

Name			Initial Date						
BODY COMPOSITION OPTIMIZATION									
Check at Beginning and End of Visit									
Drain									
Poison									
Toxicity									
Body Points & Methodologies									
Thyroid									
Reverse Triiodothyronine (rT3)									
Adrenals (Cortex & Medulla)									
Tetrahydrobiopterin (BH4)									
Adhesions									
Restorative Sleep (also see Comp. Energy Exam)									
Sleep Architecture									
Sleep Hygiene									
Keto-adaptative Resilience									
Satiety Regulation									
Endocrine System									
Digestive System									
Hepatic System									
Biliary System									
Metabolisms									
Water									
Sugar									
Carbohydrate									
Protein									
Fat									
Synergistic									
Mineral									
Cholecalciferol (Vit D)									
Programmed Sequences - Pathological									
Adhesions									
Constipation									
Endocrine System, To Regulate									
Hormonal Balance									
Insomnia									
Metabolic Rate									
Poisons, Sluff									
Sugar, Crave									
Weight - A									
Weight - B									
Weight Control #1									
Weight Control #2									
Vials									
Your Fat Cells Stored (3)									
Your Fat									
Your Thin									
Your Blood Waste									
Your Toned Body									
PCB									
PBB									
Balancing Hormones									
Endo Key									
Auto-immune Set									
Environmental - Synthesized Set									
Supplemental Exams									
Comprehensive Sugar Exam									
Comprehensive Allergy Exam									
Comprehensive Medications Exam									
Comprehensive Metal Homeostasis Exam									
Additional Corrections									

Menu Questions													
Hx (60 days) <i>Caloric Stasis</i>													
Hx (60 days) <i>Calories Consumed</i>													
Calorie Formula Operational?													
# calories to lose 1lb (0.45 kg)													
Optimization Plan													
Current Weight (lb/kg)													
Optimal Weight (lb/kg)													
Weight loss/gain goal (lb/kg)													
Calorie deficit/surplus for weight optimization													
Projected <i>Caloric Stasis</i>													
Projected <i>Calories Consumed</i>													
Projected Caloric Difference													
# days to Optimal Weight													
Lifestyle													
Fitness (hrs/wk)													
Cardio													
Strength													
Flexibility													
Balance													
Sleep (hrs/night)													
Toxin Avoidance													
Macronutrient Composition Percentages													
Fat													
Protein													
Carbohydrate													
Detoxification Support													
Water Intake (quart/day or L/day)													
Liver (oz/wk or g/wk)													
Blue Beef (oz/wk or g/wk)													
Need & Use													
Methionine													
Ascorbic Acid (Vit C)													
Other Antioxidants													
Chromium													
Other Minerals													
Metal Detox Support													
Thyroid Support													
Adrenal Support													

TOTAL BODY MODIFICATION