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# Metabolic Survey Form

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

List your 5 major health concerns in order of importance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Circle the appropriate number: 0 (never) - 4 (always)

<b>Category 1: Colon</b>		<b>Category 5: Liver/Gallbladder</b>	
Bowels don't empty completely	0 1 2 3 4	Greasy/fatty foods causes distress	0 1 2 3 4
Abdominal pain relief passing gas or stool	0 1 2 3 4	Gas 3-4 hours after eating	0 1 2 3 4
Alternating constipation/diarrhea	0 1 2 3 4	Sour/bitter taste in the mouth worse in the AM	0 1 2 3 4
Diarrhea	0 1 2 3 4	Itchy skin	0 1 2 3 4
Less than 2 bowel movements/day	0 1 2 3 4	Yellow cast to the eyes	0 1 2 3 4
More than 3 bowel movements/day	0 1 2 3 4	Clay colored stools	0 1 2 3 4
Hard, dry small stools	0 1 2 3 4	Reddish skin	0 1 2 3 4
Bad smelly gas	0 1 2 3 4	Dry flaky skin and hair	0 1 2 3 4
Need laxatives constantly	0 1 2 3 4	Muscle/ligament problems	0 1 2 3 4
Coated tongue	0 1 2 3 4	Gallstones	0 1 2 3 4
		Gall bladder removed	0 1 2 3 4
<b>Category 2: Hypoacidity</b>		<b>Category 6: Hypoglycemia</b>	
Excessive belch and bloat	0 1 2 3 4	Crave sweets during the day	0 1 2 3 4
Gas right after a meal	0 1 2 3 4	Irritable if meals are missed	0 1 2 3 4
Bad breath	0 1 2 3 4	Get anxiety relieved by eating	0 1 2 3 4
Difficult bowel movements	0 1 2 3 4	Get light headed if a meal is missed	0 1 2 3 4
Sense of fullness during/after meals	0 1 2 3 4	Eating relieves fatigue	0 1 2 3 4
Difficult digestion	0 1 2 3 4	Eating relieves shakiness/jitters	0 1 2 3 4
		Agitated easily relieved by eating	0 1 2 3 4
<b>Category 3: Hyperacidity</b>		<b>Category 7: Metabolic Syndrome</b>	
Stomach pain 1-4 hours after eating	0 1 2 3 4	Fatigue after meals	0 1 2 3 4
Frequently need antacids	0 1 2 3 4	Crave sweets	0 1 2 3 4
Feel hungry 1-2 hours after eating	0 1 2 3 4	Eating sweets doesn't reduce craving	0 1 2 3 4
Heartburn	0 1 2 3 4	Frequent urination	0 1 2 3 4
Heartburn relieved by milk/carbonated drinks	0 1 2 3 4	Increased thirst and appetite	0 1 2 3 4
Heartburn from spicy foods/chocolate/citrus alcohol and caffeine	0 1 2 3 4	Difficulty losing weight	0 1 2 3 4
		Achiness in joints	0 1 2 3 4
<b>Category 4: Small Intestine (pancreas)</b>		<b>Category 8: Adrenal Hypofunction</b>	
Fiber causes constipation	0 1 2 3 4	Wake up in the middle of the night	0 1 2 3 4
Indigestion and fullness 2 hours after meals	0 1 2 3 4	Crave salt	0 1 2 3 4
Middle abdominal pain	0 1 2 3 4	Slow to get started	0 1 2 3 4
Excessive gas	0 1 2 3 4	Need stimulants (coffee/tea)	0 1 2 3 4
Nausea	0 1 2 3 4	Fatigue easily	0 1 2 3 4
Smelly undigested stools	0 1 2 3 4	Dizzy if standing up quickly	0 1 2 3 4
Mucus/greasy/unformed stools	0 1 2 3 4	Afternoon headaches	0 1 2 3 4
Increased thirst and appetite	0 1 2 3 4	Headaches with exertion	0 1 2 3 4
Difficulty losing weight	0 1 2 3 4	Weak nails	0 1 2 3 4
		<b>Category 8.5: Immune</b>	
		Fatigue	0 1 2 3 4
		Swollen Glands	0 1 2 3 4
		Frequent colds/flu	0 1 2 3 4
		Frequent sinus infections	0 1 2 3 4
		Recover slowly from illness	0 1 2 3 4
		Allergies	0 1 2 3 4

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# Neurotransmitter Survey

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Take the supplements for 12 weeks and redo the tests. Score the test 0-3 (0 never 3 almost always)

## General Brain

QUESTIONS	BEFORE	AFTER
Is your memory noticeably declining?	0 1 2 3	0 1 2 3
Are you having a hard time remembering names and phone numbers	0 1 2 3	0 1 2 3
Is your ability to focus noticeably declining?	0 1 2 3	0 1 2 3
Has it become harder for you to learn things?	0 1 2 3	0 1 2 3
How often do you have a hard time remembering your appointments?	0 1 2 3	0 1 2 3
Is your temperament getting worse in general?	0 1 2 3	0 1 2 3
Are you losing your attention span endurance?	0 1 2 3	0 1 2 3
How often do you find yourself down or sad?	0 1 2 3	0 1 2 3
How often do you fatigue when driving compared to the past?	0 1 2 3	0 1 2 3
How often do you fatigue when reading compared to the past?	0 1 2 3	0 1 2 3
How often do you walk into rooms and forget why?	0 1 2 3	0 1 2 3
How often do you pick up your cell phone and forget why?	0 1 2 3	0 1 2 3

## Serotonin (noradrenalin)

I don't get much enjoyment from friends and relationships.	0 1 2 3	0 1 2 3
I have a lot of inner rage and anger.	0 1 2 3	0 1 2 3
I am losing pleasure in hobbies and my favorite activities.	0 1 2 3	0 1 2 3
My confidence and self esteem are usually low.	0 1 2 3	0 1 2 3
I am almost always a perfectionist and driven.	0 1 2 3	0 1 2 3
I oftentimes get the blues in the winter or overcast weather.	0 1 2 3	0 1 2 3
I am shy and afraid of crowds, heights, or speaking in public.	0 1 2 3	0 1 2 3
I am subject to panic attacks often.	0 1 2 3	0 1 2 3
I have feelings of paranoia	0 1 2 3	0 1 2 3
I have frequent insomnia.	0 1 2 3	0 1 2 3
I crave a lot of sweets.	0 1 2 3	0 1 2 3
I have a lot of muscle aches that move around.	0 1 2 3	0 1 2 3
I am losing interest in life.	0 1 2 3	0 1 2 3

## Dopamine

I am depressed and have low energy.	0 1 2 3	0 1 2 3
I struggle to get motivated to exercise.	0 1 2 3	0 1 2 3
I have trouble focusing, finishing tasks and get easily distracted.	0 1 2 3	0 1 2 3
I have trouble waking up and sleep a lot.	0 1 2 3	0 1 2 3
I need stimulants to get me going.	0 1 2 3	0 1 2 3
I have feelings of being worthless.	0 1 2 3	0 1 2 3
My libido is low.	0 1 2 3	0 1 2 3
I get easily angry under stress.	0 1 2 3	0 1 2 3
Things seem hopeless.	0 1 2 3	0 1 2 3

## GABA

It is hard for me to relax.	0 1 2 3	0 1 2 3
I am easily stressed out or overwhelmed.	0 1 2 3	0 1 2 3
I frequently feel overworked and pressured even without cause.	0 1 2 3	0 1 2 3
I often feel very tense.	0 1 2 3	0 1 2 3
I have feelings of dread or impending doom.	0 1 2 3	0 1 2 3
I am bothered by noise, lights and too much activity.	0 1 2 3	0 1 2 3
I feel anxious, worried and stressed for no reason.	0 1 2 3	0 1 2 3
I often take substances to help me relax.	0 1 2 3	0 1 2 3

## Acetylcholine

I have to write things down so I don't forget.	0 1 2 3	0 1 2 3
I cannot do math in my head.	0 1 2 3	0 1 2 3
I forget what I was saying if interrupted in a conversation.	0 1 2 3	0 1 2 3
I get nervous when I have to learn something new because it is hard.	0 1 2 3	0 1 2 3
I find it harder to follow the plot of a book or show than it used to be.	0 1 2 3	0 1 2 3
I misplace things frequently.	0 1 2 3	0 1 2 3
I have trouble focusing during long conversations or meetings.	0 1 2 3	0 1 2 3
I feel like my brain is not functioning at its peak.	0 1 2 3	0 1 2 3
My creativity is decreasing.	0 1 2 3	0 1 2 3

**Medication History (Circle medications you are taking.)**

**Acetylcholine Receptor Antagonist Antimuscarinic Agents:** Atropine, Ipratropium, Scopolamine, Tiotropium

**Acetylcholine Receptor Antagonist - Ganglionic Blockers:** Mecamylamine, Hexamethonium, Nicotine (high doses), Trimethaphan

**Acetylcholinesterase Reactivators:** Pralidoxime

**Acetylcholine Receptor Antagonist - Neuromuscular Blockers:** Atracurium, Cisatracurium, Doxacurium, Metocurine, Mivacurium, Pancuronium, Rocuronium, Succinylcholine, Tubocurarine, Vecuronium, Hemicholinium

**Agonist Modulator of GABA Receptor (benzodiazepines):** Xanax, Lexotanil, Lexotan, Librium, Klonopin, Valium, ProSom, Rohypnol, Dalmane, Ativan, Loramet, Sedoxil, Dormicum, Megadon, Serax, Restoril, Halcion

**Agonist Modulator of GABA Receptors (nonbenzodiazepines) :** Ambien, Sonata, Lunesta, Imovane

**Cholinesterase Inhibitors (irreversible):** Echotiophate, Isoflurophate, Organophosphate Insecticides, Organophosphate-containing nerve agents

**Cholinesterase Inhibitors (reversible):** Donepezil, Galatamine, Rivastigmine, Tacrine, THC, Edrophonium, Neostigmine, Physostigmine, Pyridostigmine, Carbamate Insecticides

**Dopamine Reuptake Inhibitors** Wellbutrin (Bupropion):

**Dopamine Receptor Agonists** Mirapex, Sifrol, Requip

**D2 Dopamine Receptor Blockers (antipsychotics) :** Thorazine, Prolixin, Trilafon, Compazine, Mellaril, Stelazine, Vesprin, Nozinan, Depixol, Navane, Fluanxol, Clopixol, Acuphase, Haldol, Orap, Clozaril, Zyprexa, Zydys, Seroquel, Geodon, Solian, Invega, Abilify

**GABA Antagonist Competitive binder** Flumazenil

**Monoamine Oxidase Inhibitors (MAOI):** Marplan, Aurorix, Manerix, Moclodura, Nardil, Adlegiine, Elepryl, Azilect, Marsilid, Iprozid, Ipramid, Rivivol, Popilniazida, Zyvox, Zyvoxid

**Noradrenergic and Specific Serotonergic Antidepressants (NaSSA):** Remeron, Zispin, Avanza, Norset, Remergil, Axit

**Selective Serotonin Reuptake Inhibitors:** Paxil, Zoloft, Prozac, Celexa, Lexapro, Luvox, Cipramil, Emocal, Seropram, Cipralext, Esteria, Fontex, Seromex, Seronil, Sarafem, Fluctin, Faverin, Seroxat, Aropax, Derogat, Rexetin, Paroxat, Lustral, Serlain, Dapoxetine

**Selective Serotonin Reuptake Enhancers** \_Stablon, Coaxil, Tatinol

**Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs) :** Effexor, Pristiq, Meridia, Serzone, Dalcipran, Despiramin, Duloxetine

**Tertiary Antidepressants (TCAs) :** Elavil, Endep, Tryptanol, Trepiline, Asendin, Asendis, Defanyl, Demolox, Moxadil, Anafranil, Norpramin, Pertofrane, Prothiaden, Adapin, Sinequan, Tofranil, Janamine, Gamanil, Aventyl, Pamelor, Opipramol, Vivactil, Rhotrimine, Surmontil