## Brain Health and Nutrition Assessment Form $^{\text{\tiny TM}}$ (BHNAF)

Name:				_Age	: Sex: Date:				
Please circle the appropriate number on all questions belo	ow.	0 a	ıs t	he leas	t/never to 3 as the most/always.				
SECTION 1					SECTION 5				
Low brain endurance for focus and concentration	0	1	2	3	Dry and unhealthy skin	0	1	2	3
Cold hands and feet	0	1	2	3	<ul> <li>Dandruff or a flaky scalp</li> </ul>	0	1	2	3
• Must exercise or drink coffee to improve brain function	0	1	2	3	<ul> <li>Consumption of processed foods that</li> </ul>				
• Poor nail health	0	1	2	3	are bagged or boxed	0	1		
• Fungal growth on toenails	0	1	2	3	Consumption of fried foods	-		2	
• Must wear socks at night	0	1	2	3	Difficulty consuming raw nuts or seeds		1		
• Nail beds are white instead of pink	0	1	2	3	Difficulty consuming fish (not fried)	0	1	2	3
• The tip of the nose is cold	0	1	2	3	<ul> <li>Difficulty consuming olive oil, avocados, flax seed oil, or natural fats</li> </ul>	0	1	2	3
SECTION 2					SECTION 6				
$\bullet \ \ Irritable, nervous, shaky, or light-headed between meals$	0	1	2	3	Difficulty digesting foods	0	1	2	3
• Feel energized after meals	0	1	2	3	• Constipation or inconsistent bowel movements	0	1	2	3
• Difficulty eating large meals in the morning	0	1	2	3	<ul> <li>Increased bloating or gas</li> </ul>	0	1	2	3
• Energy level drops in the afternoon	0	1	2	3	Abdominal distention after meals	0	1	2	3
• Crave sugar and sweets in the afternoon	0	1	2	3	<ul> <li>Difficulty digesting protein-rich foods</li> </ul>	0	1	2	3
• Wake up in the middle of the night	0	1	2	3	<ul> <li>Difficulty digesting starch-rich foods</li> </ul>	0	1	2	3
Difficulty concentrating before eating	0	1	2	3	<ul> <li>Difficulty digesting fatty or greasy foods</li> </ul>	0	1	2	3
Depend on coffee to keep going	0	1	2	3	• Difficulty swallowing supplements or large bites of food	0	1	2	3
					Abnormal gag reflex	Ye	es o	r N	Vo
SECTION 3					SECTION 7				
Fatigue after meals	0	1	2	3	• Brain fog (unclear thoughts or concentration)	Ye	es o	r N	No
Sugar and sweet cravings after meals	0	1	2	3	Pain and inflammation	Ye	es o	r N	No
• Need for a stimulant, such as coffee, after meals	0	1	2	3	Noticeable variations in mental speed	Ye	es o	r N	No
Difficulty losing weight	0	1	2	3	Brain fatigue after meals	0	1	2	3
Increased frequency of urination	0	1	2	3	Brain fatigue after exposure to chemicals, scents,	•		•	•
Difficulty falling asleep	0	1	2	3	or pollutants	0		2	
Increased appetite	0	1	2	3	Brain fatigue when the body is inflamed	U	1	2	3
SECTION 4					SECTION 8				
Always have projects and things that need to be done	0	1	2	3	Grain consumption leads to tiredness	0	1	2	3
• Never have time for yourself	0	1	2	3	Grain consumption makes it difficult to focus	•		_	_
Not getting enough sleep or rest	0	1	2	3	and concentrate		1		
• Difficulty getting regular exercise	0	1	2	3	Feel better when bread and grains are avoided	U	1	2	3
Feel that you are not accomplishing your life's purpose	0	1	2	3	<ul> <li>Grain consumption causes the development of any symptoms</li> </ul>	0	1	2	3
					• A 100% gluten-free diet	Ye	es o	r N	No

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

SECTION 9		SECTION 12	
A diagnosis of celiac disease, gluten sensitivity,		A decrease in visual memory (shapes and images)	Yes or No
hypothyroidism, or an autoimmune disease  Family members who have been diagnosed with an autoimmune disease  Family members who have been diagnosed	Yes or No	A decrease in verbal memory	0 1 2 3
	Yes or No	Occurrence of memory lapses	0 1 2 3
	100 01 110	A decrease in creativity	0 1 2 3
with celiac disease or gluten sensitivity	Yes or No	A decrease in comprehension	0 1 2 3
Changes in brain function with stress, poor sleep,		Difficulty calculating numbers	0 1 2 3
or immune activation	0 1 2 3	Difficulty recognizing objects and faces	0 1 2 3
		A change in opinion about yourself	0 1 2 3
		Slow mental recall	0 1 2 3
SECTION 10		SECTION 13	
A loss of pleasure in hobbies and interests	0 1 2 3	A decrease in mental alertness	0 1 2 3
Feel overwhelmed with ideas to manage	0 1 2 3	A decrease in mental speed	0 1 2 3
Feelings of inner rage or unprovoked anger	0 1 2 3	A decrease in concentration quality	0 1 2 3
Feelings of paranoia	0 1 2 3	Slow cognitive processing	0 1 2 3
Feelings of sadness for no reason	0 1 2 3	Impaired mental performance	0 1 2 3
A loss of enjoyment in life	0 1 2 3	An increase in the ability to be distracted	0 1 2 3
A lack of artistic appreciation	Yes or No	Need coffee or caffeine sources to improve	
Feelings of sadness in overcast weather	0 1 2 3	mental function	0 1 2 3
A loss of enthusiasm for favorite activities	0 1 2 3		
A loss of enjoyment in favorite foods	0 1 2 3		
A loss of enjoyment in friendships and relationships	0 1 2 3		
Inability to fall into deep, restful sleep	0 1 2 3		
Feelings of dependency on others	0 1 2 3		
Feelings of susceptibility to pain	0 1 2 3		
SECTION 11		SECTION 14	
Feelings of worthlessness	0 1 2 3	Feelings of nervousness or panic for no reason	0 1 2 3
Feelings of hopelessness	0 1 2 3	Feelings of dread	0 1 2 3
Self-destructive thoughts	0 1 2 3	Feelings of a "knot" in your stomach	0 1 2 3
Inability to handle stress	0 1 2 3	Feelings of being overwhelmed for no reason	0 1 2 3
Anger and aggression while under stress	0 1 2 3	Feelings of guilt about everyday decisions	0 1 2 3
Feelings of tiredness, even after many hours of sleep	0 1 2 3	A restless mind	0 1 2 3
A desire to isolate yourself from others	0 1 2 3	An inability to turn off the mind when relaxing	0 1 2 3
An unexplained lack of concern for family and friends	0 1 2 3	Disorganized attention	0 1 2 3
An inability to finish tasks	0 1 2 3	Worry over things never thought about before	0 1 2 3
Feelings of anger for minor reasons	0 1 2 3	Feelings of inner tension and inner excitability	0 1 2 3