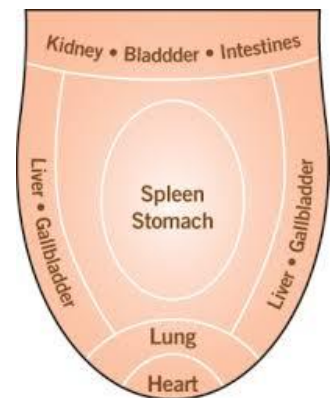




DR. BROOKE HEATHER (208)231-7149 NATUROPATHICCLINIC.INFO

## Wellness Checklist

- Symptom Survey
- Zinc Tally Response 1 \_\_\_ DATE: \_\_\_ 2 \_\_\_ DATE: \_\_\_ 3 \_\_\_ DATE: \_\_\_
- Iodine Stain lasted \_\_\_hrs DATE: \_\_\_hrs DATE: \_\_\_hrs DATE: \_\_\_hrs
- Base BP \_\_\_\_\_
- Orthostatic Challenge: SBP:            Upon standing:            PP:            PA-P1:
- UA
- SpH
- Oxidation
- Bioscan:
- Nutrition: HSR or \_\_\_\_\_
- Iridology
- Metabolic: NS/MANT
- AK/CRA
- LBA/DBA
- Functional Medicine specialty testing:
  - Enzyme Deficiency Testing: \_\_\_\_\_
  - Digestive \_\_\_\_\_
  - Homeopathic case taking
  - Ayurvedic
  - Traditional Chinese Medicine
    - Tongue analysis
    - Pulse
- Organic Acids
- HTMA
- Omega
- Other:



## Traditional Chinese Medicine

A pulse assessment reveals the quality of the blood in the 12 main meridians/organ systems:

- Small intestine & Heart
- Gall Bladder & Liver
- Bladder & Kidney
- Lung & Large Intestine
- Spleen & Stomach
- Pericardium & Triple Warmer



**FUN FACT:** There are 29 different pulses assessed in Traditional Chinese Medicine!

*Everyone's body has a natural ability to heal. Traditional Chinese Medicine (TMC) is based on a philosophy of balance with nature. TMC offers assistance to those healing abilities the body contains.*

HEATHER  
HOLISTIC  
Naturopathic  
Clinic



Phone: (208)231-7149  
NaturopathicClinic.com

## Chinese Medicine Pulse Diagnosis

There are 27 main pulse combinations to ascertain in 3 locations for each wrist. There is also a deep and superficial assessment to differentiate for each of the organ conditions.

S~D (Right)

S~D (Left)

LI~LU

SI~HE

Key			
	Normal Pulse	Deficient Pulse	Excess Pulse

ST~SP

GB~LV

TW~PC

BL~KI

HEATHER  
HOLISTIC  
Naturopathic  
Clinic



Phone: (208)231-7149  
NaturopathicClinic.com

## Testing

Response 1: No specific taste or sensation

Response 2: No immediate taste. "mineral", "dry", "sweet" or the like is described after a few seconds

Response 3: Taste is noticed immediately and intensifies

Response 4: having a strong unpleasant taste



Zinc is mineral necessary for healthy mental function and mood, energy production, efficient digestion and the synthesis of hormones and collagen also crucial for bone formation. It is needed for healthy skin and healing of wounds. Zinc is needed for the for the maintenance of vitamin E in the blood. It may have anti-inflammatory effects, helps to excrete toxins, regulates diabetes and is vital for immunity.

HEATHER  
HOLISTICS  
Naturopathic  
Clinic

Phone: (208)231-7149  
NaturopathicClinic.com

## Iodine

### Testing:

Povidone iodine can be used as a "mini thyroid test".

When a spot of iodine is put on the skin and leaves a stain lasting more than 24 hours, this tells us that your body has sufficient amounts of iodine.

If the stain disappears in less than 24 hours, meaning the body soaked up the iodine, you know your body needs more of this nutrient.



#### FUN FACT

The primary thyroid hormone (thyroxin) is made up of 60% iodine.

### Therapy:

Iodine fulfillment therapy is done by the very method of testing; simply apply iodine onto soft supple areas of the skin. This transdermal application allows for the body to absorb the nutrient as needed. Oral supplementation of iodine is not recommended due to it being a powerful antibiotic.

Phone: 208)231-7149  
NaturopathicClinic.com



HEATHER  
HOLISTICS  
Naturopathic  
Clinic

BP & Pulse

VITALS



BP a \_\_\_\_\_

BP b \_\_\_\_\_

Pulse Pressure \_\_\_\_\_  
(averaged difference between SBP and DBP)

> 50: sympathetic < 35: para-sympathetic

P a \_\_\_\_\_

P b \_\_\_\_\_

Phone: (208)2317149  
NaturopathicClinic.com

An increase of 18 or more upon standing = the heart and brain have been conditioned to compensate for fatigued adrenals.

If there are any abnormalities in these measurements, practitioner will review with you the sphygmanetric Analysis chart of findings.



Biofeedback

Testing & Therapy

Identifies imbalances via:

- a. Calibration
- b. Reactivity
- c. Susceptibility



**Calibration** reflects over all vitality which is determined through the Biofeedback medical devices' establishment of the body's resistance, amperage and voltage. The below completion rate (speed) is rated 1-10 (10 being ideal health).

**Reactivity** is a large-scale test, scanning for thousands of reactions in 30+ categories of concern.

**Susceptibility test** scans for areas of weakness.

Resistance (rate of healing/reaction to pathogens or toxins)	
Amperage (brain & nervous system)	
Voltage (cellular charge, willpower & adrenals)	

Phone: (208)231-7149  
NaturopathicClinic.com





pH

## Testing:

Should always be evaluated in relation to:

- Breath Hold Time
- Respiratory Rate
- Average pH of both saliva and urine

### FUN FACT

In the metabolic analysis performed in-office, there are 7 calculations for 6 of the potential pH imbalances (metabolic acidosis, potassium excess or respiratory acidosis, metabolic alkalosis, potassium depletion, or respiratory alkalosis).

Phone: (208)231-7149  
NaturopathicClinic.com



## Metabolic Analysis

NOTE: it is entirely possible to be too alkaline. Many believe the more alkaline the better, focusing solely on the pH of the urine. There is a flip side to everything. Being too alkaline presents its own set of clinical manifestations and needs to be equally addressed, just as you would if you were too acidic.



HEATHER  
HOLISTIC  
Naturopathic  
Clinic

## Therapy

The saliva parallels the extracellular fluid (tissue), thus represents the mineral level in your blood and tissue, unlike the urine. The pH range of urine varies greatly during the day, or should.

By a snap-shot taking of your pH, you will not be able to monitor your health status with that alone but can recognize when to seek professional help if pH levels are out of normal range. In that case, I encourage you to contact me for further instruction or testing of the metabolism.

Ideal saliva pH: 6.7

Ideal urinary pH: 6.1-6.2

### FUN FACT

The measurement of pH is expressed on a scale of 0 to 14 and is logarithmic, which means that each step is ten times the previous. In other words, a pH of 4.5 is 10 times more acidic than 5.5, 100 times more acidic than 6.5 and 1,000 times more acidic than 7.5

