

# Brain Health and Nutrition Assessment Form™ (BHNAF)

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

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

## SECTION 1

- Low brain endurance for focus and concentration 0 1 2 3
- Cold hands and feet 0 1 2 3
- Must exercise or drink coffee to improve brain function 0 1 2 3
- Poor nail health 0 1 2 3
- Fungal growth on toenails 0 1 2 3
- Must wear socks at night 0 1 2 3
- Nail beds are white instead of pink 0 1 2 3
- The tip of the nose is cold 0 1 2 3

## SECTION 2

- Irritable, nervous, shaky, or light-headed between meals 0 1 2 3
- Feel energized after meals 0 1 2 3
- Difficulty eating large meals in the morning 0 1 2 3
- Energy level drops in the afternoon 0 1 2 3
- Crave sugar and sweets in the afternoon 0 1 2 3
- Wake up in the middle of the night 0 1 2 3
- Difficulty concentrating before eating 0 1 2 3
- Depend on coffee to keep going 0 1 2 3

## SECTION 3

- Fatigue after meals 0 1 2 3
- Sugar and sweet cravings after meals 0 1 2 3
- Need for a stimulant, such as coffee, after meals 0 1 2 3
- Difficulty losing weight 0 1 2 3
- Increased frequency of urination 0 1 2 3
- Difficulty falling asleep 0 1 2 3
- Increased appetite 0 1 2 3

## SECTION 4

- Always have projects and things that need to be done 0 1 2 3
- Never have time for yourself 0 1 2 3
- Not getting enough sleep or rest 0 1 2 3
- Difficulty getting regular exercise 0 1 2 3
- Feel that you are not accomplishing your life's purpose 0 1 2 3

## SECTION 5

- Dry and unhealthy skin 0 1 2 3
- Dandruff or a flaky scalp 0 1 2 3
- Consumption of processed foods that are bagged or boxed 0 1 2 3
- Consumption of fried foods 0 1 2 3
- Difficulty consuming raw nuts or seeds 0 1 2 3
- Difficulty consuming fish (not fried) 0 1 2 3
- Difficulty consuming olive oil, avocados, flax seed oil, or natural fats 0 1 2 3

## SECTION 6

- Difficulty digesting foods 0 1 2 3
- Constipation or inconsistent bowel movements 0 1 2 3
- Increased bloating or gas 0 1 2 3
- Abdominal distention after meals 0 1 2 3
- Difficulty digesting protein-rich foods 0 1 2 3
- Difficulty digesting starch-rich foods 0 1 2 3
- Difficulty digesting fatty or greasy foods 0 1 2 3
- Difficulty swallowing supplements or large bites of food 0 1 2 3
- Abnormal gag reflex Yes or No

## SECTION 7

- Brain fog (unclear thoughts or concentration) Yes or No
- Pain and inflammation Yes or No
- Noticeable variations in mental speed Yes or No
- Brain fatigue after meals 0 1 2 3
- Brain fatigue after exposure to chemicals, scents, or pollutants 0 1 2 3
- Brain fatigue when the body is inflamed 0 1 2 3

## SECTION 8

- Grain consumption leads to tiredness 0 1 2 3
- Grain consumption makes it difficult to focus and concentrate 0 1 2 3
- Feel better when bread and grains are avoided 0 1 2 3
- Grain consumption causes the development of any symptoms 0 1 2 3
- A 100% gluten-free diet Yes or No

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

## SECTION 9

- A diagnosis of celiac disease, gluten sensitivity, hypothyroidism, or an autoimmune disease **Yes or No**
- Family members who have been diagnosed with an autoimmune disease **Yes or No**
- Family members who have been diagnosed with celiac disease or gluten sensitivity **Yes or No**
- Changes in brain function with stress, poor sleep, or immune activation **0 1 2 3**

## SECTION 10

- A loss of pleasure in hobbies and interests **0 1 2 3**
- Feel overwhelmed with ideas to manage **0 1 2 3**
- Feelings of inner rage or unprovoked anger **0 1 2 3**
- Feelings of paranoia **0 1 2 3**
- Feelings of sadness for no reason **0 1 2 3**
- A loss of enjoyment in life **0 1 2 3**
- A lack of artistic appreciation **Yes or No**
- Feelings of sadness in overcast weather **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

- Feelings of worthlessness **0 1 2 3**
- Feelings of hopelessness **0 1 2 3**
- Self-destructive thoughts **0 1 2 3**
- Inability to handle stress **0 1 2 3**
- Anger and aggression while under stress **0 1 2 3**
- Feelings of tiredness, even after many hours of sleep **0 1 2 3**
- A desire to isolate yourself from others **0 1 2 3**
- An unexplained lack of concern for family and friends **0 1 2 3**
- An inability to finish tasks **0 1 2 3**
- Feelings of anger for minor reasons **0 1 2 3**

## SECTION 12

- A decrease in visual memory (shapes and images) **Yes or No**
- A decrease in verbal memory **0 1 2 3**
- Occurrence of memory lapses **0 1 2 3**
- A decrease in creativity **0 1 2 3**
- A decrease in comprehension **0 1 2 3**
- Difficulty calculating numbers **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 13

- A decrease in mental alertness **0 1 2 3**
- A decrease in mental speed **0 1 2 3**
- A decrease in concentration quality **0 1 2 3**
- Slow cognitive processing **0 1 2 3**
- Impaired mental performance **0 1 2 3**
- An increase in the ability to be distracted **0 1 2 3**
- Need coffee or caffeine sources to improve mental function **0 1 2 3**

## SECTION 14

- Feelings of nervousness or panic for no reason **0 1 2 3**
- Feelings of dread **0 1 2 3**
- Feelings of a “knot” in your stomach **0 1 2 3**
- Feelings of being overwhelmed for no reason **0 1 2 3**
- Feelings of guilt about everyday decisions **0 1 2 3**
- A restless mind **0 1 2 3**
- An inability to turn off the mind when relaxing **0 1 2 3**
- Disorganized attention **0 1 2 3**
- Worry over things never thought about before **0 1 2 3**
- Feelings of inner tension and inner excitability **0 1 2 3**