

# Brain Health and Nutrition Assessment Form™ (BHNAF)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

Please select the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

## SECTION 1

0 1 2 3

- Low brain endurance for focus and concentration
- Cold hands and feet
- Must exercise or drink coffee to improve brain function
- Poor nail health
- Fungal growth on toenails
- Must wear socks at night
- Nail beds are white instead of pink
- The tip of the nose is cold

## SECTION 2

- Irritable, nervous, shaky, or light-headed between meals
- Feel energized after meals
- Difficulty eating large meals in the morning
- Energy level drops in the afternoon
- Crave sugar and sweets in the afternoon
- Wake up in the middle of the night
- Difficulty concentrating before eating
- Depend on coffee to keep going

## SECTION 3

- Fatigue after meals
- Sugar and sweet cravings after meals
- Need for a stimulant, such as coffee, after meals
- Difficulty losing weight
- Increased frequency of urination
- Difficulty falling asleep
- Increased appetite

## SECTION 4

- Always have projects and things that need to be done
- Never have time for yourself
- Not getting enough sleep or rest
- Difficulty getting regular exercise
- Feel that you are not accomplishing your life's purpose

## SECTION 5

0 1 2 3

- Dry and unhealthy skin
- Dandruff or a flaky scalp
- Consumption of processed foods that are bagged or boxed
- Consumption of fried foods
- Difficulty consuming raw nuts or seeds
- Difficulty consuming fish (not fried)
- Difficulty consuming olive oil, avocados, flax seed oil, or natural fats

## SECTION 6

- Difficulty digesting foods
- Constipation or inconsistent bowel movements
- Increased bloating or gas
- Abdominal distention after meals
- Difficulty digesting protein-rich foods
- Difficulty digesting starch-rich foods
- Difficulty digesting fatty or greasy foods
- Difficulty swallowing supplements or large bites of food
- Abnormal gag reflex

Yes No

## SECTION 7

- Brain fog (unclear thoughts or concentration)
- Pain and inflammation
- Noticeable variations in mental speed
- Brain fatigue after meals
- Brain fatigue after exposure to chemicals, scents, or pollutants
- Brain fatigue when the body is inflamed

Yes No

Yes No

Yes No

## SECTION 8

- Grain consumption leads to tiredness
- Grain consumption makes it difficult to focus and concentrate
- Feel better when bread and grains are avoided
- Grain consumption causes the development of any symptoms
- A 100% gluten-free diet

Yes No