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(Please print clearly)

<b>Today's Date:</b>		<b>Location: U K M</b>			
<b>Name:</b>	<b>Race:</b>	<b>Sex: M F</b>	<b>R L B Handed</b>		
<b>Street:</b>		<b>City/State/Zip</b>			
<b>Phone H:</b>	<b>W:</b>	<b>C:</b>	<b>Email:</b>		
<b>DOB: mm/dd/yyyy</b>	<b>Age:</b>	<b>Blood type:</b>	<b>Hgt:</b>	<b>Wgt:</b>	
<b>Married / Divorced / Single / Widowed / Separated</b>					
<b>Emergency Contact's Name and #:</b>					
<b>Occupation</b>					
<b>Occupational Stresses: (Chemical, physical, psychological, etc.)</b>					
<b>Hobbies/Past-times:</b>			<b>Denomination/Spiritual Path</b>		
<b>Referred by:</b>	<b>Physician:</b>		<b>Phone:</b>		
<b>Main Concern:</b> _____					
<b>Does it affect your daily living?</b> _____					

Please answer all questions as completely and thoroughly as you can. Though some questions may not seem to pertain, they all are very important to help diagnosis and formulate a treatment plan specifically for you and make proper referrals. If needed, list number, then use spaces or back of page to explain more detail.

<b>Recent Exams:</b> (give dates) <b>Physical:</b> _____ <b>Eye:</b> _____
<b>Dental:</b> _____ <b>Ob/Gyn:</b> _____ <b>Specialist:</b> _____

What is your philosophy of healthcare? \_\_\_\_\_

Do you have health questions that do not get answered at the doctor's office? Y N \_\_\_\_\_

Your **Physical** health status now feels: (poor) 1-----10 (ideal)

Your **Mental** health status now feels: (poor) 1-----10 (ideal)

Your **Daily Work** stress levels now feel: (poor) 1-----10 (ideal)

Your **Daily or Social** stress levels feel: (poor) 1-----10 (ideal)

Your **Home Life** stress levels now feel: (poor) 1-----10 (ideal)

Your ability to handle recent stresses: (poor) 1-----10 (ideal)

What special topic/s would you like to ask about at your consultation? \_\_\_\_\_

**Patient Intake Form Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Location: U M K**

**Healthcare: Other Independent or Concurrent Therapies: Past (P) and/or Current (C)**

- |                               |                            |                          |
|-------------------------------|----------------------------|--------------------------|
| 1. ___ Chiropractic           | 5. ___ Naturopathic        | 9. ___ Specialist        |
| 2. ___ Chiro for family, pets | 6. ___ Oriental Medicine   | 10. ___ Natural Healer   |
| 3. ___ Acupuncture            | 7. ___ Nutritional Consult | 11. ___ Spiritual Healer |
| 4. ___ Therapeutic Massage    | 8. ___ Medical Treatment   | 12. ___ Energy Work      |
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**Diagnostic or Routine Exams:** Please list area, Dr. and reason ordered, date and location of exam if known.

- |                    |                        |                     |
|--------------------|------------------------|---------------------|
| 13. ___ X-rays     | 18. ___ Upper/lower GI | 23. ___ Dental Exam |
| 14. ___ MRI        | 19. ___ DEXA Scan      | 24. ___ Colonoscopy |
| 15. ___ CAT Scan   | 20. ___ Breast Exam    | 25. ___ Other _____ |
| 16. ___ Blood draw | 21. ___ Prostate Exam  | 26. ___ Other _____ |
| 17. ___ Ultrasound | 22. ___ Eye Exam       | 27. ___ Other _____ |
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**Medical History: Current = C Past = P (greater than 6 months) include dates if possible for both**

**Significant Illnesses**

- |                    |                             |                          |
|--------------------|-----------------------------|--------------------------|
| 28. ___ Allergies  | 34. ___ Hepatitis A / B / C | 40. ___ Psychological    |
| 29. ___ Arthritis  | 35. ___ Heart disease       | 41. ___ Rheumatic Fever  |
| 30. ___ Asthma     | 36. ___ High blood pressure | 42. ___ Seizures         |
| 31. ___ Cancer     | 37. ___ Low blood pressure  | 43. ___ Thyroid disease  |
| 32. ___ Depression | 38. ___ Lung disease        | 44. ___ Vascular disease |
| 33. ___ Diabetes   | 39. ___ Neurological        | 45. ___ Other            |
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**Illness/Injuries/Surgeries/Hospitalizations:**

- |                                |                               |                               |
|--------------------------------|-------------------------------|-------------------------------|
| 46. ___ Broken bones           | 56. ___ Frequent accidents    | 64. ___ Recreational Injuries |
| 47. ___ Burns                  | Sports injuries               | 65. ___ Serious cuts          |
| 48. ___ Car accidents          | 57. ___ Frequent Illness      | 66. ___ Serious Depression    |
| 49. ___ Concussion             | 58. ___ Frequent Infections   | 67. ___ Significant trauma    |
| 50. ___ Fallen down/upstairs   | 59. ___ Head trauma           | 68. ___ Surgeries             |
| 51. ___ Fallen from any height | 60. ___ Hospitalizations      | 69. ___ Transfusions          |
| 52. ___ Fallen on ice          | 61. ___ Infected wounds       | 70. ___ Transplants           |
| 53. ___ Feeling un-coordinated | 62. ___ Loss of consciousness | 71. ___ Tripping/Stumbling    |
| 54. ___ Fevers                 | 63. ___ Psychological         | 72. ___ Wounds slow to heal   |
| 55. ___ Flu/colds              | Hospitalization               |                               |
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**Patient Intake Form Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Location: U M K**

**Childhood**

- 73. \_\_\_ Illnesses
- 74. \_\_\_ Traumatic events

- 75. \_\_\_ Immunizations
- 76. \_\_\_ Injuries

- 77. \_\_\_ Other
- 78. \_\_\_ Other

**Prescribed/Over the Counter medications and Supplements (Include doses, purpose and duration):**

**Past Medications and Supplements (3-6 months)**

**Skin and Hair:**

- 79. \_\_\_ Rashes
- 80. \_\_\_ Eczema
- 81. \_\_\_ Hair/skin texture change
- 82. \_\_\_ Ulcerations

- 83. \_\_\_ Pimples
- 84. \_\_\_ Purpura
- 85. \_\_\_ Hives
- 86. \_\_\_ Dandruff

- 87. \_\_\_ Itching
- 88. \_\_\_ Loss of hair
- 89. \_\_\_ New moles/growth
- 90. \_\_\_ Other

**General:** List times of day or any correlating factors

- 91. \_\_\_ Poor appetite
- 92. \_\_\_ Heavy appetite
- 93. \_\_\_ Change in appetite
- 94. \_\_\_ Weight gain
- 95. \_\_\_ Weight loss
- 96. \_\_\_ Cravings salt/sweet/fats
- 97. \_\_\_ Poor sleep
- 98. \_\_\_ Can't fall asleep easily
- 99. \_\_\_ Wake feeling rested
- 100. \_\_\_ Decreased sleep
- 101. \_\_\_ Heavy sleep
- 102. \_\_\_ Insomnia
- 103. \_\_\_ Apnea/Narcolepsy

- 104. \_\_\_ Sudden awakening at night, time \_\_\_\_\_
- 105. \_\_\_ Hours of sleep/night
- 106. \_\_\_ Day napping \_\_\_ amt
- 107. \_\_\_ Night sweats
- 108. \_\_\_ Cold hands/feet
- 109. \_\_\_ Sudden energy drop
- 110. \_\_\_ Strong thirst hot/cold
- 111. \_\_\_ Fatigue
- 112. \_\_\_ Chills
- 113. \_\_\_ Sudden temp changes
- 114. \_\_\_ Localized weakness
- 115. \_\_\_ Tremors

- 116. \_\_\_ Poor circulation
- 117. \_\_\_ Peculiar tastes/smells
- 118. \_\_\_ Night pain
- 119. \_\_\_ Radiating pain
- 120. \_\_\_ Numbness/tingling
- 121. \_\_\_ Pins and needles
- 122. \_\_\_ Sweats easily
- 123. \_\_\_ Excessive sweating
- 124. \_\_\_ Body odor change
- 125. \_\_\_ Stress
- 126. \_\_\_ Bowel/bladder changes
- 127. \_\_\_ Bleed/bruise easily (where?)

**Musculoskeletal: List location and type of pain, i.e. sharp, dull, radiating, traveling, etc...**

- 128. \_\_\_ Neck Pain
- 129. \_\_\_ Muscle Pain
- 130. \_\_\_ Back Pain

- 131. \_\_\_ Joint Pain
- 132. \_\_\_ Other muscle or joint problems?

- 133. \_\_\_ Irretractable night pain
- 134. \_\_\_ Scar tissue adhesions

**Patient Intake Form Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Location: U M K**

**Head, Eyes, Ears Nose and Throat: List any noticeable correlation and frequency these conditions occur**

- |                           |                          |                                |
|---------------------------|--------------------------|--------------------------------|
| 135. ___ Dizziness        | 143. ___ Color blindness | 152. ___ Heavy ear wax         |
| 136. ___ Migraines        | 144. ___ Cataracts       | 153. ___ Nose bleeds           |
| Auras, Sounds, Smells     | 145. ___ Glaucoma        | 154. ___ Sinus problems        |
| 137. ___ Headaches        | 146. ___ Spots in eyes   | 155. ___ Mucus                 |
| 138. ___ Vision problems  | 147. ___ Ringing in ears | 156. ___ Dry throat/mouth      |
| 139. ___ Near/Far sighted | 148. ___ Poor hearing    | 157. ___ Copious saliva (lots) |
| 140. ___ Blurry vision    | 149. ___ Earaches        | 158. ___ Mouth/tongue sores    |
| 141. ___ Night Blindness  | 150. ___ Ear Pain        | 159. ___ Sore throats          |
| 142. ___ Eye strain/pain  | 151. ___ Ear discharge   | 160. ___ Other                 |
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**Dental:**

- |                                |                         |                                |
|--------------------------------|-------------------------|--------------------------------|
| 161. ___ Teeth problems        | 169. ___ Jaw pain       | 177. ___ Dentures              |
| 162. ___ Cavities              | 170. ___ Molars         | 178. ___ Swollen/bleeding gums |
| 163. ___ Braces                | 171. ___ Extractions    | 179. ___ Periodontal Tx        |
| 164. ___ Bridges               | 172. ___ Surgeries      | 180. ___ Sealants              |
| 165. ___ Fillings/amalgams     | 173. ___ Jaw clicks     | 181. ___ Fluoride Tx           |
| 166. ___ Crowns gold/porcelain | 174. ___ Grinding teeth | 182. ___ Dry mouth             |
| 167. ___ Tooth pain            | 175. ___ Facial pain    | 183. ___ Other _____           |
| 168. ___ Head pain             | 176. ___ Implants       | 184. ___ Other _____           |
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**Neurologic:**

- |                                |   |                                     |
|--------------------------------|---|-------------------------------------|
| 185. ___ Balance problems      | 191. ___ Loss of strength               | 196. ___ Frequently dropping things |
| 186. ___ Vertigo               | 192. ___ Weakness limb/body             | 197. ___ Loss of hand grip          |
| 187. ___ Nausea                | 193. ___ Feel un-coordinated            | 198. ___ Loss of fine motor skills  |
| 188. ___ Vomiting              | 194. ___ Stumbling/tripping             | 199. ___ Other _____                |
| 189. ___ Sudden blurry vision  | 195. ___ "Running into walls or things" | 200. ___ Other _____                |
| 190. ___ Loss of consciousness |   |                                     |
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**Cardio Vascular:**

- |                              |                               |                             |
|------------------------------|-------------------------------|-----------------------------|
| 201. ___ High blood pressure | 206. ___ Phlebitis            | 211. ___ Hand/feet swelling |
| 202. ___ Dizziness           | 207. ___ Chest Pain           | 212. ___ Rapid pulse        |
| 203. ___ Blood Clots         | 208. ___ Cold hands/feet      | 213. ___ Heaviness in chest |
| 204. ___ Low blood pressure  | 209. ___ Difficulty breathing | 214. ___ Other _____        |
| 205. ___ Fainting            | 210. ___ Irregular heartbeat  | 215. ___ Other _____        |
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**Patient Intake Form Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Location: U M K**

**Respiratory and Lungs:**

- |   |                               |                    |
|---|-------------------------------|--------------------|
| 216. ___ Persistent Cough                         | 220. ___ Production of phlegm | 224. ___ Pneumonia |
| 217. ___ Coughing Blood                           | Y /N ___ Color                | 225. ___ Asthma    |
| 218. ___ Difficulty breathing<br>while lying down | 221. ___ Tight chest          | 226. ___ Other     |
| 219. ___ Asthma                                   | 222. ___ COPD                 |                    |
|   | 223. ___ Bronchitis           |                    |
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**Genito-Urinary:**

- |                                   |                             |                               |
|-----------------------------------|-----------------------------|-------------------------------|
| 227. ___ Pain w/urination         | 231. ___ Frequent Urination | 234. ___ Venereal disease/STD |
| 228. ___ Loss of bladder function | ___ color                   | 235. ___ Urgency to urinate   |
| 229. ___ Wake to urinate          | ___ odor                    | 236. ___ Impotency            |
| ___ x's/ night; time ___          | 232. ___ Kidney Stones      | 237. ___ Prostate problems    |
| 230. ___ Kidney stones            | 233. ___ Blood in urine     | 238. ___ Other _____          |
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**Gastrointestinal:**

- |                         |                            |                                 |
|-------------------------|----------------------------|---------------------------------|
| 239. ___ Nausea         | 247. ___ Rectal pain       | 253. Bowel movements            |
| 240. ___ Gas/bloating   | 248. ___ Bloody stools     | ___ Frequency/day/wk            |
| 241. ___ Bad breath     | bright/dark red            | ___ Color                       |
| 242. ___ Constipation   | 249. ___ Hemorrhoids       | ___ Odor (foul)                 |
| 243. ___ Diarrhea       | 250. ___ Sensitive abdomen | ___ Form (loose, compact)       |
| 244. ___ Pain or cramps | 251. ___ Laxative use:     | ___ Texture (smooth, segmented) |
| 245. ___ Vomiting       | ___ wk; type ___           | Other _____                     |
| 246. ___ Belching       | 252. ___ Bowel Changes     |                                 |
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**Gynecology and pregnancy:**

- |  |   |                           |
|--|---|---------------------------|
| 254. ___ Age of 1 <sup>st</sup> menses | 262. ___ Birth Control type and<br>duration _____ | 270. ___ Mood Changes     |
| 255. ___ Flow (describe)               | 263. ___ Number of pregnancies                    | 271. ___ Body Changes     |
| 256. ___ Period ___ days               | 264. ___ Number of births                         | 272. ___ Cramps           |
| 257. ___ Clots                         | 265. ___ Live births                              | 273. ___ Bloating         |
| 258. ___ Vaginal Sores                 | 266. ___ Premature births;                        | 274. ___ Nausea           |
| 259. ___ Vaginal discharge             | duration of pregnancy? _____                      | 275. ___ Vomiting         |
| ___ odor                               | 267. ___ Miscarriages;                            | 276. ___ Menopause _____  |
| ___ color                              | What month? _____                                 | 277. ___ Last PAP _____   |
| ___ appearance                         | 268. ___ Breast Lumps (tender?)                   | 278. ___ Last Breast Exam |
| 260. ___ Irregular Periods             | 269. ___ PMS                                      | 279. ___ Last Ob/GYN Appt |
| 261. ___ Last Menses                   |   |                           |
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**Patient Intake Form Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Location:** U M K

**Appliances or Aids:**

- |                            |                               |                       |
|----------------------------|-------------------------------|-----------------------|
| 280. ___ Glasses/Prisms    | 284. ___ Prosthetics          | 288. ___ Pace Maker   |
| 281. ___ Contacts          | 285. ___ Implants of any kind | 289. ___ Hearing Aids |
| 282. ___ Orthotics         | 286. ___ Braces               | 290. ___ Other        |
| 283. ___ Joint replacement | 287. ___ Splints              | 291. ___ Other        |
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**Neuropsychological:**

- |                         |   |
|-------------------------|---|
| 292. ___ Seizures       | 298. ___ Concussions                                  |
| 293. ___ Depression     | 299. ___ Easily stressed                              |
| 294. ___ Anxiety        | 300. ___ Considered/attempted suicide                 |
| 295. ___ Poor memory    | 301. ___ Treated for emotional concerns               |
| 296. ___ Foggy thinking | 302. ___ Antidepressant medications                   |
| 297. ___ Bad Temper     | 303. ___ Other neurological or psychological concerns |
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**Lifestyle and Social History:**

**Stress Screening:**

- 304. \_\_\_ Can you relax when you want?
  - 305. \_\_\_ Fall asleep easily?
  - 306. \_\_\_ Stay asleep all night?
  - 307. \_\_\_ Have trouble dealing with stress?
  - 308. \_\_\_ Are you in therapy or counseling? Does it help?
  - 309. \_\_\_ Is your family safe to express true emotions?
  - 310. \_\_\_ Are romantic relationships fulfilling?
  - 311. \_\_\_ Does stress leads to digestive problems?
  - 312. \_\_\_ Do you abuse food/alcohol/tobacco to deal w/unpleasant feelings?
  - 313. \_\_\_ Do you vent unpleasant emotions in a satisfying way?
  - 314. \_\_\_ Do you avoid conflicts at your expense?
  - 315. \_\_\_ Do you feel your health is out of your hands?
  - 316. \_\_\_ Have you tried to deal with stress, but couldn't succeed?
  - 317. \_\_\_ Do you feel capable of resolving your problems, but simply need to know how?
  - 318. \_\_\_ How much do you love yourself? 0-----100%
- 
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**Do you find any dysfunction or concern in the following areas?**

- |                                     |  |
|-------------------------------------|--|
| 319. ___ Relationship with Family   | 327. ___ Intimate relationships        |
| 320. ___ Relationships with friends | 328. ___ Sex                           |
| 321. ___ Social Skills              | 329. ___ Religious Life _____          |
| 322. ___ Career                     | 330. ___ Spiritual Path _____          |
| 323. ___ Work                       | 331. ___ Childhood Religious teachings |
| 324. ___ Leisure Time               | 332. ___ Past relationships            |
| 325. ___ Hobbies                    | 333. ___ Childhood                     |
| 326. ___ Past time activities       | 334. ___ School                        |
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**Patient Intake Form Name: \_\_\_\_\_ Date: \_\_\_\_\_ Location: U M K**

**Habits: List type and quantities where valid**

- |  |   |
|--|---|
| 335. ___ Exercise x's/week _____                             | 344. ___ Caffeine/pills/coffee/tea/drinks _____ |
| 336. ___ Proper diet (Please list typical daily meals) _____ | 345. ___ Consume Alcohol _____                  |
| 337. ___ Participate in community events _____               | 346. ___ Crave sugar/salt/fats _____            |
| 338. ___ Sports _____  | 347. ___ Smoke/chew tobacco _____               |
| 339. ___ Walks _____   | 348. ___ Recreational drugs use _____           |
| 340. ___ Regular Religious activity _____                    | 349. ___ Un-protected sex _____                 |
| 341. ___ Regular Spiritual activity _____                    | 350. ___ Un-necessary risk taking _____         |
| 342. ___ Seatbelts _____                                     | 351. ___ Road Rage _____                        |
| 343. ___ Helmets/Protective gear _____                       | 352. ___ Seek conflict _____                    |
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**Nutritional: List typical ounces/servings per week and type**

- |   |                                    |
|---|------------------------------------|
| 353. ___ Drink soda oz/wk _____             | 366. ___ Protein _____             |
| 354. ___ Fruit juices oz/wk _____           | 367. ___ Milk, oz/wk _____         |
| 355. ___ Gatorade oz/wk _____               | 368. ___ Dairy, kind _____         |
| 356. ___ Coffee/black tea _____             | _____                              |
| 357. ___ Caffeine _____                     | 369. ___ Veg, serving/day _____    |
| 358. ___ Chocolate _____                    | 370. ___ Fruits, serving/day _____ |
| 359. ___ Alcohol _____                      | 371. ___ Vitamins _____            |
| 360. ___ health drinks, i.e. Red Bull _____ | _____                              |
| 361. ___ Nutritional Shakes _____           | 372. ___ Supplements _____         |
| 362. ___ Health bars _____                  | _____                              |
| 363. ___ Protein powders _____              | 373. ___ Food Allergies _____      |
| 364. ___ Cravings salt/sweet/fats _____     | 374. ___ Other _____               |
| 365. ___ Meat _____                         | 375. ___ Other _____               |
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**Family History: Medical, psychological, social**

- |  |  |  |
|--|--|--|
| 376. ___ History of Chief<br>Complaint _____ | 389. ___ Headaches _____   | 402. ___ Neuromuscular disease _____   |
| 377. ___ Anemia _____                        | 390. ___ Heart Disease _____                                     | 403. ___ Parkinson's _____             |
| 378. ___ Alcoholism _____                    | 391. ___ High blood pressure _____                               | 404. ___ Physical abuse _____          |
| 379. ___ Allergies _____                     | 392. ___ High cholesterol _____                                  | 405. ___ Sexual abuse _____            |
| 380. ___ ALS (Lou Gerhig's) _____            | 393. ___ Low cholesterol _____                                   | 406. ___ Seizures _____                |
| 381. ___ Arthritis _____                     | 394. ___ Lung disease _____                                      | 407. ___ Rigid upbringing _____        |
| 382. ___ Asthma _____                        | 395. ___ Mental abuse _____                                      | 408. ___ Rigid Religious beliefs _____ |
| 383. ___ Back/spine problems _____           | 396. ___ Mental illness _____                                    | 409. ___ Stroke _____                  |
| 384. ___ Cancer _____                        | 397. ___ Migraines _____   | 410. ___ Suicide (or attempted) _____  |
| 385. ___ Dementia/Alzheimer's _____          | 398. ___ Multiple Sclerosis _____                                | 411. ___ Thyroid disease _____         |
| 386. ___ Depression _____                    | 399. ___ Muscular Dystrophy _____                                | 412. ___ Tremors _____                 |
| 387. ___ Diabetes _____                      | 400. ___ Neglect _____   | 413. ___ Vascular disease _____        |
| 388. ___ Family violence _____               | 401. ___ Neuropathy (numbness,<br>tingling, pain, burning) _____ | 414. ___ Other _____                   |
| _____  | _____  | 415. ___ Other _____                   |
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Signature \_\_\_\_\_ Date: \_\_\_\_\_

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612-205-5985 MOBILE  
PIERCECHIRO@YAHOO.COM

Informed Consent

Some risk is assumed in all treatment modalities, including chiropractic adjustments. Manipulation or adjustment of the human frame carries small risk of injury to weakened or hidden pathology of the vertebral artery in the neck causing death or stroke in reported 1 per 400,000 cases to 1 per 10 million cases. Every effort is made to screen for this and use methods with the lowest risk. Your doctor of chiropractic is the highest licensed professional for specific and safe adjustment of the human frame.

Other complications may rarely include; strain, sprain, dislocation, fracture, disk aggravation, physiotherapy burns, muscle soreness, aches, or other injury. Please ask your doctor of chiropractic if you have any questions.

**Subluxation** is a misalignment and/or "stuck" joint or tissue, which is found to cause nerve impingement. This interferes

with any organ, tissue, or blood vessel supplied by that nerve. Your doctor of chiropractic is trained to look for and find these subluxations, and to correct them with an **adjustment**. Please do not "pop" or "crack" your joints using a thrust of any kind, nor have an unlicensed person do it for you. Not only can you be hurt, you most likely will not achieve the correction you are looking for. Proper stretching can be very beneficial, and painless popping sounds may be heard and are normal, as long as no forceful thrust or impulse is applied.

After a specific adjustment some people experience the effects of renewed nerve flow and circulation to impinged areas that were restricted by their subluxation. These historically have been changes in; sweating patterns, increased respiratory capacity, faster bowel transit time, increased bowel movement frequency, shift in center of balance perception, sleep pattern changes, shoe fit and clothing measurements, differences in walking (gait), and various organ function changes. These subside quickly as the tissue adjusts itself to the restored nerve flow, but may be temporarily necessary in order for the tissue cells to excrete stored wastes.

\_\_\_\_\_ signature  
\_\_\_\_\_ date

I consent to treatment of my minor child \_\_\_\_\_  
(parent or guardian signature)

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Michael Pierce, D.C.

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## NOTICE OF PRIVACY PRACTICES

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THIS NOTICE DESCRIBES HOW HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.

PLEASE REVIEW IT CAREFULLY.  
THE PRIVACY OF YOUR HEALTH INFORMATION IS IMPROTANT TO US.

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### OUR LEGAL DUTY

We are required by applicable federal and state law to maintain the privacy of your health information. We are also required to give you this Notice about our privacy practices, our legal duties, and your rights concerning your health information. We must follow the privacy practices that are described in this Notice while it is in effect. This Notice takes effect April 14, 2003, and will remain in effect until we replace it.

We reserve the right to change our privacy practices and the terms of this Notice at any time, provided such changes are permitted by applicable law. We reserve the right to make the changes in our privacy practices and the new terms of our Notice effective for all health information that we maintain, including health information we created or received before we made the changes. Before we make a significant change in our privacy practices, we will change this Notice and make the new Notice available upon request.

You may request a copy of our Notice at any time. For more information about our privacy practices, or for additional copies of this Notice, please contact us using the information listed at the end of this Notice.

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### USES AND DISCLOSURES OF HEALTH INFORMATION

We use and disclose health information about you for treatment, payment, and healthcare operations. For example:

**Treatment:** We may use or disclose your health information to a physician or other healthcare provider providing treatment to you.

**Payment:** We may use and disclose your health information to obtain payment for services we provide to you.

**Healthcare Operations:** We may use and disclose your health information in connection with our healthcare operations. Healthcare operations include quality assessment and improvement activities, reviewing the competence or qualifications of healthcare professionals, evaluating practitioner and provider performance, conducting training programs, accreditation, certification, licensing or credentialing activities.

**Your Authorization:** In addition to our use of your health information for treatment, payment, or healthcare operations, you may give us written authorization to use your health information or to disclose it to anyone for any purpose. If you give us an authorization, you may revoke it in writing at any time. Your revocation will not affect any use or disclosures permitted by your authorization while it was in effect. Unless you give us written authorization, we cannot use or disclose your health information for any reason except those described in this Notice.

**To Your Family and Friends:** We must disclose your health information to you, as described in the Patient Rights section of this Notice. We may disclose your health information to a family member, friend or other person to the extent necessary to help with your healthcare or with payment for your healthcare, but only if you agree that we may do so.

**Persons Involved In Care:** We may use or disclose health information to notify, or assist in the notification of (including identifying or locating) a family member, your personal representative or another person responsible for your care, of your location, your general condition, or death. If you are present, then prior to use or disclosure of your health information, we will provide you with the opportunity to object to such uses or disclosures. In the event of your incapacity or emergency circumstances, we will disclose health information based on a determination using our professional judgment disclosing only health information that is directly relevant to the person's involvement in your healthcare. We will also use our professional judgment and our experience with common practice to make reasonable inferences of your best interest in allowing a person to pick up filled prescriptions, medical supplies, x-rays, or other similar forms of health information.

**Marketing Health-Related Services:** We will not use your health information for marketing communications without your written authorization.

**Required by Law:** We may use or disclose your health information when we are required to do so by law.

**Abuse or Neglect:** We may disclose your health information to appropriate authorities if we reasonably believe that you are a possible victim of abuse, neglect, or domestic violence or the possible victim of other crimes. We may disclose your health information to the extent necessary to avert a serious threat to your health or safety or the health or safety of others.

**National Security:** We may disclose to military authorities the health information of Armed Forces personnel under certain circumstances. We may disclose to authorized federal officials health information required for lawful intelligence,

counterintelligence, and other national security activities. We may disclose to correctional institution or law enforcement official having lawful custody of protected health information of inmate or patient under certain circumstances.

**Appointment Reminders:** WE may use or disclose your health information to provide you with appointment reminders (such as voicemail messages, postcards, or letters).

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#### **PATIENT RIGHTS**

**Access:** You have the right to look at or get copies of your health information, with limited exceptions. You may request that we provide copies in a format other than photocopies. We will use the format you request unless we cannot practicably do so. (You must make a request in writing to obtain access to your health information. You may obtain a form to request access by using the contact information listed at the end of this Notice. We will charge you a reasonable cost-based fee for expenses such as copies and staff time. You may also request access by sending us a letter to the address at the end of this Notice. If you request copies, we will charge you \$0.20 for each page. \$13.79 for staff time to locate and copy your health information, and postage if you want the copies mailed to you. If you request an alternative format, we will charge a cost-based fee for providing your health information in that format. If you prefer, we will prepare a summary or an explanation of your health information for a fee. Contact us using the information listed at the end of this Notice for a full explanation of our fee structure.)

**Disclosure Accounting:** You have the right to receive a list of instances in which we or our business associates disclosed your health information for purposes, other than treatment, payment, healthcare operations and certain other activities, for the last 6 years, but not before April 14, 2003. If you request this accounting more than once in a 12-month period, we may charge you a reasonable, cost-based fee for responding to these additional requests.

**Restriction:** You have the right to request that we place additional restrictions on our use or disclosure of your health information. We are not required to agree to these additional restrictions, but if we do, we will abide by our agreement (except in an emergency).

**Alternative Communication:** You have the right to request that we communicate with you about your health information by alternative means or to alternative locations. (You must make your request in writing.) Your request must specify the alternative means or location, and provide satisfactory explanation how payments will be handled under the alternative means or location you request.

**Amendment:** You have the right to request that we amend your health information. (Your request must be in writing, and must explain why the information should be amended.) We may deny your request under certain circumstances.

**Electronic Notice:** If you receive this Notice on our Web site or by electronic mail (e-mail), you are entitled to receive this Notice in written form.

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#### **QUESTIONS AND COMPLAINTS**

If you want more information about our privacy practices or have questions or concerns, please contact us.

If you are concerned that we may have violated your privacy rights, or you disagree with a decision we made about your health information or in response to a request you made to amend or restrict the use or disclosure of your health information or to have us communicate with you by alternative means or at alternative locations, you may complain to us using the contact information listed at the end of this Notice. You also may submit a written complaint to the U.S. Department of Health and Human Services. We will provide you with the address to file your complaint with the U.S. Department of Health and Human Services upon request.

We support your right to the privacy of your health information. We will not retaliate in any way if you choose to file a complaint with us or with the U.S. Department of Health and Human Services.

Contact Officer: Michael Pierce, D.C., DACNB

Telephone: (612) 205-5985

Fax: 303-394-2587

E-mail: [piercechiro@yahoo.com](mailto:piercechiro@yahoo.com)

Address: 600 South Cherry Street, Suite 1105, Glendale CO 880246

Michael Pierce, D.C., DACNB

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**ACKNOWLEDGEMENT OF RECEIPT OF NOTICE OF  
PRIVACY PRACITCES**

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\*You May Refuse to Sign This Acknowledgement\*

I, \_\_\_\_\_, have received a copy of this  
office's Notice of Privacy Practices.

\_\_\_\_\_  
Please Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

For Office Use Only

We attempted to obtain written acknowledgement of receipt of our Notice of Privacy Practices, but acknowledgement could not be obtained because:

- Individual refused to sign
- Communications barriers prohibited obtaining the acknowledgement
- An emergency situation prevented us from obtaining acknowledgement
- Other (Please Specify)

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**Daniel Amen, MD Change Your Brain; Change Your Life**

**The Deep Limbic System**

**Deep Limbic Checklist**

Please read this list of behaviors and rate yourself (or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- 1. Feeling of sadness
- 2. Moodiness
- 3. Negativity
- 4. Low energy
- 5. Irritability
- 6. Decreased interest in others
- 7. Feelings of hopelessness about the future
- 8. Feelings of helplessness or powerlessness
- 9. Feeling dissatisfied or bored
- 10. Excessive guilt
- 11. Suicidal feelings
- 12. Crying
- 13. Lowered interest in things usually considered fun
- 14. Sleep changes ( too much or too little)
- 15. Appetite changes (too much or too little)
- 16. Low self-esteem
- 17. Decreased interest in sex
- 18. Negative sensitivity to smells/odors
- 19. Forgetfulness
- 20. Poor concentration

**Daniel Amen, MD Change Your Brain; Change Your Life**

**The Basal Ganglia**

**Basal Ganglia Checklist**

Please read this list of behaviors and rate yourself (or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- 1. Feelings of nervousness or anxiety
- 2. Panic attacks
- 3. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
- 4. Periods of heart pounding, rapid heart rate, or chest pain
- 5. Periods of trouble breathing or feeling smothered
- 6. Periods of feeling dizzy, faint or unsteady on your feet
- 7. Periods of nausea or abdominal upset
- 8. Periods of sweating, hot or cold flashes, cold hands

- \_\_\_ 9. Tendency to predict the worst
- \_\_\_ 10. Fear of dying or doing something crazy
- \_\_\_ 11. Avoidance of public places for fear of having an anxiety attack
- \_\_\_ 12. Conflict avoidance
- \_\_\_ 13. Excessive fear of being judged or scrutinized by others
- \_\_\_ 14. Persistent phobias
- \_\_\_ 15. Low motivation
- \_\_\_ 16. Excessive motivation
- \_\_\_ 17. Tics
- \_\_\_ 18. Poor handwriting
- \_\_\_ 19. Quick startle reaction
- \_\_\_ 20. Tendency to freeze in anxiety-provoking situations
- \_\_\_ 21. Excessive worry about what others think
- \_\_\_ 22. Shyness or timidity
- \_\_\_ 23. Low threshold of embarrassment

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**The Prefrontal Cortex**

<b>Prefrontal Cortex Checklist</b>
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Please read this list of behaviors and rate yourself(or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- \_\_\_ 1. Inability to give close attention to details or avoid careless mistakes.
- \_\_\_ 2. Trouble sustaining attention in routine situations (home-work, chores, paperwork, etc...).
- \_\_\_ 3. Trouble listening.
- \_\_\_ 4. Inability to finish things, poor follow-through.
- \_\_\_ 5. Poor organization of time or space.
- \_\_\_ 6. Distractibility.
- \_\_\_ 7. Poor planning skills.
- \_\_\_ 8. Lack of clear goals or forward thinking.
- \_\_\_ 9. Difficulty expressing feelings.
- \_\_\_ 10. Difficulty expressing empathy for others.
- \_\_\_ 11. Excessive daydreaming.
- \_\_\_ 12. Boredom.
- \_\_\_ 13. Apathy or lack of motivation.
- \_\_\_ 14. Lethargy.
- \_\_\_ 15. A feeling of spaciness or being “in a fog”.
- \_\_\_ 16. Restlessness or trouble sitting still.
- \_\_\_ 17. Difficulty remaining seated in situations where remaining seated is expected.
- \_\_\_ 18. Conflict seeking.
- \_\_\_ 19. Talking too much or too little.
- \_\_\_ 20. Blurting out of answers before questions have been completed.
- \_\_\_ 21. Difficulty awaiting turn.
- \_\_\_ 22. Interruption of or intrusion on others (e.g., butting into conversation or games).
- \_\_\_ 23. Impulsivity ( saying or doing things without thinking first).
- \_\_\_ 24. Trouble learning from experiences; tendency to make repetitive mistakes.

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**The Cingulate System**

### **Cingulate System Checklist**

Please read this list of behaviors and rate yourself(or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- 1. Excessive or senseless worrying.
- 2. Being upset when things do not go your way
- 3. Being upset when things are out of place.
- 4. Tendency to be oppositional or argumentative.
- 5. Tendency to have repetitive negative thoughts.
- 6. Tendency toward compulsive behaviors.
- 7. Intense dislike of change.
- 8. Tendency to hold grudges.
- 9. Trouble shifting attention from subject to subject.
- 10. Trouble shifting behavior from task to task.
- 11. Difficulties seeing options in situations.
- 12. Tendency to hold on to own opinion and not listen to others.
- 13. Tendency to get locked into a course of action, whether or not it is good.
- 14. Being very upset unless things are done a certain way.
- 15. Perception by others that you worry too much.
- 16. Tendency to say no without first thinking about the question.
- 17. Tendency to predict negative outcomes.

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### **The Temporal Lobes**

### **Temporal Lobe Checklist**

Please read this list of behaviors and rate yourself(or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- 1. Short fuse or periods of extreme irritability.
- 2. Periods of rage with little provocation.
- 3. Frequent misinterpretation of comments as negative when they are not.
- 4. Irritability that tends to build, then explodes, then recedes; person feels tired after a rage.
- 5. Periods of spaciness or confusion.
- 6. Periods of panic and/or fear for no reason.
- 7. Visual or auditory changes, such as seeing shadows or hearing muffled voices.
- 8. Frequent periods of déjà vu or jamais vu.
- 9. Sensitivity or mild paranoia.
- 10. Headaches or abdominal pain of uncertain origin.
- 11. History of head injury or family history of violence/explosiveness.
- 12. Dark thoughts, such as suicidal or homicidal.
- 13. Periods of forgetfulness.
- 14. Memory problems.
- 15. Reading comprehension problems.
- 16. Preoccupation with moral or religious ideas.

**“The Edge Effect” by Eric Braverman**  
**The Braverman Nature Assessment**

Instructions: Answer each question by circling either T for true or F for false. At the end of each group, record on the total number of true statements in the space provided.

Answer the questions in terms of how you feel most of the time. For example, if you’ve had a bad night’s sleep and feel tired today, answer the questions that pertain to your energy levels based on how you feel on a more average day.

**1A**

**Memory and Attention**

- I find it easy to process my thoughts. T / F
- I concentrate effectively. T / F
- I am a deep thinker. T / F
- I am a quick thinker. T / F
- I become distracted because I do so many tasks at once. T / F
- I enjoy intense debate. T / F
- I have a good imagination. T / F

**Physical**

- I have a lot of energy most of the time. T / F
- My blood pressure is often elevated. T / F
- Sometimes in my life I have had episodes of extreme energy. T / F
- I have insomnia. T / F
- I find exercising invigorating T / F
- I don’t ordinarily need coffee to jump-start me in the morning. T / F
- My veins are visible and tend to look as though they might pop out of my skin. T / F
- I tend to have a high body temperature. T / F
- I eat my lunch while I’m working. T / F
- I engage in sexual intercourse any chance I get. T / F
- I have a temper. T / F
- I eat only to reenergize my body. T / F
- I love action movies. T / F
- Exercising makes me feel powerful. T / F

**Personality**

- I am a very domineering individual. T / F
- I sometimes don’t notice my feelings. T / F
- I often have trouble listening to others because my own ideas dominate. T / F
- I have been in many physical altercations T / F
- I tend to be future-oriented. T / F
- I am sometimes speculative. T / F
- Most people view me as thinking-oriented. T / F
- I daydream and often fantasize. T / F

I like to read history and other nonfiction books. T / F  
I admire ingenuity. T / F  
I can be slow in identifying how people can cause trouble. T / F  
I don't usually get tricked by people who say they need my help. T / F  
Most people view me as innovative. T / F  
People have thought I have had some strange ideas, but I can always explain the basis for them rationally. T / F  
I am often agitated or irritated. T / F  
Little things make me anxious or upset. T / F  
I have fantasies of unlimited power. T / F  
I love spending money. T / F  
I dominate others in my relationships. T / F  
I am very hard on myself. T / F  
I react aggressively to criticism, often becoming defensive in front of others. T / F

### **Character**

Some individuals view me as tough-minded. T / F  
Most people view me as achievement-oriented. T / F  
Some people say that I am irrational. T / F  
I will do anything to reach a goal. T / F  
I value a religious philosophy. T / F  
Incompetence makes me angry. T / F  
I have high standards for myself and for others. T / F

**Total number of T responses:** \_\_\_\_\_

### **2A**

### **Memory and Attention**

My memory is very strong. T / F  
I am an excellent listener. T / F  
I am good at remembering stories. T / F  
I usually do not forget a face. T / F  
I am very creative. T / F  
I have an excellent attention span and rarely miss a thing. T / F  
I have many good hunches. T / F  
I notice everything going on around me. T / F  
I have a good imagination. T / F

### **Physical**

I tend to have a slow pulse. T / F  
My body has excellent tone. T / F  
I have a great figure/build. T / F  
I have low cholesterol. T / F  
When I eat, I love to experience the aromas and the beauty of food. T / F  
I love yoga and stretching my muscles. T / F  
During sex I am very sensual. T / F  
I have had an eating disorder at some point in my life. T / F  
I have tried many alternative remedies. T / F

### **Personality**

I am a perpetual romantic. T / F  
I am in touch with my feelings. T / F  
I tend to make decisions based on hunches. T / F  
I like to speculate. T / F  
Some people say I have my head in the clouds. T / F  
I love reading fiction. T / F  
I have a rich fantasy life. T / F  
I am creative when solving people problems. T / F

I am very expressive; I like to talk about what's bothering me. T / F  
I am buoyant. T / F  
I believe that it is possible to have a mystical experience. T / F  
I believe in being a soul mate. T / F  
Sometimes the mystical can excite me. T / F  
I tend to overreact to my body. T / F  
I find it easy to change; I am not set in my ways. T / F  
I am deeply in touch with my emotions. T / F  
I tend to love someone one minute and hate him/her the next. T / F  
I am flirtatious. T / F  
I don't mind spending money if it benefits my relationships. T / F  
I tend to fantasize when I'm having sex. T / F  
My relationships tend to be filled with romance. T / F  
I love watching romantic movies. T / F  
I take risks in my love life. T / F

### Character

I foresee a better future. T / F  
I am inspired to help other people. T / F  
I believe that all things are possible, particularly for those who are devoted. T / F  
I am good at creating harmony between people. T / F  
Charity and altruism come from the heart, and I have plenty of both. T / F  
Others think me of having vision. T / F  
My thoughts on religion often change. T / F  
I am an idealist, but not a perfectionist. T / F  
I'm happy with someone who just treats me right. T / F

**Total number of T responses:** \_\_\_\_\_

### 3A

#### Memory and Attention

I have a stable attention span and can follow other people's logic. T / F  
I enjoy reading people more than books. T / F  
I retain most of what I hear. T / F  
I can remember facts people tell me. T / F  
I learn from my experiences. T / F  
I am good at remembering names. T / F  
I can focus very well on tasks and peoples stories. T / F

#### Physical

I find it easy to relax. T / F  
I am a calm person. T / F  
I find it easy to fall asleep at night. T / F  
I tend to have high physical endurance. T / F  
I have low blood pressure. T / F  
I do not have a family history of stroke. T / F  
When it comes to sex, I am not very experimental. T / F  
I have little muscle tension. T / F  
Caffeine has little effect on me. T / F  
I take my time eating my meals. T / F  
I sleep well. T / F  
I don't have many harmful food cravings such as sugar. T / F  
Exercising is a regimented habit for me. T / F

#### Personality

I am not very adventurous. T / F  
I do not have a temper. T / F  
I have a lot of patience. T / F

I don't enjoy philosophy. T / F  
I love watching sitcoms about families. T / F  
I dislike movies about other worlds or universes. T / F  
I am not a risk taker. T / F  
I keep past experiences in mind before I make decisions. T / F  
I am a realistic person. T / F  
I believe in closure. T / F  
I like facts and details. T / F  
When I make a decision, it's permanent. T / F  
I like to plan my day, week, month, etc. T / F  
I collect things. T / F  
I am a little sad. T / F  
I'm afraid of confrontations and altercations. T / F  
I save up a lot of money in the event of a crisis. T / F  
I tend to create strong, lasting bonds with others. T / F  
I am a stable pillar in people's lives. T / F

### Character

I believe in the adage "Early to bed, early to rise." T / F  
I believe in meeting deadlines. T / F  
I try to please others the best I can. T / F  
I am a perfectionist. T / F  
I am good at maintaining long-lasting relationships. T / F  
I pay attention to where my money goes. T / F  
I believe the world would be more peaceful if people would improve their morals. T / F  
I am very loyal and devoted to my loved ones. T / F  
I have high ethical standards that I live by. T / F  
I pay close attention to laws, principles, and policies. T / F  
I believe in participating in service for the community. T / F

**Total number of T responses:** \_\_\_\_\_

### 4A

### Memory and Attention

I can easily concentrate on manual-labor tasks. T / F  
I have a good visual memory. T / F  
I am very perceptive. T / F  
I am an impulsive thinker. T / F  
I live in the here and now. T / F  
I tend to say, "Tell me the bottom line." T / F  
I am a slow book learner, but I learn easily from experience. T / F  
I need to experience something or work at it hands-on in order to understand. T / F

### Physical

I sleep too much. T / F  
When it comes to sex, I am very experimental. T / F  
I have low blood pressure. T / F  
I am very action-oriented. T / F  
I am very handy around the house. T / F  
I am very active outdoors. T / F  
I engage in daring activities such as skydiving and motorcycle riding. T / F  
I can solve problems spontaneously. T / F  
I rarely have carbohydrate cravings. T / F  
I usually grab a quick meal on the run. T / F  
I'm not very consistent with my exercise routine; I may exercise daily for three weeks and then skip it for a month. T / F

### Personality

I live life in the immediate moment. T / F  
 I like to perform/entertain in public. T / F  
 I tend to gather facts in an unorganized manner. T / F  
 I am very flexible. T / F  
 I am a great negotiator. T / F  
 I often just like to “eat, drink, and be merry.” T / F  
 I am dramatic. T / F  
 I am very artistic. T / F  
 I am a good craftsman. T / F  
 I’m a risk taker when it comes to sports. T / F  
 I believe in psychics. T / F  
 I can easily take advantage of others. T / F  
 I am cynical of others’ philosophies. T / F  
 I like to have fun. T / F  
 My favorite types of movies are horror flicks. T / F  
 I am fascinated with weapons. T / F  
 I rarely stick to a plan or agenda. T / F  
 I have trouble remaining faithful. T / F  
 I am easily able to separate and move on when relationships with loved ones end. T / F  
 I don’t pay much attention to how I spend my money. T / F  
 I have many frivolous relationships. T / F

**Character**

I always keep my options open in case something better comes up. T / F  
 I don’t like working hard for long periods of time. T / F  
 I believe things should have a function and purpose. T / F  
 I am optimistic. T / F  
 I live in the moment. T / F  
 I pray only when I’m in need of spiritual support. T / F  
 I don’t have particularly high morals and ethical values. T / F  
 I do what I want, when I want to. T / F  
 I don’t care about being perfect; I just live my life. T / F  
 Savings are for suckers. T / F

**Total number of T responses:** \_\_\_\_\_

Results

- 1A. Total number of T responses: dopamine nature \_\_\_\_\_
- 2A. Total number of T responses: acetylcholine nature \_\_\_\_\_
- 3A. Total number of T responses: GABA nature \_\_\_\_\_
- 4A. Total number of T responses: serotonin nature \_\_\_\_\_

**Part 2: DEFINING YOUR DEFICIENCIES**

Instructions: Answer each question by circling either T for true or F for false. At the end of each group, record only the total number of true statements in the space provided. The second assessment will determine if you are deficient in any of the four biochemicals, including the one that governs your nature. Many of the questions relate to symptoms you might be experiencing. Answer the questions in terms of how you feel right now; it doesn’t matter how long you’ve been experiencing these symptoms, or even if they occurred today for the first time.

**1B**

**Memory and Attention**

I have trouble paying consistent attention and concentrating. T / F  
 I need caffeine to wake up. T / F  
 I cannot think quickly enough. T / F  
 I do not have a good attention span. T / F  
 I have trouble getting through a task even when it is interesting to me. T / F

I am slow in learning new ideas. T / F

### Physical

I crave sugar. T / F

I have decreased libido. T / F

I sleep too much. T / F

I have a history of alcohol or addiction. T / F

I have recently felt worn out for no apparent reason. T / F

I sometimes experience total exhaustion without even exerting myself. T / F

I have always battled weight problems. T / F

I have little motivation for sexual experiences. T / F

I have trouble getting out of bed in the morning. T / F

I have had a craving for cocaine, amphetamines or Ecstasy. T / F

### Personality

I feel fine just following others. T / F

People seem to take advantage of me. T / F

I am feeling very down or depressed. T / F

People have told me I am too mellow. T / F

I have little urgency. T / F

I let people criticize me. T / F

I always look to others to lead me.

### Character

I have lost my reasoning skills. T / F

I can't make good decisions. T / F

**Total number of T responses:** \_\_\_\_\_

## **2B**

### Memory and Attention

I lack imagination. T / F

I have difficulty remembering names when I first meet people. T / F

I have noticed that my memory ability is decreasing. T / F

My significant other tells me I don't have romantic thoughts. T / F

I can't remember my friends' birthdays. T / F

I have lost some of my creativity. T / F

### Physical

I have insomnia. T / F

I have lost muscle tone. T / F

I don't exercise anymore. T / F

I crave fatty foods. T / F

I have experimented with hallucinogens or other illicit drugs. T / F

I feel like my body is falling apart. T / F

I can't breathe easily. T / F

### Personality

I don't feel joy very often. T / F

I feel despair. T / F

I protect myself from being hurt by others by never telling much about myself. T / F

I find it more comfortable to do things alone rather than in a large group. T / F

Other people get angrier about bothersome things than I do. T / F

I give in easily and tend to be submissive. T / F  
I rarely feel passionate about anything. T / F  
I like routine. T / F

### Character

I don't care about anyone's stories but mine. T / F  
I don't pay attention to people's feelings. T / F  
I don't feel buoyant. T / F  
I'm obsessed with my deficiencies. T / F

**Total number of T responses:** \_\_\_\_\_

### **3B**

### Memory and Attention

I find it difficult to concentrate because I'm nervous and jumpy. T / F  
I can't remember telephone numbers. T / F  
I have trouble finding the right word. T / F  
I have trouble remembering things when I am put on the spot. T / F  
I know I am intelligent, but it is hard to show others. T / F  
My ability to focus comes and goes. T / F  
When I read, I find I have to go back over the same paragraph a few times to absorb the information. T / F  
I am a quick thinker, but can't always say what I mean. T / F

### Physical

I feel shaky. T / F  
I sometimes tremble. T / F  
I have frequent backaches and/or headaches. T / F  
I tend to have shortness of breath. T / F  
I tend to have heart palpitations. T / F  
I tend to have cold hands. T / F  
I sometimes eat too much. T / F  
I am sometimes dizzy. T / F  
I often have muscle tension. T / F  
I tend to get butterflies in my stomach. T / F  
I crave bitter foods. T / F  
I am often nervous. T / F  
I like yoga because it helps me to relax. T / F  
I often feel fatigued even when I Have had a good night sleep. T / F  
I overeat. T / F

### Personality

I have mood swings. T / F  
I enjoy doing many things at once, but I find it difficult to decide what to do first. T / F  
I tend to do things just because I think they'd be fun. T / F  
When things are dull, I always try to introduce some excitement. T / F  
I tend to be fickle, changing my mood and thoughts frequently T / F  
I tend to get over excited about things. T / F  
My impulses tend to get me into a lot of trouble. T / F  
I tend to be theatrical and draw attention to myself. T / F  
I speak my mind no matter what the reaction of others may be. T / F  
I sometimes have fits of rage and then feel terribly guilty. T / F  
I often tell lies to get out of trouble. T / F  
I have always had less interest than the average person in sex. T / F

### Character

I don't play by the rules anymore. T / F  
I have lost many friends. T / F  
I can't sustain romantic relationships. T / F  
I consider the law arbitrary and without reason. T / F  
I now consider rules that I used to follow ridiculous. T / F      **Total number of T responses:** \_\_\_\_\_

**4B**

**Memory and Attention**

I am not very perceptive. T / F  
I can't remember things that I have seen in the past. T / F  
I have a slow reaction time. T / F  
I have a poor sense of direction. T / F

**Physical**

I have night sweats. T / F  
I have insomnia. T / F  
I tend to sleep in many different positions in order to feel comfortable. T / F  
I always awake early in the morning. T / F  
I can't relax. T / F  
I wake up at least two times per night. T / F  
It is difficult for me to fall back asleep when I am awakened. T / F  
I crave salt. T / F  
I have less energy to exercise. T / F  
I am sad. T / F

**Personality**

I have chronic anxiety. T / F  
I am easily irritated. T / F  
I have thoughts of self-destruction. T / F  
I have had suicidal thoughts in my life. T / F  
I tend to dwell on ideas too much. T / F  
I am sometimes so structured that I become inflexible. T / F  
My imagination takes over. T / F  
Fear grips me. T / F

**Character**

I can't stop thinking about the meaning of life. T / F  
I no longer want to take risks. T / F  
The lack of meaning in my life is painful to me. T / F

**Total number of T responses:** \_\_\_\_\_



**Change Your Brain, Change Your Life**  
**Daniel G. Amen, M.D.**

**The Deep Limbic System**

\* Thalamic Structures      \* Hypothalamus      \* Immediate surrounding structures

- “Limbic System”
  - Cingulate gyrus
  - **Deep** temporal lobes

<b>Functions of the Deep Limbic System</b>
--

1. Sets the emotional tone of the mind.
2. Filters external events through internal states (creates emotional coloring).
3. Tags events as internally important.
4. Stores highly charged emotional memories.
5. Modulates motivation.
6. Controls appetite and sleep cycles.
7. Promotes bonding.
8. Directly processes the sense of smell.
9. Modulates libido.

Higher density of estrogen receptors than other parts of the brain, 5-10 days before onset of menstruation the deep limbic system becomes inflamed or more active with a drop in hormones; this activation colors events in a more negative way. Female limbic system is larger than the males.

<b>Deep Limbic System</b>
---------------------------

1. Emotional Tone
  - when deep limbic system is less active, generally a positive more hopeful mind occurs
  - when it's heated up/overactive, negativity can take over
    - i. Depression
    - ii. Sadness
2. Filters external Events( colors)
  - Neutral event interpreted by a person w. overactive deep limbic system as a negative event or conversation, even if it was positive.
  - When the deep limbic system is cool or functions properly, a neutral or positive interpretation of events is more likely to occur.
3. Tags events as internally important
  - which either drives us to action or avoidance
    - i. Ex: Approaching a desired mate
    - ii. Ex: withdrawing from someone who has hurt us in the past
  - The emotional memories we keep intimately involve the emotional tagging imposed on the days events
4. Stores highly charged emotional memories
  - traumatized or by experiencing a dramatic event
    - i. Ex: car accident, abuse by parent/spouse OR won lottery, watching your child's birth.
5. Modulates motivation
  - over activity in deep limbic system associated w/**lowered** motivation and drive often seen in **depression**
6. (Older part of the brain)
  - Hypothalamus controls sleep and appetite cycles, both of which are problems with limbic abnormalities.
7. Promotes bonding

- enables us to connect socially with other people
  - the ability to bond successfully in turn influences our moods
8. Sense of smell
- sense of smell goes directly from the sensory organ to **directly** where it's processed in the brain (NO Relay Station)
  - **Positive sexual** smells cool the limbic system, internally intensify mood for love.

### Problems in the Deep Limbic System

\*Moodiness, irritability, clinical depression \*Increased negative thinking \*Negative perception of events \*Decreased motivation \*Flood of negative emotions \*Appetite and sleep problems \*Decreased or increased sexual responsiveness \*Social isolation

### Deep Limbic Checklist

Please read this list of behaviors and rate yourself (or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- \_\_\_ 1. Feeling of sadness
- \_\_\_ 2. Moodiness
- \_\_\_ 3. Negativity
- \_\_\_ 4. Low energy
- \_\_\_ 5. Irritability
- \_\_\_ 6. Decreased interest in others
- \_\_\_ 7. Feelings of hopelessness about the future
- \_\_\_ 8. Feelings of helplessness or powerlessness
- \_\_\_ 9. Feeling dissatisfied or bored
- \_\_\_ 10. Excessive guilt
- \_\_\_ 11. Suicidal feelings
- \_\_\_ 12. Crying
- \_\_\_ 13. Lowered interest in things usually considered fun
- \_\_\_ 14. Sleep changes ( too much or too little)
- \_\_\_ 15. Appetite changes (too much or too little)
- \_\_\_ 16. Low self-esteem
- \_\_\_ 17. Decreased interest in sex
- \_\_\_ 18. Negative sensitivity to smells/odors
- \_\_\_ 19. Forgetfulness
- \_\_\_ 20. Poor concentration

### Enhance Positive Thought Patterns

1. Realize that your thoughts are real. They have a real impact on how you feel and behave:
  - a. You have a thought.
  - b. Your brain releases chemicals.
  - c. An electrical transmission goes across your brain.
  - d. You become aware of what you are thinking
2. Notice how negative thoughts affect your body. ( Sad thoughts cause significant increase in deep limbic system activity—powerful evidence that your THOUGHTS MATTER!
3. Notice how positive thoughts affect your body ( Positive thoughts **cool** the limbic system)
4. Notice how your body reacts to every thought you have.
5. Think of bad thoughts as pollution
6. Understand that your ANTs (Automatic Negative Thoughts) don't always tell the truth.
7. Talk back to ANTs – train your thoughts to be positive and hopeful
8. Exterminate the ANTs – check the facts, write the thought, challenge their “truth”

### Summary and Types of ANTs

1. **“Always/never” thinking- Identify and recall** examples that disprove your all or nothing attitude.
2. **Focusing on the negative- (red ant)** Play the *Pollyanna* “Glad Game”, **focus** on the positive.

3. **Fortune-telling (red ant)** - Predict bad things and **you help** make them happen.
4. **Mind reading. (red ant)** – Don't mind read, ask for **clarification** of things you don't understand.
5. **Thinking with your feelings – Challenge** your thoughts, are they based in truthful evidence?
6. **Guilt beating - eliminate...***should, must, ought, or have to...* Guilt is never productive.
7. **Labeling** – labels lump yourself or others negatively, rather than deal with unique individuals.
8. **Personalizing** – invest innocuous events w/personal meaning. **Don't mind read** others behavior
9. **Blaming (most poisonous red ant)** – Takes away your personal sense of power, you have to take **personal responsibility** for your problems before you can hope to change them.

### Deep Limbic System Prescriptions

1. Kill the ANTs (Automatic Negative Thoughts).
2. Kill the ANTs/ Feed Your Anteater.
3. Surround Yourself With People Who Provide Positive Bonding.
4. Protect Your Children with Limbic Bonding.
5. Build People Skills to Enhance Limbic Bonds.
6. Recognize the Importance of Physical Contact.
7. Surround Yourself with Great Smells.
8. Build a Library of Wonderful Memories.
9. Consider Limbic Medications.
10. Try Physical Exercise.
11. Watch Your Limbic Nutrition.

### Limbic Relational Prescriptions for Self

1. Spend time together.
2. Smell Good.
3. Build positive memories.
4. Touch one another.
5. Kill the ANTs: Automatic negative thoughts.

### Limbic Relational Prescriptions for Partner

1. Don't let your partner isolate him/herself.
2. Touch your partner.
3. Don't take partners loss of sexual interest personally.
4. Help your partner around the house, with the children, etc...
5. Help get partner intervention if problems interfere with functioning.
6. Take care of yourself.

## The Basal Ganglia

### Functions of the Basal Ganglia

1. Integrates feeling and movement.
2. Shifts and smoothes fine motor behavior.
3. Suppresses unwanted motor behaviors.
4. Sets the body's idle speed or anxiety level.
5. Mediates pleasure/ecstasy.

### Problems with the Basal Ganglia

\*Anxiety, nervousness \*Panic attacks \*Physical sensations of anxiety \*Tendency to predict the worst  
 \*Conflict avoidance \*Tourette's syndrome \*Muscle tension, soreness \*Tremors \*Fine motor problems/Headaches  
 \*Low/excessive motivation

### Basal Ganglia Checklist

Please read this list of behaviors and rate yourself (or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- \_\_\_ 1. Feelings of nervousness or anxiety
- \_\_\_ 2. Panic attacks
- \_\_\_ 3. Symptoms of heightened muscle tension (headaches, sore muscles, hand tremor)
- \_\_\_ 4. Periods of heart pounding, rapid heart rate, or chest pain
- \_\_\_ 5. Periods of trouble breathing or feeling smothered
- \_\_\_ 6. Periods of feeling dizzy, faint or unsteady on your feet
- \_\_\_ 7. Periods of nausea or abdominal upset
- \_\_\_ 8. Periods of sweating, hot or cold flashes, cold hands
- \_\_\_ 9. Tendency to predict the worst
- \_\_\_ 10. Fear of dying or doing something crazy
- \_\_\_ 11. Avoidance of public places for fear of having an anxiety attack
- \_\_\_ 12. Conflict avoidance
- \_\_\_ 13. Excessive fear of being judged or scrutinized by others
- \_\_\_ 14. Persistent phobias
- \_\_\_ 15. Low motivation
- \_\_\_ 16. Excessive motivation
- \_\_\_ 17. Tics
- \_\_\_ 18. Poor handwriting
- \_\_\_ 19. Quick startle reaction
- \_\_\_ 20. Tendency to freeze in anxiety-provoking situations
- \_\_\_ 21. Excessive worry about what others think
- \_\_\_ 22. Shyness or timidity
- \_\_\_ 23. Low threshold of embarrassment

#### **Basal Ganglia Relational Prescriptions for Self**

1. Kill the fortune-telling ANTs.
2. Predict the best.
3. Get control of your breathing.
4. Deal with conflict.

#### **Basal Ganglia Relational Prescriptions for Partner**

1. Help partner look at the positive side of things.
2. Do not get irritated with your partner's anxiety or negative predictions.
3. Pace your breathing to help your partner's breathing.
4. Encourage your partner to face conflict in an effective way.

#### **Basal Ganglia Prescriptions**

1. Kill the Fortune –Telling ANTs
  - Step 1. Write down the event that is causing anxiety.
  - Step 2. Write down the automatic thoughts that come to your mind.
  - Step 3. Identify and label the thought as a fortune telling ANT.
  - Step 4. Talk back to the ANT. Write down a response to diffuse the negative thought.
2. Use Guided Imagery
  - Step 1. Find a quiet place where you can go and be alone for 20-30 min everyday.
  - Step 2. Choose your own special haven. If you could go anywhere in the world to feel relaxed and content, where would you go?
  - Step 3. Imagine your special place with all your senses. Feel what you want to feel. See what you want to see. Hear the sounds you love to hear. Smell and taste all the fragrances/tastes in the air.
  - Step 4. Breathe: Slowly – Calmly -- Deeply
3. Try Diaphragmatic Breathing
  - Step 1. Sit in a chair.
  - Step 2. Close your eyes.

- Step 3. One hand on your chest, one on your belly.  
 Step 4. For several minutes feel the rhythm of your breathing.  
 Step 5. Practice this breathing for 5-10 min/day.  
 Step 6. If not belly breathing, try putting a book on your belly.
4. Try Meditation/Self Hypnosis.
  5. Think About the “18,40,60” Rule.
    - When you’re 18, you worry about what everybody is thinking of you. When you’re 40, you don’t give a damn about what anybody thinks of you.
    - When you’re 60, you realize nobody has been thinking about you at all.
  6. Learn How to Deal with Conflict
    - Don’t give in to others anger just because it is uncomfortable.
    - Don’t let others opinions control you.
    - Say what you mean and stick up for what you believe in
    - Maintain self-control.
    - Be kind, if possible, but above all be firm in your stance.
  7. Consider Basal Ganglia Medications.
  8. Watch Your Basal Ganglia Nutrition.
    - Increased BG = balanced diet, don’t allow yourself to get to be **hypoglycemic**
    - Decreased BG = High protein, low carbs. Eliminate alcohol and caffeine, though alcohol decreases anxiety short term, withdrawal causes anxiety and increases risk for addiction.
    - B6 = Doses 100-400 mg w/ B complex
    - Kava Kava extract
    - Valerian root
    - Essential oils, Chamomile/Lavendar scents which are calming

### The Prefrontal Cortex

#### **Prefrontal Cortex Functions**

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. Attention Span</li> <li>2. Perseverance</li> <li>3. Judgment</li> <li>4. Impulse Control</li> <li>5. Organization</li> <li>6. Self Monitoring and Supervision</li> <li>7. Problem Solving</li> </ol> | <ol style="list-style-type: none"> <li>8. Critical Thinking</li> <li>9. Forward Thinking</li> <li>10. Learning from experience</li> <li>11. Ability to feel and express emotions</li> <li>12. Interaction with the limbic system</li> <li>13. Empathy</li> </ol> |
|--|--|

#### **Problems with the Prefrontal Cortex**

\*Short attention span \*Distractibility \*Lack of perseverance \*Impulse control problems \*Moody \*Hyperactivity \*Chronic lateness, poor time management \* Conflict seeking \*Disorganization \*Procrastination \*Unavailability of emotions \*Misperceptions \*Poor judgment \*Trouble learning from experience \*Short-term memory problems \*Social and test anxiety \* Negative thinking

#### **Prefrontal Cortex Checklist**

Please read this list of behaviors and rate yourself(or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- \_\_\_ 1. Inability to give close attention to details or avoid careless mistakes.
- \_\_\_ 2. Trouble sustaining attention in routine situations (home-work, chores, paperwork, etc...).
- \_\_\_ 3. Trouble listening.
- \_\_\_ 4. Inability to finish things, poor follow-through.
- \_\_\_ 5. Poor organization of time or space.
- \_\_\_ 6. Distractibility.
- \_\_\_ 7. Poor planning skills.

- \_\_\_ 8. Lack of clear goals or forward thinking.
- \_\_\_ 9. Difficulty expressing feelings.
- \_\_\_ 10. Difficulty expressing empathy for others.
- \_\_\_ 11. Excessive daydreaming.
- \_\_\_ 12. Boredom.
- \_\_\_ 13. Apathy or lack of motivation.
- \_\_\_ 14. Lethargy.
- \_\_\_ 15. A feeling of spaciness or being “in a fog”.
- \_\_\_ 16. Restlessness or trouble sitting still.
- \_\_\_ 17. Difficulty remaining seated in situations where remaining seated is expected.
- \_\_\_ 18. Conflict seeking.
- \_\_\_ 19. Talking too much or too little.
- \_\_\_ 20. Blurting out of answers before questions have been completed.
- \_\_\_ 21. Difficulty awaiting turn.
- \_\_\_ 22. Interruption of or intrusion on others (e.g., butting into conversation or games).
- \_\_\_ 23. Impulsivity ( saying or doing things without thinking first).
- \_\_\_ 24. Trouble learning from experiences; tendency to make repetitive mistakes.

### Prefrontal Cortex Prescriptions (pg 138)

1. Develop and maintain a clear focus, “One Page Miracle” = GOALS
  - a. **Relationships**- spouse/lover, children, extended family, friends
  - b. **Work**- current/future
  - c. **Money** – current/future
  - d. **Self – Body/Mind/Spirit**
2. **Focus** on what you **like** a lot **more** than what you **don’t like**.
3. Have meaning, purpose, stimulation and excitement in your life.
4. Try Mozart – ADD research showed decreased theta brain-wave activity in exact rhythm to the underlying beat of the music:
  - a. improving focus and mood control
  - b. diminished impulsivity
  - c. improved social skill
5. Don’t be another person’s stimulant
  - a. Don’t yell
  - b. The more their voice goes up, the more your voice should go down.
  - c. Take a break if things escalate.
  - d. Use humor ( but not sarcasm or angry humor) to diffuse situation
  - e. Be a good listener.
  - f. Say you want to understand and work on the situation, but you can only do this when things are calm.
6. Get organized
  - a. Set clear goals for your life.
  - b. Take extra time to organize work area regularly.
  - c. Keep up with paperwork.
  - d. Prioritize
  - e. Make deadlines for yourself and keep them.
  - f. Keep TO DO lists, and revise them regularly
  - g. Keep appointment and planning book with you at all times.
  - h. Use portable voice recorder w/you all day to remember ideas throughout the day.
  - i. Break down overwhelming tasks into small tasks.
  - j. Do unpleasant tasks first.
  - k. Use file folders, desk organizers and labeled storage boxes to organize.
7. Get help when you need it: Hire professional organizers or others to help stay ahead of deadlines.
8. Nutrition
  - a. High protein, low carb, low fat
  - b. Tyrosine (500-1500 mg 2-3x/day)
  - c. OPC, grape seed or pine bark
  - d. Ginkgo biloba (60-120 mg 2x/day)

### Prefrontal Cortex Relational Prescriptions for Self

1. Focus on what you want.

2. Focus on what you like about your partner more than what you don't like.
3. Positive stimulation is helpful.
4. Learn to say "I'm sorry".
5. Think about what you say or do before you say or do it.

### Prefrontal Cortex Relational Prescriptions for Partner

1. Do not be your partner's Ritalin.
2. Notice the positive.
3. Help your partner with organization.
4. Make the appointment and drive your partner to the doctor.
5. If medication is needed, help your partner remember to take it in a non sarcastic way.

### Prefrontal Cortex Treatments

1. Have meaning, purpose, stimulation, and excitement in your life.
2. Consider brain-wave biofeedback training.
3. Try audio-visual stimulation.

## The Cingulate System

### Functions of the Cingulate System

1. Ability to shift attention
2. Adaptability
3. Cognitive flexibility
4. Movement from idea to idea
5. Ability to see options
6. Ability to "Go with the flow"
7. Ability to cooperate

### Problems with the Cingulate System

Low serotonin levels and increased cingulated activity often cause:

\*Worrying \*Getting stuck on thoughts or obsessions \*Holding onto hurts from the past \*Getting stuck on behaviors (obsessions) \*Oppositional behavior \*Argumentative behavior \*Uncooperativeness, tendency to automatically say no \*Addictive behavior (alcohol/drugs, eating disorders, etc...) \*Chronic Pain \*Cognitive inflexibility \*Obsessive compulsive disorder \*Spectrum disorders \*Road rage

### Cingulate System Checklist

Please read this list of behaviors and rate yourself(or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- \_\_\_ 1. Excessive or senseless worrying.
- \_\_\_ 2. Being upset when things do not go your way
- \_\_\_ 3. Being upset when things are out of place.
- \_\_\_ 4. Tendency to be oppositional or argumentative.
- \_\_\_ 5. Tendency to have repetitive negative thoughts.
- \_\_\_ 6. Tendency toward compulsive behaviors.
- \_\_\_ 7. Intense dislike of change.
- \_\_\_ 8. Tendency to hold grudges.
- \_\_\_ 9. Trouble shifting attention from subject to subject.
- \_\_\_ 10. Trouble shifting behavior from task to task.
- \_\_\_ 11. Difficulties seeing options in situations.
- \_\_\_ 12. Tendency to hold on to own opinion and not listen to others.
- \_\_\_ 13. Tendency to get locked into a course of action, whether or not it is good.

- \_\_\_ 14. Being very upset unless things are done a certain way.
- \_\_\_ 15. Perception by others that you worry too much.
- \_\_\_ 16. Tendency to say no without first thinking about the question.
- \_\_\_ 17. Tendency to predict negative outcomes.

#### **Cingulate Relational Prescriptions for Self**

1. Notice when you are stuck.
2. Take a break when things get hot.
3. Stop nagging.
4. Use good problem-solving techniques.
5. Exercise together.
6. Have a carbohydrate snack.

#### **Cingulate Relational Prescriptions for Partner**

1. Notice when your partner is stuck.
2. Take a break when things get hot.
3. Deal effectively with nagging.
4. Exercise together.

#### **Treatments for the Cingulate System**

1. Notice when you are stuck-distract yourself and come back to the problem later. i.e. Sing a song, listen to music that makes you feel positive, do a chore, play with a pet, take a walk.
2. Don't try to convince someone else who is stuck, take a break and come back later.
3. Try making paradoxical requests of self or others, i.e. suggest opposite of desired response. Problems sleeping suggest: "Stay awake as long as possible when going to bed."
4. Write out options and solutions when you feel stuck (obsessive worry). Unlock the thoughts by:
  - a. Writing out the thought.
  - b. Make a list of what you can do about the worry.
  - c. Make a list of the things you cannot do about the worry.
5. Learn how to deal with oppositional children (distraction techniques and ultimate authority).
6. Think through answers before automatically saying no.
7. Seek the counsel of others when you feel stuck.
8. Exercise
9. Memorize and recite the "Serenity Prayer" when bothered by repetitive thoughts.
 

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time; accepting hardship as a pathway to peace, taking as Jesus did this sinful world as it is, not as I would have it, trusting that you will make all things right if I surrender to your will; so that I may be reasonably happy in this life and supremely happy with you in the next. Attributed to Reinhold Niebuhr
10. Nutrition
  - a. Increase serotonin levels. i.e. exercise, proper diet
  - b. l-tryptophan 1000-3000 mg at bedtime.
  - c. Foods rich in tryptophan (Chicken, turkey, salmon, beef, peanut butter, milk, eggs, green peas, and potatoes) \*\*\* Choose foods right for your blood type\*\*\*
  - d. Inositol 12-20 mg/day.
  - e. St John's wort 300 mg(containing 0.3% hypericin) \*\*\* Note patients sensitive to Prozac may also have sensitivity to St John's wort \*\*\*

### **The Temporal Lobes**

#### **Functions of the Temporal Lobes**

##### **Dominant side (usually Left):**

1. Understanding and processing language
2. Intermediate-term memory
3. Auditory learning
4. Retrieval of words
5. Complex memories
6. Usual and auditory processing
7. Emotional Stability

##### **Non-Dominant side (usually Right):**

1. Recognizing facial expressions
2. Decoding vocal intonation
3. Rhythm
4. Music
5. Visual Learning

### Problems with Dominant Temporal Lobe

\*Aggression, internally or externally directed \*Dark or violent thoughts \*Sensitivity to slights and mild paranoia \*Word-finding problems \*Auditory processing problems \*Reading afflictions \*Emotional instability

### Problems with Nondominant Temporal Lobe

\*Difficulty recognizing facial expression \*Difficulty decoding vocal intonation \*Implicated in decreased social skills and struggles

### Problems with Either or Both Temporal Lobes

\*Memory problems/amnesia \*Headaches or abdominal pain without clear reason \*Anxiety or fear for no reason \*Feelings of Déjà vu or jamai's vu \*Abnormal sensory perceptions, visual or auditory distortions \*Periods of spaciness or confusion \*Religious or moral preoccupation \*Hypergraphia, excessive writing \*Seizures

### Temporal Lobe Checklist

Please read this list of behaviors and rate yourself(or the person you are evaluating) on each behavior listed. Use the following scale and place the appropriate number next to the item. Five or more symptoms marked 3 or 4 indicate a high likelihood of deep limbic problems.

0 = never    1 = rarely    2 = occasionally    3 = frequently    4 = very frequently

- \_\_\_ 1. Short fuse or periods of extreme irritability.
- \_\_\_ 2. Periods of rage with little provocation.
- \_\_\_ 3. Frequent misinterpretation of comments as negative when they are not.
- \_\_\_ 4. Irritability that tends to build, then explodes, then recedes; person feels tired after a rage.
- \_\_\_ 5. Periods of spaciness or confusion.
- \_\_\_ 6. Periods of panic and/or fear for no reason.
- \_\_\_ 7. Visual or auditory changes, such as seeing shadows or hearing muffled voices.
- \_\_\_ 8. Frequent periods of déjà vu or jamai's vu.
- \_\_\_ 9. Sensitivity or mild paranoia.
- \_\_\_ 10. Headaches or abdominal pain of uncertain origin.
- \_\_\_ 11. History of head injury or family history of violence/explosiveness.
- \_\_\_ 12. Dark thoughts, such as suicidal or homicidal.
- \_\_\_ 13. Periods of forgetfulness.
- \_\_\_ 14. Memory problems.
- \_\_\_ 15. Reading comprehension problems.
- \_\_\_ 16. Preoccupation with moral or religious ideas.

### Temporal Lobe Relational Prescriptions for Self

- 1. Use memory helpers to keep the relationship fresh. Listen to beautiful music together.
- 2. Move in rhythms together.
- 3. Remember the best times.
- 4. Deal effectively with anger.
- 5. Know you have a tendency to be extremely sensitive to the behavior of others.
- 6. Protein snacks may be helpful.

### Temporal Lobe Relational Prescriptions for Partner

- 1. Do not take this problem personally.
- 2. Take anger seriously.
- 3. Keep protein snacks around.
- 4. Make sure you help get your partner to the doctor if the temporal lobe problems interfere with functioning. Such problems are often very treatable.

## Temporal Lobe Treatment

1. Get enough sleep.
2. Eliminate caffeine and nicotine.
3. Watch your nutrition (whole foods, fruits, vegetables, nuts).
4. Try EEG biofeedback.
5. Create library of wonderful experiences.
6. Sing whenever/wherever you can.
7. Use humming and toning to tune up your brain.
8. Listen to classical music.
9. Move in rhythms.

**Depression** can cause a person to feel distant, uninterested in sex, irritable, unfocused, tired, and negative. Unless the partners understand this disorder, they often have severe relational problems. People who suffer from depression have a divorce rate six times higher than those who are not depressed.

**Anxiety** causes sufferers to feel tense, uptight, physically ill and dependent, and to avoid conflict. Partners often misinterpret the anxiety or physical symptoms as complaining or shaming and do not take seriously the level of suffering.

**Obsessive or over focus tendencies**, cause rigid thinking styles, oppositional or argumentative behavior, holding on to grudges and chronic stress in relationships. Seeking help is essential to establishing a new ability to relate effectively.

People with **prefrontal cortex** problems, such as ADD, often sabotage relationships because of the impulsive, restless, and distractible behavior involved. Without help there is a high degree of relational and family turmoil, they often feel a tremendous sense of underachievement, repetitive failure, and low self-esteem. People with **prefrontal cortex** issues may use internal problems for self-stimulation and be chronically upset. The stress associated with these problems is often accompanied by increased illness.

**Temporal lobe** problems may be associated with frequent attacks of rage, angry outbursts, mood swings, hearing things wrong and low frustration/tolerance, these problems ruin otherwise good relationships. **Temporal lobe** problems can wreak internal havoc. The internal violent mood swings and thoughts often torment the soul. Unpredictable behavior; low frustration tolerance, misperceptions, and memory problems are often associated with an internal sense of damage. Anger often alienates others, and loneliness is common.

**Depression (limbic system)** Clouds a sense of accomplishment (even with incredible accomplishment) and causes intense sadness and internal pain. Depression is not the absence of feeling, but rather the presence of painful feelings. Depression is one of the most common precursors to drug abuse and suicide. Depression often compromises immune system function, leaving people more prone to illness.

The tension and panic associated with **anxiety** (often a result of **basal ganglia** problems) can feel like torture. Many patients with panic attacks become suicidal in hope of escaping their fear. Anxiety is often associated with physical tension and an increase in illness. Many anxious people self-medicate by drinking alcohol, taking drugs, overeating, engaging in inappropriate sex, and other potentially addictive behaviors.

**Overfocus (cingulate)** issues cause repetitive thoughts and worries that are often self-medicated with drugs or alcohol. Internal torture by constant worry is common. When someone says one negative thing, they may hear it in their minds five hundred times. They cannot get away from negative thoughts.

**“The Edge Effect” by Eric Braverman**

**DOPAMINE NATURE**

<b>How People View Themselves</b>	<b>How Others May View Them</b>
Able to rely on valid intuition	Acts on crazy hunches
Able to understand and explain complex theories	Comes up with useless ideas
Calm, not overly emotional	Aloof, distant, lacking warmth, unfeeling
Correct a high percentage of the time	Critical, faultfinding
Efficient	Doesn't care about people
Firm-minded, able to reprimand or fire if necessary	Arrogant
Objective	Heavily defended, unable to open up
Original, unique	Weird, eccentric, poor dresser
Powerful	Ruthless
Rational	Too abstract
Task or goal-oriented	Unappreciative, stingy with praise for a job well done
Under Control	Unrealistic

**ACETYLCHOLINE NATURE**

<b>How People View Themselves</b>	<b>How Others May View Them</b>
Affirming	A pushover
Caring, compassionate	Bleeding heart
Creative	Flaky, unrealistic

**ACETYLCHOLINE NATURE cont.**

<b>How People View Themselves</b>	<b>How Others May View Them</b>
Empathetic	Romantic
Expressive, expansive	Social interaction expert
Idealistic	Spiritual
Keeper of relationships, often the caretaker	Trusting
People person	Unselfish
	Groveling, fawning, obsequious

Hopelessly naïve

Slick, too smooth, manipulative

Illogical

Smothering

Not businesslike

Stuck in the past

Overemotional

Too nice, Goody Two-shoes

Too Talkative

**GABA NATURE**

How People View Themselves	How Others May View Them
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Decisive

Blind to new opportunities

Dependable

Bossy, controlling

Executive type

Drudge

Goal-oriented

Dull

Good at a sorting, weeding out, and discarding

Frustratingly difficult to work with

Hard worker

Judgmental

Not wasting time with impossible schemes

Nitpicking

Always trying to set the agenda

**GABA NATURE cont.**

How People View Themselves	How Others May View Them
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Orderly, neat

Sees only the obvious

Practical

Predictable

Precise

Uncreative

Punctual

Uptight

Realistic

**SEROTONIN NATURE**

How People View Themselves	How Others May View Them
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Multi- tasking

Indecisive

Can deal with chaos

Unable to stick to the task at hand

Curious, welcoming new information

Resisting closure or decision

Eclectic

Scattered, cluttered, unfocused

Flexible, adaptable to changing circumstances

Uncontrollable, unpredictable, creating chaos

Superior ability to weigh options

Wishy-was

**Balancing Your Nature**

There are good qualities of our temperament that we all like, but we are often focused on those in which we find ourselves lacking. You can, however, take conscious control of changing your behavior. This will act to change your biochemistry, giving you a balanced personality which allows you to have the “edge” in more areas of your life.

### **Balancing Your Personality**

#### **Reaching Extrovert Competence**

Introverts can raise their dopamine levels by taking on extroverted qualities. By increasing your dopamine levels you can gain a more powerful personality.

- Get more involved with loved ones, friends, community or volunteer. This will *increase* **dopamine** and **acetylcholine** levels and train your brain to exert more dopamine and acetylcholine behaviors.
- Add more variety in your life, don't obsess on one thing, and spend a little time on a few things. This *raises* **dopamine** and **acetylcholine** levels.
- Meet new people, initiate conversation, even if it makes you uncomfortable. Practice makes perfect. This *raises* your **dopamine** and **GABA** levels.
- Try a new communication style. Introverts process ideas internally and then put them into words. Have a conversation that will relate your ideas as you process them, and share your feelings as well. *Increases* **dopamine** and **acetylcholine** levels.

#### **Reaching Introvert Competence**

Extroverts need to work on focus, paying attention to others, and silence to become more introverted. This will allow you to turn off dopamine and direct your energy inward, thereby raising your other biochemical levels.

- Work on one thing at a time. Try to work alone, quietly, without interruptions, giving yourself the time and space to do so. This will *increase* **acetylcholine** levels and *decreases* **dopamine**.
- Spend time with a close friend. Listen to her/him before you share your thoughts. Think before you speak, complete your thoughts before you share them. Observe facial expressions and body language. This *raises* both **acetylcholine** and **serotonin** levels and *decreases* **dopamine** dominance.
- Decrease stress. If you can't handle a situation remove yourself, and cool off. Come back and solve the problem later. This will *increase* **GABA** and **serotonin** levels and *decreases* **dopamine** dominance.

#### **Become More Sensitive**

An intuitive acetylcholine nature needs to become more detail-oriented, know the facts, and live in the present. Your serotonin levels turn on when you increase sensing competence. Serotonin controls feelings, and these feelings are felt more intensely when serotonin levels increase. This is how you achieve true empathy.

- Prepare a special meal for yourself and a friend. Cook a new dish, following the recipe step by step. This *lowers* your acetylcholine and *increases* serotonin and GABA levels.
- When making a decision, write down the pros and cons of each choice. Review the list, eliminate any assumptions, and use only the actual facts when making your final decision. This *lowers* your acetylcholine and *increases* your GABA levels.
- Perform a chanting meditation before you go to sleep. Take 10 minutes to clear your brain. Meditation *raises* serotonin levels.

### **Become More Intuitive**

Become more creative and see the bigger picture; by using intuitive competence you learn to turn on the awareness and creativity of acetylcholine.

- Look at your surroundings, your home and décor, what does it say about you? This *raises* acetylcholine.
- Think what you would do if money was no object. What would you do? How would you live your life? If time and money no obstacle and you could do whatever, with whomever, whenever you wanted, what would it be? This *increases* acetylcholine and dopamine levels.
- When you find yourself in a new environment, take a quick look around and then close your eyes. What do you remember seeing? Open your eyes and confirm.
- When you first walk into a room, take a quick glance around and then close your eyes. Identify five small objects that are in the room, open your eyes and find them. Then close your eyes again and try to identify five large objects that set the atmosphere of the room. This *increases* acetylcholine and *lowers* GABA levels.

### **Increase Your Rational Thinking**

Use facts and logic as well as preparing for consequences to change feelings into thought-directed thinking. By using thinking competence, the power of logic of dopamine is turned on.

- Make an important decision only based on facts. Don't let others interfere in your decision process as long as your decision is fair. This exercise *raises* acetylcholine and dopamine levels.
- Start sentences with "I know..." instead of "I feel..." using facts to back up your thoughts. This *raises* dopamine levels.
- Confront critical comments when needed. This is not to hurt the individual, but for their benefit. Be open and direct. This will *raise* acetylcholine and dopamine levels.
- Approach problem solving by looking for a cause and effect of your choice. Write all possible outcomes and choose the one with the least negative impact. This *increases* acetylcholine and dopamine and *drops* serotonin levels.

### **Increase Your Feeling Thinking Style**

Open your heart and allow more of your feelings to show. When learning feeling competence you learn to turn on serotonin, which allows feeling and pleasure.

- Increase your listening skills; really listen and hear what feelings people are trying to share with you. This *raises* **acetylcholine** and **serotonin**.
- Help someone when you can do so, even if you will miss out on doing something else. This *raises* **acetylcholine** and **serotonin**.
- Don't be stingy with saying "I love you" to others, even if they do not say it in return. This *increases* **dopamine** and *decreases* **serotonin**.

### **Judging Competence**

A perceiver needs to plan ahead to become better at judging. They must learn to prioritize and complete their goals in life in order to make changes. When learning judging competence, you learn to turn on GABA, which gives balance.

- Make a list and prioritize all things that need to get done for an entire week. Use the weekend as your deadline. This *increases* **dopamine** and *lowers* **serotonin** levels.
- Get all essential tasks done each day, and plan ahead to make things go smoother. This *increases* **GABA** and *decreases* **serotonin** levels.

For a judging individual to become more perceiving, you will need to be more flexible and become a knowledgeable risk taker. When learning perceiving competence you learn how to turn off GABA.

- Know your facts before you try to help someone out. It may be the difference between really good advice and poor advice. This *lowers* **GABA**.
- Do something out of the ordinary. Rediscover childhood activities that use to be a lot of fun. This will *lower* your **GABA** while *raising* your **acetylcholine** levels.
- Be spontaneous; take a last minute trip or spur of the moment event, with the attitude you know you are going to have fun, no matter where you end up. This *lowers* **GABA** levels.

### **"The Edge Effect" by Eric Braverman**

#### **Dopamine Nature Symptoms and Conditions**

##### **Physical Issues**

Anemia	High blood pressure
Balance problems	Hyperglycemia
Blood sugar instability	Inability to gain or lose weight
Bone Density loss	
Carbohydrate binges	Joint pain
Constipation	Kidney problems
Decreased desire for food	Light-headedness
Decreased physical strength and activity	Low sex drive
Diabetes	Movement disorders
Diarrhea	Narcolepsy
Difficulty achieving orgasm	Nicotine cravings
Digestion problems	Obesity
Excessive sleep	Parkinson's disease
Food cravings	Slow or poor metabolism
Head and facial tremor	Slow or rigid movements

Substance abuse  
 Sugar or junk food cravings  
 Tension

Tremors  
 Thyroid disorders  
 Trouble swallowing

**Personality Issues**

Aggression  
 Anger  
 Carelessness  
 Depression  
 Fear of being observed  
 Guilt or feelings of worthlessness/hopelessness

Hedonistic behavior  
 Inability to handle stress  
 Isolating oneself from others  
 Mood swings  
 Procrastination  
 Self-destructive thoughts

**Memory Issues**

Distractibility  
 Failure to listen and follow instructions  
 Forgetfulness lack of working memory

Poor abstract thinking  
 Slow processing speed

**Attention Issues**

Attention deficit disorder  
 Decreased alertness  
 Failure to finish tasks

Hyperactivity  
 Impulsive  
 Poor concentration

**Deficiency Cravings: Binge on sweets and caffeine**

When deficient, dopamine natures feel they lost their edge, less energetic, less powerful and thinking not as sharp. Decrease in dopamine increases cortisol. Human growth hormone can be injected, but is very expensive. Alternative is to augment existing HGH with amino acids such as creatine and arginine. All of the following hormones help increase voltage and provide energy to the brain.

<b>Hormones</b>
<b>Calcitonin:</b> Bone building
<b>Testosterone:</b> Increases sex drive
<b>DHEA (dehydroepiandrosterone):</b> Fights fatigue
<b>Vasopressin:</b> Builds heart blood vessels, and memory
<b>HGH, testosterone:</b> (creatine & arginine precursors of HGH) Prevents loss of bone mass
<b>Thyroid combination treatment, which includes thyroxine(T4) and triiodothyronine (T3), also known as pathroid:</b> Increases concentration:
<b>HGH, somatostatin:</b> Increases muscle tone
<b>Thyroxine:</b> Elevates mood
<b>Insulin, growth hormone (insulin growth factors):</b> Treats sugar deficiencies
<b>Glucagons, cortisol:</b> Treats sugar deficiencies under stress
<b>Estrogen:</b> Maintains skin, hair, teeth, circulation
<b>Erythropoietin:</b> Reduces kidney function
<b>Cholecystokinin:</b> Addresses gastrointestinal absorption issues
<b>Cortisol:</b> Replenishes hormones when under stress
<b>Prostaglandin:</b> Blood vessel and inflammatory disorders

**Diet**

Follow dopamine diet that supplies plenty of raw materials for a steady supply of tyrosine and phenylalanine, which are two precursors to dopamine. Both amino acids are in many protein-rich foods.

Balance high protein diet w/lots of fruits and vegetables even if they not on dopamine diet list. Drink any non-alcoholic, sugar-free beverage you prefer, ideally non-carbonated. **Caffeine is good for dopamine deficient people. It is not good for other deficient natures.** GABA, nervousness and palpitations, Serotonin, insomnia; Acetylcholine, jumpiness and inability to think clearly.

### Phenylalanine

Fatigue and Pain Reliever. Found in high-protein foods such as meat, cottage cheese, and wheat germ, also in sugar substitute aspartame, sold as NutraSweet and Equal. Approximately 6 grams per day, avg person only gets 4g/day. Biopterin, a form of folic acid; iron, niacin, Vitamin B 6, copper, and vitamin C are necessary for good support of phenylalanine to be properly metabolized. Tyrosine may cause more headaches than phenylalanine.

Dopamine Diet: Phenylalanine in Foods		
Cheese low fat/salt	1oz	0.35g
Chicken	6-8oz	1.60g
Chocolate (dark)	2-4oz	0.40g
Cottage Cheese	1cup	1.70g
Duck	6-8oz	1.60g
Egg	1	0.35g
Granola	1cup	0.65
Luncheon meat	6-8oz	1.10g
Oat flakes or rolled oats	1cup	0.50g
Pork	6-8oz	1.30g
Ricotta	1cup	1.35g
Sausage meat	6-8oz	0.50g
Soybeans	6-8oz	1.20g
Turkey	6-8oz	1.60g
Walnuts	6-8oz	1.40g
Wheat germ	1cup	1.35g
Whole milk	1cup	0.40g
Wild game	6-8oz	2.60g
Yogurt (plain, nonfat)	1cup	0.40

### Tyrosine Dopamine Builder

Increases resistance to stress and acts as one of the body's natural pain relievers, it is also a precursor to norepinephrine which gives increased energy. Foods rich in tyrosine include chicken, duck, cottage cheese and wheat germ.

The Dopamine Diet: Tyrosine in Foods		
Chicken	6-8oz	0.40g
Chocolate	1cup	0.40g
Cottage Cheese	1cup	1.70g
Duck	6-8oz	0.60g
Egg	1	0.25g
Granola	1cup	0.40g
Oat flakes or rolled oats	1cup	0.35g
Pork	6-8oz	1.20g
Ricotta	1cup	1.50g
Turkey	6-8oz	0.70g
Wheat germ	1cup	1.00g
Whole milk	1cup	0.40g

Wild game	6-8oz	1.50g
Yogurt	1cup	0.40g

<b>Vitamins and supplements for Dopamine Deficits</b>			
	<u>Minor (0-5)</u>	<u>Moderate(6-15)</u>	<u>Severe (&gt;15)</u>
Phenylalanine	500mg	1000mg	1000-2000mg
Tyrosine	500mg	1000mg	1000-2000mg
Methionine	250mg	500mg	1000mg
Rhodiola	50mg	100mg	200mg
Pyridoxine	5mg	10mg	50mg
B-Complex	25mg	50mg	100mg
Phosphatidylserine	50mg	100mg	200mg
Ginkgo biloba	50mg	75mg	100mg

**Lifestyle**

Reduce the quick fixes of sugar and caffeine  
 Use rest and relaxation techniques, ½ hr per day  
 Though good at handling stress, take breaks  
 Deep breathing exercises  
 Anaerobic exercise, 3/wk such as weight lifting 10-15 reps increase weight as it becomes easier. Personal trainer may help to develop a proper routine.

**Environment**

Decrease toxic environment, lead from old paint, leaking batteries, solder. Use a protective mask if you have no choice of environment. Cadmium from cigarette smoke also decreases dopamine.

**Acetylcholine Nature Symptoms and Conditions**

When in balance, adept at working with their senses and view the world in sensory terms; highly creative and open to new ideas, quick thinkers, constantly takes others into consideration. Acetylcholine Nature's are flexible, creative and impulsive, always up for something new, intuitive and innovative.

<b>Physical Issues</b>
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- |                           |                                       |
|---------------------------|---------------------------------------|
| Agitation                 | Dry cough                             |
| Alzheimer's disease       | Dry mouth                             |
| Anxiety                   | Dyslexia                              |
| Arthritis                 | Excessive or frequent urination       |
| Autism                    | Eye disorders                         |
| Cholesterol elevation     | Fat Cravings                          |
| Decline in sexual ability | Frequent bowel movements              |
| Diabetes                  | Glaucoma                              |
| Difficulty urinating      | Inability to carry out motor commands |

Inflammatory disorders  
 Inflammatory disorders  
 Involuntary movements  
 Multiple sclerosis  
 Osteoporosis

Reading/writing disorders  
 Rigidity or flaccidity  
 Slowness of movement  
 Speech problems  
 Slow or rigid movements

**Personality Issues**

Bipolar disorder  
 Calculation errors  
 Change in personality and language

Hysterical behavior  
 Mood swings  
 Rule breaking

**Memory Issues**

Learning disorders  
 Loss of immediate visual/verbal memory

Memory disturbance  
 Memory lapses

**Attention Issues**

Attention problems  
 Difficulty concentrating  
 Diminished comprehension

Impaired abstract thinking and judgment  
 Impaired creativity

**Cravings:** Sugar and caffeine for extra burst of energy, acetylcholine nature. You probably crave fatty foods, which delivers an instant choline boost.

**Acetylcholine Deficiency**

Deficient- avoidance of others, deteriorating health, loss of focused thought, sensory loss, mentally you lose your enthusiasm for life, may become forgetful, and have low energy

<b>Hormones</b>	
<b>Estrogen:</b> Appetite control	
<b>Vasopressin:</b> Fluid retention	
<b>Erythropoietin:</b> Kidney failure, anemia	
<b>DHEA(dehydroepiandrosterone):</b> Lethargy	
<b>Human Growth hormone (HGH):</b> memory loss, muscle loss	
<b>Calcitonin (Miacalcin):</b> metabolic disorders(weight gain)	
<b>Parathyroid hormone, estrogen, calcitonin (Miacalcin):</b> osteoporosis	
<b>Diet</b> - Increase acetylcholine foods. 550mg/day/men and min of 425 mg/day/ women	

- Almonds (100mg)
- Artichokes, cooked (60mg)
- Beef, ground, lean, cooked (170mg)
- Broccoli, cooked (80mg)
- Broccoli rabe, cooked (60mg)
- Brussel sprouts, cooked (80mg)
- Cabbage, cooked (80mg)
- Egg, whole (500mg)
- Egg, yolk (1.4g)
- Fish, cod, cooked (160mg)
- Salmon cooked (130mg)
- Tilapia cooked (160mg)
- Hazelnuts (90mg)

- Liver, beef (840mg)
- Liver, chicken, cooked (600mg)
- Macdamia nuts (90mg)
- Oat bran, whole grain (120 mg)
- Peanut butter (130mg)
- Pine nuts (100mg)
- Pork (180mg)
- Shrimp, canned (160mg)
- Soy protein powder (160mg)
- Tomato Paste (60mg)
- Wheat bran (150 mg)
- Wheat germ, toasted (300mg)

<b>Vitamins and supplements for Acetylcholine Nature Deficits</b>			
	Minor (0-5)	Moderate (6-15)	Severe (>15)
Choline (GPC)	100mg	200mg	500mg
Phosphatidylcholine	500mg	1000mg	2000mg
Phosphatidylserine	50mg	100mg	200mg
Acetyl-L-Carnitine	250mg	500mg	1000mg
DHA(docosa-hexaenoic acid)	200mg	500mg	1000mg
Thiamine	25mg	50mg	100mg
Pantothenic acid	25mg	50mg	100mg
Vitamin B12	100mg	200mg	500mg
Taurine	250mg	500mg	1000mg
Huperzine-A	50mg	100mg	200mg
Ginkgo biloba	50mg	75mg	100mg
Korean ginseng	100mg	200mg	500mg

### **Lifestyle**

Learn to be alone

Allow brain some down time, at least 30 min/day

Don't define who you are by whom you're with or what you are doing with them.

Make time for yourself: read, use visual meditation, take a walk alone, praying, etc...

Use facts and logic for health related decisions

Exercise regularly, especially aerobic at least a half an hour every other day

### **Environment**

Especially sensitive to aluminum. Avoid aluminum cookware, utensils, products that contain aluminum; baking powder, antacids and water softeners. Read labels... your nature depends on it.

Violence, aggression and foul language not only assault your nature, but they deplete acetylcholine. Avoid magnetic fields and microwave radiation. Create a calming and relaxing environment, spending even a little time each day in a restful place, you will accelerate the restoration of your acetylcholine balance.

### **GABA Nature Symptoms and Conditions**

When in balance there is a seamless transition from one activity to another, one person to another, from one day to another, which is the rhythm of your **BALANCED** nature.

### **Physical Issues**

Abnormal sense of smell-sensing abnormal odors

Action tremors

Allergies, appetite or weight: any significant change

Backache

Blurred vision

Butterflies in the stomach

Carbohydrate cravings

Cardiac arrhythmias

Chest pain or discomfort

Chronic pain

Cold or clammy hands

Constipation

Coughing or choking

Decreased libido	Insomnia	Seizures
Diarrhea	Instability	Shortness of breath
Difficulty swallowing	Irritable bowel syndrome	Slowness of physical movements
Dizziness	Lump in throat	Stroke
Dribbling	Muscle loss	Sweating
Dry mouth	Muscle tension	Tachycardia or palpitations
Excessive sleeping	Nausea	Tinnitus
Flushing	Night Sweats	Trembling, twitching, feeling shaky
Headache	Paresthesia	Urinary frequency
Hypertension	PMS or excessive menstrual bleeding	Vomiting
Hyperventilation	Protein cravings	
Hypotension		

### Personality Issues

Adjustment disorders	Phobias or fears
Anxiety	Poor emotional stability
Depression	Psychosis
Feeling of dread	Rage
Guilt or feelings of worthlessness/hopelessness	Restlessness
Lack of emotional maturity	Short temper
Manic depression	Thoughts of death or suicide
Mood disorders	
Obsessive-compulsive disorder	

### Attention Issues

Difficult concentrating	Impulsive attention errors (jumping the gun, erratic driving)
Disorganized attention pattern associated with anxiety	Inability to think clearly
High anxiety	

**Hormones** Progesterone, pregnenolone; a calming precursor to DHEA and growth-hormone-releasing hormone (GHRH)

### Diet

Complex carbohydrates which supplies steady supply of glutamine, a precursor of GABA  
Lots of fruits and vegetables

**GABA Nature Cravings**- simple carbohydrates, avoid simple sugars, white flours and wheat products in general, with exception of whole grains

### Glutamic Acid/Glutamate (forms Glutamine)MGS, per 6-8oz Serving

Almonds, tree nuts (10.3g)  
Banana (220mg)  
Beef liver (6.5g)  
Broccoli (740mg)  
Brown rice (940mg)  
Halibut (7.9g)

Lentils (2.8g)  
Oats, whole grain (7.4g)  
Oranges, citrus fruits (210mg)  
Potato (830mg)  
Walnuts, tree nuts (5.4g)  
Whole wheat, whole grain (8.6g)

### Lifestyle

Realize you can't do everything you want all of the time  
You are never in danger of becoming a hermit; let someone else be the life of the party  
Aerobic exercise, 30m/3xs wk  
Learn to be more introspective, get in touch w/spirituality

Use meditation, prayer, yoga, chanting for a feeling of peace and calm to allow your brain to rest, to restore itself while awake.

**Exercise**

Power-walk, jog, use a StairMaster, treadmill, or ride a bike for at least 3x's wk 30min/day. As a physically active nature, no concerns of what aerobic exercise— just make sure you have variety to keep your interest.

**Environment**

Particularly adverse to PCB's, pesticides and certain chemicals found in plastics, which can cause neuron damage. Rinse all raw foods, be aware of pesticide use in your area, and stay away from burning plastics. Be aware of where your fish and bottled water comes from. Avoid Atlantic halibut, king mackerel, Gulf Coast oysters, pike, sea bass, shark, swordfish, tilefish (golden snapper), tuna steaks and canned albacore

<b>Vitamins &amp; supplements for GABA Nature Deficit</b>			
	Minor (0-5)	Moderate(6-15)	Severe (>15)
Inositol	500mg	1000mg	2000mg
GABA (generally 100mg Not well absorbed)		500mg	1000mg
Glutamic acid	250mg	500mg	1000mg
Melatonin	1mg	2mg	3-6mg
Thiamine	200mg	400mg	600mg
Niacinamide	25mg	100mg	500mg
Pyridoxine	5mg	10mg	50mg
Valerian Root	100mg	200mg	500mg
Passionflower	200mg	500mg	1000mg

**Serotonin Nature Symptoms and Conditions**

When balanced—playful, lives in the moment, participates at work or play—for inherent joy of it, thrives on change, receptive to stimuli of mind and body, accepts a challenge and undeterred by setbacks.

**Physical Issues**

Abnormal sense of smell  
 Abnormal sleep positions  
 Aches and soreness  
 Allergies  
 Arthritis

Backache  
 Blurred vision  
 Butterflies in the stomach  
 Carbohydrate cravings  
 Choking sensation

Cold or clammy hands  
 Constipation  
 Coughing or choking  
 Decreased libido  
 Diarrhea

Difficulty swallowing	Insomnia and early-morning awakening	Premature orgasm for women
Dizziness or light-headedness	Hyperventilation	Salt cravings
Drug and alcohol addiction	Lump in throat	Shortness of breath
Drug reactions	Muscle tension	Tachycardia
Dry mouth	Nausea	Tinnitus
Flushing or pallor	Night Sweats	Tremor
Hallucinations	Palpitations	Urinary frequency
Headache	Paresthesia	Vomiting
High pain/pleasure threshold	PMS or excessive menstrual bleeding	Weight gain
Hypersensitivity	Premature ejaculation	Yawning
Hypersomnia		
Hypertension		

<b>Personality Issues</b>
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Codependency	Lack of pleasure	Perfectionism
Depersonalization	Loner behaviors	Phobias
Depression	Masochistic tendencies	Rage
Impulsiveness	Obsessive-compulsive disorder	Self-absorption
Lack of artistic appreciation	Paranoia	Shyness
Lack of common sense		

<b>Memory Issues</b>
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Confusion	Memory loss	Too many ideas to manage
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<b>Attention Issues</b>
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Difficulty concentrating	Restlessness
Hypervigilance	Slow reaction time

**Hormones** Progesterone, pregnenolone; a calming precursor to DHEA and growth-hormone-releasing hormone (GHRH)

**Diet**

Min of 200mg/day of Tryptophan, which is found in protein-rich foods, such as turkey.  
Lots of fruits and vegetables to balance protein. Drink any noncarbonated, nonalcoholic, sugar-free beverage you prefer.

Tryptophan foods		
Avocado	1	0.40g
Cheese	1oz	0.09g
Chicken	6-8oz	0.28g
Chocolate	1cup	0.11g
Cottage Cheese	1cup	0.40g
Duck	1oz	0.40g
Egg	1	0.40g
Granola	1cup	0.20g
Luncheon meat	6-8oz	0.50g
Oat flakes	1cup	0.20g
Pork	6-8oz	1.00g
Ricotta	1cup	0.30g
Sausage meat	6-8oz	0.30g
Turkey	1oz	0.37g
Wheat germ	1cup	0.40g

Whole milk	1cup	0.11g
Wild game	6-8oz	1.15g
Yogurt	1cup	0.05g

**Serotonin Deficiency Cravings-** simple carbohydrates such as pastas and rice, salt and salty foods. Avoid simple sugars, white flours and wheat products in general, with exception of whole grains, salt and salty foods. Limit alcoholic beverages to two per day, no more than twice a week.

**Lifestyle**

- Realize your life doesn't have to be defined in terms of someone else
- Do something for yourself for the pure joy of it
- Learn to take care of yourself and you become better at taking care of others
- Regular aerobic exercise maintains GABA and acts as a tranquilizer for GABA natures
- Learn to find the health benefits of play
- Remember childhood past-times that brought you joy
- Learn to receive as well as you give
- Learn to say NO!
- Don't be so quick to jump in to help, let others fend for themselves
- Don't worry, you will never become a self-centered person; learn to allow others in your life to take care of you once in awhile

**Exercise**

Power-walk, jog use a StairMaster, treadmill, or ride a bike for at least 30min/3x/wk. Modify exercises to make them more interesting to so you will stick to it.

**Environment**

Particularly adverse to lead poisoning, avoid toxic environments; use a mask when working with chemicals. Negative effects of chemicals disrupt the stability of the brain making us edgy or nervous

<b>Vitamins and supplements for Serotonin Nature Deficit</b>			
	Minor (0-5)	Moderate(6-15)	Severe (>15)
Calcium	500mg	750mg	1000mg
Fish oils	500mg	1000mg	2000mg
5-HTP	250mg	500mg	1000mg
Magnesium	200mg	400mg	600mg
Melatonin	1/3 mg	½-2mg	1-6mg
Passionflower	200mg	500mg	1000mg
Pyridoxine	5mg	10mg	50mg
Sam-e	50mg	100mg	200mg
St John's wort	200mg	400mg	600mg
Tryptophan	500mg	750mg	1,500-2000mg
Zinc	15mg	30mg	45mg

## **Deficiency**

Any Nature deficiency can be balanced by seven treatment modalities: medications, hormones, supplements, diet, lifestyle, environment, and electrical treatments. Severity of symptoms will determine the treatment best for you. Deficiency levels are as follows; 0-5, mild deficiency, 6-15 moderate, >15.

Medications, which may be need if deficiency is severe, should be prescribed by a trained medical doctor that can correctly diagnose and give proper pharmaceutical formula. As condition improves, these meds are no longer necessary and can be reduced or eliminated.