Brain Health and Nutrition Assessment Form™ (BHNAF)

rame:				$_{Age}$:: Sex: Date:				
Please circle the appropriate number on all questions bel	0W.	0	as i	the leas					
SECTION 1					SECTION 5				
· Low brain endurance for focus and concentration	0	1	2	. 3	Dry and unhealthy skin	0			
 Cold hands and feet 				3	Dandruff or a flaky scalp				3
· Must exercise or drink coffee to improve brain function	0	1	2	3	Consumption of processed foods that	U	1	2	3
Poor nail health	0	1	2	3	are bagged or boxed	0	1	2	3
 Fungal growth on toenails 				3	 Consumption of fried foods 	0	1	2	3
Must wear socks at night	0	1	2	3	 Difficulty consuming raw nuts or seeds 	0	1	2	3
 Nail beds are white instead of pink 	0	1	2	3	 Difficulty consuming fish (not fried) 	0	1	2	3
The tip of the nose is cold	0	1	2	3	 Difficulty consuming olive oil, avocados, flax seed oil, or natural fats 	0	1	2	3
SECTION 2					SECTION 6				
 Irritable, nervous, shaky, or light-headed between meals 	0	1	2	3	Difficulty digesting foods	0	1	2	3
· Feel energized after meals	0	1	2	3	 Constipation or inconsistent bowel movements 	0	1	2	3
 Difficulty eating large meals in the morning 	0	1	2	3	 Increased bloating or gas 			2	
 Energy level drops in the afternoon 	0	1	2	3	 Abdominal distention after meals 	0	1	2	3
 Crave sugar and sweets in the afternoon 	0	1	2	3	 Difficulty digesting protein-rich foods 			2	-
 Wake up in the middle of the night 	0	1	2	3	 Difficulty digesting starch-rich foods 	0	1	2	3
 Difficulty concentrating before eating 	0	1	2	3	 Difficulty digesting fatty or greasy foods 	0	1	2	3
 Depend on coffee to keep going 	0	1	2	3	 Difficulty swallowing supplements or large bites of food 	0	1	2	3
					Abnormal gag reflex	Y	es ()r.	Vo.
SECTION 3				A CONTRACTOR OF THE PARTY OF TH	SECTION 7				
Fatigue after meals	0	1	2	3	Brain fog (unclear thoughts or concentration)	Y.,		er l	
 Sugar and sweet cravings after meals 	0	1	2	3	Pain and inflammation			er:	
 Need for a stimulant, such as coffee, after meals 	0	3	2	3	Noticeable variations in mental speed			or!	
Difficulty losing weight	0	1	2	3	Brain fatigue after meals			2	
 Increased frequency of urination 	()	1	2	3	 Brain fatigue after exposure to chemicals, scents. 				
Difficulty falling asleep	0	1	2	3	or pollutants	0	1	2	3
Increased appetite	0	1	2	3	Brain fatigue when the body is inflamed	0	1	2	3
SECTION 4					SECTION 8				
Always have projects and things that need to be done	6)	1	2	3	Grain consumption leads to tiredness				
Never have time for yourself			2	1	Grain consumption makes it difficult to focus	0	1	2	3
Not getting enough sleep or rest			2	1	and concentrate	0	1	2	3
Difficulty getting regular exercise			2	1	· Feel better when bread and grains are avoided	0			
Feel that you are not accomplishing your life's purpose			2	1	Grain consumption causes the development				
	1	10	_	Contraction of the Contraction o	of any symptoms	0	1	2	3
				Principal designation of the Control	 A 100% gluten-free diet 	l'e	5 0	r	0
				Philippin spirit					

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CECTION 12

Please circle the appropriate number on all questions below. θ as the least/never to 3 as the most/always.

SECTION 9	1	SECTION 12	
 A diagnosis of celiac disease, gluten sensitivity. 	The state of the s	 A decrease in visual memory (shapes and images) 	Yes or No
hypothyroidism, or an autoimmune disease	Yes or No	 A decrease in verbal memory 	0 1 2 3
 Family members who have been diagnosed with an autoimmune disease 	Ves or No	 Occurrence of memory lapses 	0 1 2 3
Family members who have been diagnosed	105 01 150	 A decrease in creativity 	0 1 2 3
with celiac disease or gluten sensitivity	Yes or No	 A decrease in comprehension 	0 1 2 3
· Changes in brain function with stress, poor sleep.	Ì	 Difficulty calculating numbers 	0 1 2 3
or immune activation	0 1 2 3	 Difficulty recognizing objects and faces 	0 1 2 3
		 A change in opinion about yourself 	0 1 2 3
		 Slow mental recall 	0 1 2 3
SECTION 10		SECTION 13	
 A loss of pleasure in hobbies and interests 	0 1 2 3	 A decrease in mental alertness 	0 1 2 3
 Feel overwhelmed with ideas to manage 	0 1 2 3	 A decrease in mental speed 	0 1 2 3
 Feelings of inner rage or unprovoked anger 	0 1 2 3	 A decrease in concentration quality 	0 1 2 3
Feelings of paranoia	0 1 2 3	 Slow cognitive processing 	0 1 2 3
 Feelings of sadness for no reason 	0 1 2 3	 Impaired mental performance 	0 1 2 3
· A loss of enjoyment in life	0 1 2 3	 An increase in the ability to be distracted 	0 1 2 3
 A lack of artistic appreciation 	Yes or No	 Need coffee or caffeine sources to improve 	0 1 0 2
 Feelings of sadness in overcast weather 	0 1 2 3	mental function	0 1 2 3
 A loss of enthusiasm for favorite activities 	0 1 2 3		
 A loss of enjoyment in favorite foods 	0 1 2 3	·	
 A loss of enjoyment in friendships and relationships 	0 1 2 3		
 Inability to fall into deep, restful sleep 	0 1 2 3		
 Feelings of dependency on others 	0 1 2 3		
 Feelings of susceptibility to pain 	0 1 2 3		
SECTION 11		SECTION 14	
Feelings of worthlessness	0 1 2 3	Feelings of nervousness or panic for no reason	0 1 2 3
Feelings of hopelessness	0 1 2 3	Feelings of dread	0 1 2 3
Self-destructive thoughts	0 1 2 3	Feelings of a "knot" in your stomach	0 1 2 3
 Inability to handle stress 	0 1 2 3	Feelings of being overwhelmed for no reason	0 1 2 3
Anger and aggression while under stress	0 1 2 3	Feelings of guilt about everyday decisions	0 1 2 3
Feelings of tiredness, even after many hours of sleep	0 1 2 3	A restless mind	0 1 2 3
A desire to isolate yourself from others	0 1 2 3	An inability to turn off the mind when relaxing	0 1 2 3
An unexplained lack of concern for family and friends	0 1 2 3	Disorganized attention	0 1 2 3
An inability to finish tasks	0 1 2 3	Worry over things never thought about before	0 1 2 3
Feelings of anger for minor reasons	0 1 2 3	 Feelings of inner tension and inner excitability 	0 1 2 3