



Name: _____

Date: _____

In order to serve you more efficiently and ensure that your time here is a healthy experience, please rate the following: (circle one)

	Strongly Agree			Strongly Disagree	
	☺		☹		☹
	1	2	3	4	5
My waiting time to see the doctor is appropriate.					
When I enter the office I am greeted promptly and warmly.					

Comments: _____

How many **times per week** are you doing your spinal correction exercises, stretches, traction, core strengthening and Denneroll? (circle) 1-2 3-5 never

Chiropractors and medical doctors are the only health care professionals who are trained to detect and correct vertebral subluxations. **True or False**

The first chiropractic patient suffered from deafness. **True or False**

There are patterns of subluxation that run in families. **True or False**

*** The doctor offers free lunch and learn programs, corporate wellness programs, and special speaking engagements for local clubs, etc. Please list any clubs, work groups, etc. that you know may be interested in such programs: _____

FOR OFFICE USE ONLY

Some or all of the following will be performed to monitor the kinesiopathological, myopathological, histopathological, neuropathological and biochemical components of the vertebral subluxation complex in this patient.

T-L Spine ROM F (110) ___ E (80) ___ R rot (90) ___ L rot (90) ___ R lat (50) ___ L lat (50) ___

Tandem 0 +1 +2 +3 +4 **Rhomberg's** 0 +1 +2 +3 +4 **Schober's** + - **Grip** L ___ R ___

Ant Delt L/R **Post Delt** L/R **Medial Delt** L/R **Calf Girth** L ___ R ___

Biceps L/R **Triceps** L/R

C-T Spine ROM F (90) ___ E (70) ___ R rot (90) ___ L rot (90) ___ R lat (45) ___ L lat (45) ___

Notes: _____

X-Ray: C-Lat ___ C/T-Ap ___ L-lat ___ L/S-AP: ___

BILAT SCALE	
L	R

PALP	ROM	COMP	TRIGGER PT'S
C0	C/S	C0	
C1	FLEX	C1	
C2	EXT	C2	
C3	R-LF	C3	
C4	R-LF	C4	
C5	L-LF	C5	
C6	R-ROT	C6	
C7	L-ROT	C7	
T1	T/S	T1	
T2	FLEX	T2	
T3	EXT	T3	
T4	R-LF	T4	
T5	R-LF	T5	
T6	L-LF	T6	
T7	R-ROT	T7	
T8	L-ROT	T8	
T9	L/S	T9	
T10	FLEX	T10	
T11	EXT	T11	
T12	R-LF	T12	
L1	R-LF	L1	
L2	L-LF	L2	
L3	R-ROT	L3	
L4	L-ROT	L4	
L5	L-ROT	L5	
S1	L-ROT	S1	
			Leg Length



BASIC NUTRITION ASSESSMENT

Name: _____ Date: _____

Please check the items that apply to you below:

- Do you eat out more than three times per week?
- Do you eat boxed foods more than twice per week?
- Do you drink any type of pop?
- Do you eat less than 5 servings of vegetables per day?
- Do you drink less than 4 glasses of water per day?
- Do you feel "addicted" to certain foods?
- Do you typically opt for lower fat and lower calorie foods when given the choice?
- Do you eat white flour, white rice, or white bread?
- Do you use artificial sweeteners like Aspartame, Splenda, and Nutrisweet, or consume foods that contain them?
- Do you eat deep fried foods more than once per week?
- Do you eat processed "deli" meat, bacon, sausage, or hot dogs?
- Do you feel you get all your needed nutrients from food, and therefore pass on supplements including multivitamins and fish oil?
- Do you use canola oil or vegetable oils in cooking or in salad dressings?
- Do you use margarine?
- Are most of the fruits and vegetables you eat conventionally grown (non-organic)?
- Do you consume non-organic milk and dairy products?
- Are the majority of your animal products from the meat counter or freezer at the grocery store (as opposed to a health food store or local farmer)?
- Do you consider price and convenience of food to be more important than nutritional quality?
- Do you eat sweets or candy more than once per week?
- Do you drink more than 10 oz of alcohol, three times per week?
- Do you eat while rushed or under stress?
- Do you, your doctor or family feel that you should lose some body fat?
- Do you have irregular blood sugar, diabetes, or pre-diabetes?
- Do you have blood pressure over 120/80?
- Do you suffer from sinus issues, asthma, or allergies (including rashes, eczema, hives)?
- Do you have gastrointestinal issues (bloating, constipation, diarrhea)?
- Do you frequently experience fatigue or insomnia?
- Do you have emotional/mental challenges or trouble concentrating?
- Do you suffer from joint pain or muscle aches?
- Do you have hormonal imbalances?

_____ **YOUR SCORE (how many you marked) Turn over to see how you rate!**

0-5 = GREAT: You are obviously a nutritionally-conscious person and are off to a good start! Like most of us, you may have some minor improvements that you could make to your nutrition plan. We trust the core principles of the Maximized Living Nutrition Plan will help you take your health to the next level.

6-10 = GOOD: You are doing pretty well but likely need stronger discipline with your eating habits. If you can target and stick to the basic principles of the Core Plan described in this book, you will likely experience speedy improvements in your health.

11-15 = IMPROVEMENT NEEDED: Your diet needs some work -- although you may not realize it. It's very likely that you are doing your best, following other food guides and counting calories, but considering the principles of Maximized Living you are possibly doing some harm to your health. You are probably learning some surprising things in the Maximized Living Nutrition Plan that contradict "traditional wisdom." Rather than becoming overwhelmed, take small steps. You can deal with these one at a time. Be sure to identify any conditions listed in chapter 15 that make you a candidate for the Advanced Plan, which you may need to follow in order to reach your health goals. Small successes can get you motivated to make more changes! Aim to get your score below 6 within six months.

16-20 = PRE-DISEASE: Whether you realize it or not, your eating habits will not be without serious health consequences. If you haven't already started to experience symptoms or have not yet been diagnosed with any disease, that day is around the corner if immediate changes are not made. Fortunately, your score is low enough that following the Advanced Plan will help you reduce your score even further -- and improve your health significantly -- within 6 months time. However, long-standing illness or other factors described in Chapter 15 may prolong your recovery. You will probably feel awful in your first few weeks of changes, but once your body adapts, you will undoubtedly feel the positive effects, like so many Maximized Living consumers across the globe.

20+ = CRISIS: It is time to pull out all of the stops. Whether or not your doctor has diagnosed it, you are in a very serious state of health crisis, and are moving in the wrong direction. The Advanced Plan is designed to help you reverse the track you are on. Start making changes and moving in the right direction today -- the longer you wait, the less likely you will ever start. Even if you begin slowly, just get started! You are better off moving in the right direction slowly than the wrong direction quickly.

As you may have guessed, all of the items on the list are problematic when it comes to being healthy. After all, the ideal score is "zero." It is imperative that you be able to avoid answering yes to most of them. A score of 30 (out of 30) would go to someone following the Standard North American Diet (S.A.D.) religiously! It is sad but true that North Americans hold the dubious honor of having the worst diets on the planet ... and the most lifestyle-related diseases such as heart disease, diabetes, high blood pressure, and cancer.

Every person in his or her lifetime will at some time decide to (and have to) make his or her own health the top priority. We trust you will make this decision today -- not tomorrow! Regardless of your starting point, everyone has room to improve. Nutrition, just like life, is a marathon ... and not a sprint. Let's get started.

Action Steps:

☺ Keep a Food Journal for 7 Days

☺ Begin the Basic Supplement Regimen described in the book

☺ Attend the next Nutrition Workshop

☺ Make a special appointment if you need additional guidance

This assessment is for your information -

If you wish to discuss any concerns with your Chiropractor please book a separate appointment.



12 Steps to Success With Your Nutrition



- 1) Drink more water throughout your day!
- 2) Limit sugary foods and beverages (Including pop, juice, etc.)
- 3) Start reading and understanding food labels.
- 4) Limit your fast food intake to once monthly.
- 5) Aim for half of each meal to be comprised of vegetables.
- 6) Aim for lower glycemic fruits such as field berries, plums and peaches.
- 7) Limit grain, dairy, starch and sugar consumption to decrease digestive inflammation in your body.
- 8) Replace “unhealthy” cooking oils such as: Canola oil, vegetable oil and sunflower oil with; coconut, avocado or olive oil.
Eat more good fats (avocado, nuts, etc.)
- 9) Eliminate processed foods and move towards a more natural whole foods (organic) diet.
- 10) Juice your vegetables to maximize raw vegetable intake.
- 11) Add chia seeds, hemp hearts and flaxseed to your protein shakes/smoothies for an easy fiber and protein boost.
- 12) Add lemon to your water daily to improve digestion and liver function.

