

Sample Comprehensive Nutritional Report

Name: ~~Jane Donalson~~ _____

Date of Birth (mm/dd/year) ~~08/08/1967~~ _____

Gender (m/f): f _____

Vegetarian/Vegan/Meat Eater/Pescatarian/Other:

(Please specify) Vegetarian _____

Report Date: 07 / 06 / 2016 _____

Type of Report: Comprehensive Nutritional Report

Prepared by: Neeta Sanders

Nutritional Therapy is not a substitute for medical advice or treatment and if you have any concerns regarding your health please contact your GP, or healthcare professional, for advice as soon as possible. Furthermore if you are suffering from any health condition please seek medical advice before following any of the recommendations given by me.

Supplements/Minerals: 1 pill of each below - to be taken daily:

Supplement/Mineral s	Dosage
B1 (Thiamine)	100 mg
B2 (Riboflavin)	100 mg
B3 (Niacin)*	50 mg
B5 (Panthothenic Acid)	100 mg
B6 (Pyridoxine)	50 mg
B12	5000 mcg
Folic Acid	500 mcg
Biotin	10 mg
Omega 3 & Omega 6 – Supplement/Flax Seed Oil	
Magnesium Citrate	500 mg
Iron*	14-18 mg
Spirulina	500 mg

Some Advice on Buying Vitamins & Supplements

Suggested brands of vitamins & supplements:

Now Foods, KAL, Solgar, Nutricology, Source Naturals, Food Science, Garden of Life

Since you are a vegetarian, make sure you buy supplements that are marked “vegetarian” which means they will contain no gelatin in them.

*B3 (Niacin) – make sure you don’t buy the “no flush” kind. It is okay to have a niacin flush

*Iron – only take this supplement for 1 month

Brands of vitamins & supplements we avoid:

Nature’s Plus, Country Life, Nature’s Way, Nature Made, Natural Factors, Sundown

Foods to eat:

Vegetables	Fruits	Protein	Grain	Nuts/Seeds	Dairy
Asparagus	Bananas	Bean sprouts	Quinoa	Almonds	Butter
Avocados	Raisins	Beans	Wheat*	Brazil Nuts	Cheese
Beets	Strawberries	Chick peas/garbanzos	Wheat Germ*	Cashews	Cottage Cheese
Broccoli		Lentils	Yeast	Flax Seeds/Flax Seed oil*	Eggs
Cabbage		Tempeh		Peanuts	Milk
Cauliflower		Tofu (in very small quantity)		Pecans	Yoghurt
Celery				Pumpkin Seeds	
Corn				Sesame Seeds	
Garlic				Sunflower Seeds	
Onions				Walnuts	
Peas					
Peppers					
Potatoes					
Spinach					
Squash					
Tomatoes					
Watercress					
Zucchini					

*Wheat/Wheat Germ: Make sure you are buying Italian wheat - product of Italy not American wheat which is hybridized

*Flax Seed Oil: Make sure you don't cook with it

Foods/Substances to Avoid/Minimise:
Alcohol (in excess - more than 1 glass of wine)
All bran
Antacids
Bran flakes
Caffeine (in excess - more than 1 cup of coffee)
Cigarettes
Dairy (at every meal)
Fried foods
Preservatives
Raw egg white
Rhubarb
Sodas (especially diet sodas)
Wheat/bread (at every meal)

Report Analysis:

Since you are a vegetarian, it looks like you have B deficiencies. These can result in not consuming enough raw fruits and vegetables. The next step is to analyze what you are eating and see if we can make better food choices/substitutes to help you gain back your wellness.

Next step: I will send you a 5 day food diary that you must fill out, and send back to me. This will give me a better understanding of the foods that you are consuming on a regular basis, which ones are adversely affecting you, how you can make healthier swaps and what foods you should add to your diet.

Exercise Routine:

Chair Flair

Sit on the edge of a sturdy chair, with hands next to hips. Slide your bottom off the edge and bend elbows to 90 degrees. Be sure to keep your back close to the chair, then push back up. Do 10 to 12 repetitions.

Walk/Skip/Run

Walk briskly for 10 minutes
Slow walk for 5 minutes
Skip for 3 minutes
Brisk walk for 10 minutes
Slow jog for 5 minutes

Meditation Routine:

Smiling into your body (Morning Meditation) – I have an audio version – which I can send you

Food and Symptoms Diary

Name: ~~Elise Rignox~~ Today's Date: 10 / 17 / 2016 Weekday: M T W T F S

Day 1:

Time:	Food/Drink	Quantity/Portions	Symptoms and notes
9:30 AM	Banana	1	Felt extremely tired at 5 pm and felt nausea
	Granola Bar	1	At night had gritty eyes and a cough
	Coffee with milk	2 cups	
	Muesli & Milk	1/4 cup	
	Blueberries	A handful	
	Multivitamin	1	
1:00 PM	Avocado & Cheese sandwich with mayo and lettuce	1	
	Hot Lemon water	1 16 oz cup	
6:30 PM	Lentil soup and rice	½ cup rice with ½ cup lentils	
	French fries	1/ 2 cup	
	Orange juice	1 8oz glass	
	Apple slices	4 slices	
10:45 PM	Saltine crackers and cheese	4 crackers and 1 oz cheese	

My Analysis:

Your breakfast selections are nutritious except for the fact that you are having too much caffeine. Try to cut down to one cup of coffee in the morning. Instead of taking a multivitamin, incorporate some of the vitamins I prescribed. See separate vitamins/supplements suggestion.

You said you felt tired at 5 pm and felt nauseous. I believe this could have been due to the carb crash you had at lunchtime. What kind of bread did you have? If you are going to have a sandwich, try to eat whole wheat bread. Make your bread at home from Italian flour – this has the least amount of preservatives, plus you aren't consuming hybridized wheat.

You had hot lemon water. That's a nutritious drink. The nausea may just be a detox happening. Start by having maybe a 6 oz cup of hot lemon water, and then work your way up to more.

Your dinner selection was favorable. Were your French fries baked or fried? If you had them fried, try to bake them next time. Drinking orange juice with your meals is not as healthy as if you had it 30 minutes after your meal. This will prevent the food in your stomach from fermenting. Also it will help with your digestion. The same goes for fruit. It is better to eat it before your meal.

You said you had gritty eyes at night. This could be because you have a gluten intolerance. Also you might have a vitamin B deficiency. Please take supplements as suggested in my other report.

You also reported having a cough at night. This could be an acid reflux cough where the food is coming back up your wind pipe. I would suggest eating 1/4 cup sauerkraut or some other fermented foods with your meals. This will help in digestion and prevent any kind of acid reflux.

Name: ~~XXXXXX~~ Today's Date: 10 / 16 / 2016 Weekday: M T W T F S

Day 2:

Time:	Food/Drink	Quantity/Portions	Symptoms and notes
9:30 AM	Banana	1	Woke up early - eyes opened at 6 am
	Granola Bar	1	woke up with gritty eyes - almost like eyes
	Black Tea with milk	1 cup	glued shut. Had a good bowel movement
	Muesli & Milk	1/4 cup	
	Blueberries	Handful	
	Multivitamin	1	
1:00 PM	skipped lunch		
6:30 PM	Pasta with eggplant	2 bowls	
	Garlic bread	2 slices	
	Orange juice	1 8oz glass	

My Analysis:

Generally potatoes and lentils help people to sleep well – so you were well rested. Sleep is always beneficial to our health. You said you had gritty eyes. Did you eat anything with MSG in it? Were the potatoes pre-fab or homemade? Pre-fab potatoes may contain MSG in them which may give you gritty eyes.

Breakfast choices were nutritious. Choosing tea over coffee is a healthy alternative –giving your body much less caffeine. Instead of taking a multivitamin, incorporate some of the vitamins I prescribed. See separate vitamins/supplements suggestion.

It's not such a great idea to skip lunch. This will slow down your metabolism and may give you duodenal ulcer if you do this on a regular basis.

Dinner was filled with carbs. You could have included a salad on the side.

Name: ~~XXXXXXXXXX~~ Today's Date: 10 / 16 / 2016 Weekday: M T W T F S

Day 3:

Time:	Food/Drink	Quantity/Portions	Symptoms and notes
9:30 AM	Banana	1	felt tired in the morning. Was constipated. Had bowel movement in the afternoon
	Granola Bar	1/2 bar	
	Small piece of toast with butter	1 slice	
	Coffee with milk	1 cup	
	Muesli & Milk	1/4 cup	
	Blueberries	Handful	
	Multivitamin	1	
1:00 PM	Leftover eggplant pasta	1 bowl	
	Hot lemon water	16 oz cup	
6:30 PM	Tempeh Salad with lettuce, carrots	2 bowls	
	boiled eggs		
	Orange juice	1 8oz glass	
	Chocolate covered almonds	4 pieces	

My Analysis:

You said you were constipated in the morning. This is probably due to the fact that there was no fiber in your meal at dinnertime. Try to include a small salad at dinner time. Also include fermented vegetables like sauerkraut which you can add to your salad. Your breakfast choices look nutritious. I see that you cut back to 1 cup of coffee; that is an improvement.

Hot lemon water is a healthy drink for detox, and that is why you had a bowel movement in the afternoon.

It looks like you had a big salad for dinner. Salads are great, but since they are mostly raw, they can trick your body into thinking that it doesn't need as much sleep; hence the trouble getting to sleep. Try to incorporate some carbs at night time. This can be bread or potatoes. This will aid in getting to sleep at night. Plus the niacin that I have prescribed will help too.