

## Module X

### Module X: The Advanced HealthBuilders® Nutrition Examination: How to apply functional neurological principles to the HealthBuilders® Nutrition Examination and why it is so important

This module is highly practical and incorporates all the materials learned in this 10 session course.

The *HealthBuilders® Nutrition Examination* is highly advanced relative to other clinical nutrition exams you may have been using, and it is directly related to the patient being tested relative only to themselves.

Regular laboratory examinations are a standard in healthcare. Blood and urine tests are fundamental to physiological norms, but they have little or no standardization. They can determine the statistical levels of particular biochemicals, minerals or other markers of various kinds relative to the particular lab's procedures, but the *HealthBuilders® Nutritional Examination* will help determine the unique physiological status of the patient being examined.

Comparing known nutritional findings against established functional neurological tests helps extract results not possible by either procedure alone. Moreover, adding Dr. Allen's binary testing expands the possibilities even further.

The HealthBuilders® Nutrition Examination	
Patient Name: _____ Date: _____	
Age: _____ M/F _____ Wt: _____ kg/ _____ lb Ht: _____ cm/ _____ in BF: _____ % BMI: _____	
<b>Physiological Blind Spot</b> LPR _____ RPL _____ (See back) Brain lymphatics _____	<b>Sugar Handling</b> Hypothalamus (Pari. Temp. Light) (Midbrain: 89, 6430) Testes minor (430, 875521) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed
<b>Tissue Calcium</b> Oral pH (How long since last meal?) _____ Parathyroid (93, 64300) Parotid gland (126, 65452; 597, 96400) Calcium (20, 42) Positive _____ Negative _____ Calf cuff pressure _____ mmHg	Liver (35, 510) Murphy's sign _____ Pancreatic major stem _____ TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Pancreas (9, 30) Pituitary/pituitary head _____ Lactinase dorsal (414, 87452; 416, 87452) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Adrenals (Cortex: 71, 6210; Medulla: 273, 84031) Sarcosin (30, 98521) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Other _____ Notes: _____ Sitting BP _____ L _____ R _____ @ L _____ % Spirometry _____ % Vital Capacity _____
<b>Cardiovascular</b> Associate Heart Note: _____ Heart (33, 50) Subcutaneous (626, 87542; 438, 87542; 446, 87543; 442, 87543) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Other _____ Notes: _____ % Lactinase _____ % Vital Capacity _____	<b>Respiratory System</b> Esophagus (26, 451) Stomach (20, 42) Pectoralis major, clavicular division (48, 87632) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed HCl _____ Esophageal Point _____ Small Intestine (22, 42) ICV Challenge OPEN _____ CLOSED _____ Rectus Nervosus (Deaf) (61, 96431) (796-Inf/Inf: 96422) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed
<b>The Alimentary Canal</b> Esophagus (26, 451) Stomach (20, 42) Pectoralis major, clavicular division (48, 87632) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed HCl _____ Esophageal Point _____ Small Intestine (22, 42) ICV Challenge OPEN _____ CLOSED _____ Rectus Nervosus (Deaf) (61, 96431) (796-Inf/Inf: 96422) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed	<b>Reproductive System</b> Ovaries/Testes (7, 210) Mammary (900, 876542) Uterus (34, 511) Vagina (19, 410) Oviducts (4, 2) Testes major (790, 98522; 792, 98522; 794, 984) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Penile (860, 98542) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed
<b>Fatty Acid Metabolism</b> Gall bladder (38, 521) Bile duct (21, 420) Popliteus (970, 98521) Tympanic temperature R _____ L _____ Oral temp _____	<b>Lymphatic System</b> Spleen (20, 42; 35, 510) Lymphatic congestion (3178/8-397, 87320, 880, 787, 727) Pectoralis minor (408, 87421; 408, 87421) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Anal cavity (574, 954321) Colon (transverse) (582, 9521) Colon (S) (594, 975421; 572, 95432; 546, 951) Duodenum (476, 875) Head/neck _____ Liver _____ Rectum (286, 85) Thyroid (846, 98821) Lungs (648, 973, 424, 8753) Jejunum (838, 98751; 710, 97621) Throat (500, 87642) Small intestine (lingual) (688, 974) _____ Submandibular glands (858, 9843) Tonsils (876, 98552)
<b>Immune System</b> Zinc Taste Status (30, 4321) Thyroid (846, 98821; 14432/471, 974210; 648, 97621; 67421; 635, 954310) Chronic inflammation (284, 8432; 15342/787, 97643210; 19-625, 9540) Inflammation (434, 8752; 426, 8753; 428, 8753) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Complement Cascade: Upper/Lower _____	<b>Notes</b> Protein metabolism _____ Calculated protein need = _____ g daily Consider nutritional counseling _____ CHO metabolism _____ Fat metabolism _____ Water _____ Other _____ Reevaluate this exam _____ weeks/months
<b>Respiratory System</b> Lungs (17, 40) Bronchi (84, 6) Trachea (15, 3210) _____ Diaphragm (448, 976, 490, 976; 482, 9762; 47622; 47623; 488, 871) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed Sinusoids (25, 430, 75, 6410) _____ Sternohyoid (274, 847, 276, 842) TNR: R/L/B, FRA: R/L/B U/E/L, L/E/U, Eyes: Open/Closed (Antibiotic) _____ (Mts, KCAC) _____	<b>Nervous System</b> Forebrain (6421) Pineal (102) _____ Midbrain (96) _____ Medulla (64321) Posterior pituitary (292, 852) Solar plexus (200, 763) Spinal cord (10, 31) Reflexes: Biceps _____ Brachioradialis _____ Patellar _____ Achilles _____ Other _____
<b>Metabolic Indicators</b> Chloride test _____ Acetic acid _____ Acetone _____ Anionuria _____ Anionolysis _____ Other _____	<b>Metabolic Indicators</b> Chloride test _____ Acetic acid _____ Acetone _____ Anionuria _____ Anionolysis _____ Other _____

† Sym Dom; 2: Pym Dom; 3: Sugar; 4: CV; 5: LV/IG; 6: Dig; 7: Endocrine - hyperthy, hypothy, hypopit, hypopar, hyperpar, hypopar; (P/L/E/U) Rev 03/16