

# DNP Online Questionnaire

**This is a two (2) page form. Please fill out both pages using text and check marks. Sign at the bottom of this page. All information provided is confidential – it will not be shared.**

Date: \_\_\_\_\_ Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Best time to call: \_\_\_\_ - \_\_\_\_ \_AM \_PM at Phone # \_\_\_\_\_ Time Zone: \_\_\_\_\_

1. What health issues presently concern you? \_\_\_\_\_

2. Surgeries / major illnesses you've had (and your age at that time): \_\_\_\_\_

3. Have you ever consulted a Nutri-Spec practitioner? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes: a.) How long ago/ when was the most recent? \_\_\_\_\_

b.) If you did Nutri-Spec metabolic testing - what imbalances did you have? \_\_\_\_\_

c.) Did you initiate with, or transition to, the Di-Phasic Plan? Yes \_\_\_\_\_ No \_\_\_\_\_

d.) What Nutri-Spec supplements were recommended? \_\_\_\_\_

4. What supplements are you presently taking? \_\_\_\_\_

5. What prescription or over - the - counter medications are you presently taking? \_\_\_\_\_

6. Habits: \_\_\_ Tea; \_\_\_ Alcohol; \_\_\_ Chocolate; \_\_\_ Sugar; \_\_\_ Sugar Substitutes; \_\_\_ Coffee  
\_\_\_ Laxatives; \_\_\_ Skipping meals; \_\_\_ Snacking between meals

## 7. Immuno-Neuro-Endocrine Survey:

Do you suffer from or ever been diagnosed with:

\_\_\_ Parkinson's; \_\_\_ Multiple Sclerosis; \_\_\_ ALS; \_\_\_ Major Depression; \_\_\_ Crohn's; \_\_\_ Sjogren's;  
\_\_\_ Reflex Sympathetic Dystrophy; \_\_\_ Vertigo; \_\_\_ Dizziness; \_\_\_ Fatigue; \_\_\_ Migraines;  
\_\_\_ Sinusitis (sneezy); \_\_\_ Chronic Sinus Congestion (non-sneezy); \_\_\_ Eosinophilic Fungal Rhinosinusitis; \_\_\_ Jock itch;  
\_\_\_ Ringworm; \_\_\_ Chronic yeast/fungal infections; \_\_\_ Vaginal or oral Candida; \_\_\_ Itching; \_\_\_ Athlete's foot;  
\_\_\_ Tinea versicolor; \_\_\_ Eczema; \_\_\_ Seborrheic dermatitis; \_\_\_ Osteoarthritis; \_\_\_ Chronic Pain; \_\_\_ Fatigue;  
\_\_\_ Seizures; \_\_\_ Asthma; \_\_\_ Mucous Colitis; \_\_\_ Ulcerative Colitis; \_\_\_ GI Ulcers; \_\_\_ Gall Bladder problems;  
\_\_\_ High bilirubin; \_\_\_ Gall Stones; \_\_\_ Rheumatoid Arthritis; \_\_\_ Lupus; \_\_\_ Type II (adult onset) Diabetes;  
\_\_\_ Insulin Dependent Diabetes; \_\_\_ Hypoglycemia; \_\_\_ Hypertension; \_\_\_ Cardiovascular Disease; \_\_\_ High Cholesterol;  
\_\_\_ Hashimoto's; \_\_\_ Grave's; \_\_\_ Hypothyroid; \_\_\_ Nose "Boogies"; \_\_\_ Heartburn/ GURD/ Acid Reflux;  
\_\_\_ Arrhythmia (irregular heartbeat, skipped beats, extra beats, etc.); \_\_\_ Leaky Gut; \_\_\_ Fibromyalgia;  
\_\_\_ Chronic Fatigue \_\_\_ Post Traumatic Stress Syndrome;  
\_\_\_ Chemical Sensitivities (If yes, to what? \_\_\_\_\_)  
\_\_\_ Allergies (If yes, to what? \_\_\_\_\_)  
\_\_\_ Food Intolerances (If yes, to what? \_\_\_\_\_)

8. What is your Height: \_\_\_\_\_ Weight \_\_\_\_\_ Age: \_\_\_\_\_

**\*I AUTHORIZE THE DOCTOR TO RECOMMEND THE DIETARY AND NUTRITIONAL SUPPLEMENTATION SCHEDULE DEEMED APPROPRIATE FOR ME. I UNDERSTAND THAT ANY RISKS WILL BE EXPLAINED TO ME UPON REQUEST.**

**Signature:** \_\_\_\_\_

*\*Recommendations are not intended to substitute for the diagnosis, treatment or advice of a local doctor. Bio-Active Nutritionals / Larry Johnston D.C cannot guarantee, nor do we mean to imply, by any of the information provided that adherence to our recommendations will necessarily lead to clinical improvement in any given person. This questionnaire and any statements regarding recommendations offered by Dr. L. Johnston/ Bio-Active Nutritionals have not been evaluated by the F.D.A.*

## Nutri-Spec Metabolic Survey

Check all that applies (even if listed more than once).

- high blood pressure
  - cardiovascular disease
  - heart attack
  - stroke
  - blood pressure medications
  - cholesterol lowering medication
  - diuretic (water pill)
  - irregular heart beat
  - poor circulation\*
  
  - chronic fatigue
  - low blood pressure
  - decreased libido
  - depression or anxiety
  
  - high blood pressure
  - irregular heart beat
  - tendency to constipation
  - seizures
  - somnolence (excessive sleepiness)
  - joint and muscle pain or arthritis
  - osteoporosis
  - depression\*
  - dizziness\*
  - vertigo\*
  - lack of energy\*
  - allergic sensitivities\*
  
  - colitis and other intestinal problems
  - tendency to diarrhea or loose stools
  - gall bladder trouble
  - insomnia
  - rheumatoid arthritis
  - nervous tension (or anxiety)
  - migraine headaches
  - auto-immune diseases
  
  - high cholesterol
  - shortness of breath\*
  - lack of energy; physical and mental fatigue\*
  - high or low blood sugar\*
  - depression or anxiety\*
  - gall bladder trouble\*
  - overweight or underweight\*
- hypoglycemia or diabetes\*
  
  - high blood pressure or cardiovascular disease
  - high triglycerides
  
  - nervous tension; insomnia
  - heart and kidney problems
  - low resistance to infections
  - food allergies
  - poor digestion and assimilation of nutrients
  - gall bladder trouble
  - high blood pressure
  - low energy \*
  - blood sugar problems \*
  - hypoglycemia or diabetes\*
  - poor circulation\*
  - indigestion; ulcers; bowel problems\*
  
  - arthritis
  - nervous tension; depression
  - weak heart
  - allergies
  - asthma
  
  - shortness of breath; rapid heart beat
  - poor digestion and assimilation of food\*
  - joint and muscle pain; arthritis\*
  - allergies\*
  - poor retention of minerals\*
  - fluid retention\*
  - inefficient function of your kidneys, lungs, adrenal glands etc.\*
  - fatigue\*
  
  - muscle cramps
  - asthma
  
  - allergies
  - headaches
  - pre-menstrual syndrome in women
  - joint and muscle pain; arthritis
  - hardening of the arteries