mid-section
292. 0 ① 2 3 293. 0 ① 2 3	Excess facial or body hair
294. ① 1 2 3	Hot flashes
295. 0 1 2 3	Night sweats (in menopause)
296. ① 1 2 3	Thinning skin

Cardiovascular

Client: Carole Corkadel

297. ① 1 2 3	Aware of heavy and/or irregular breathing
298. ① 1 2 3	Discomfort at high altitudes
299. ① 1 2 3	Air hunger or sigh frequently
300 . 0 1 2 3	Compelled to open windows in a closed room
301. ① 1 2 3	Shortness of breath with moderate exertion
302. ① 1 2 3	Ankles swell, especially at end of day
303. ① 1 2 3	Cough at night
304. ① 1 2 3	Blush or face turns red for no reason
305. 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.)
306. ① 1 2 3	Muscle cramps with exertion

Kidney and Bladder

307. (0) 1 2 3	Pain in mid-back region
308. ① 1 2 3	Puffy around the eyes, dark circles under eyes
309. 0 1	History of kidney stones
310. ① 1 2 3	Cloudy, bloody or darkened urine
311. ① 1 2 3	Urine has a strong odor

Immune System

312. ① 1 2 3	Runny or drippy nose
313. ① 1 2 3	Catch colds at the beginning of winter
314. ① 1 2 3	Mucus producing cough
315. ① 1 2 3	Frequent colds or flu
316. ① 1 2 3	Other infections (sinus, ear, lung, skin, bladder, kidney, etc.)
317. ① 1 2 3	Never get sick
318. ① 1 2 3	Acne (adult)

Client: Carole Corkadel

Nutri-Q

Jul 17, 2025

319. 0 1 2 3	Itchy skin (Dermatitis)
320. ① 1 2 3	Cysts, boils, rashes
321 . 0 1 2 3	History of Epstein-Barr, Mono, Herpes, Shingles, Chronic Fatigue Syndrome, Hepatitis or other chronic viral condition

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