



Welcome to **WISE!**

WISE is a valuable tool to aid me, as your practitioner, in pinpointing areas of imbalance and it is simple for you to use. *This assessment is not meant for diagnosis or treatment purposes.*

Read each statement and evaluate it in terms of whether it applies to you on a scale of 0-5. If the statement NEVER applies to you, insert a 0 in the column to the right of the statement. If the statement applies to you VERY FREQUENTLY or with SEVERITY, then apply 5. Use the numbers 1, 2, 3, and 4 as a sliding scale between these two poles. Please make certain that every statement ultimately has a value of 0-5. This is extremely important.

Some hints to maximize my ability to read and interpret your results:

1. Set aside approximately 20 minutes to complete the form and do it all in one sitting.
2. Fill out the score that first comes to mind. Do not over-think your answer.
3. If you think you have a symptom, even if you have an explanation as to why it occurs, such as genetics or age, still give it a value.
4. When you have completed the form, take a quick glance to ensure that each line has a value of 0-5.

Once you have completed the form, save it as “WISE Evaluation 1”. Create an email with the subject title “My WISE Scores” and please send it as an attachment to info@nutritionalimpact.ca. The results will be printed and we can discuss the meaning of your scores when we meet.

Name:

	0
Poor mental focus, brain fog	
Easily distracted, difficulty concentrating	
Emotionally reactive	
Poor co-ordination, mishandle or drop items	
Cry easily	
Mood swings	
Dislike pressure or being watched	
Perfectionist	
Uneasy as centre of attention	
Opinionated	
Aggressive	
Self critical or judgmental	
Uncomfortable with incompleting tasks	
Loss of sense of humor	
Failing memory, forgetfulness or confusion	

Easily startled	
Erratic behaviour, talk fast	
Difficulty retrieving or remembering words	
Slurred speech or stammer	
Voice high pitched under stress	
Anxiety	
Avoids uncomfortable issues	
Feeling low or apathetic	
Emotional upset causes extreme exhaustion	
Hyperactivity	
Low self confidence	
Hypochondriac tendencies	
Irritability	
Lose temper easily	
Mental issues or personality changes	
Feel emotionally imbalanced	
Inability to recall dreams	
Slow mental reactions	
Not quick thinking when under stress	
Feel down in the winter	
Difficulty finding intuition	
	0
Craving for chocolate	
Craving for ice	
Craving for salt	
Craving for sweet, starches, coffee or alcohol	
Food cravings, general	
Don't like taste of red meat	
Potatoes cause indigestion or bloating	
Sensitive to certain foods	
Feeling tired after eating	
Hungry soon after eating	
Increased appetite	
Symptoms relieved by eating	
Intolerance to alcohol	
Loss of sense of smell or taste	
Irritable before breakfast	
Irritable if miss a meal, hypoglycemic	
	0
Difficulty losing weight	
Gain weight easily	
Good appetite, fail to gain weight	
Loss of appetite	
Overweight	
Weight fluctuation markedly	
Weight gain around mid section specifically	
	0
Baldness	
Greying hair	
Hair dry or falling out	
Hair/nails grow slowly	
Excessive hair on arms, legs, face or back	
Oily hair	
	0

Lightheadedness or dizziness	
Headaches	
Headaches - migraines	
Headaches on one side of head	
	0
Diagonal crease in ear lobe	
Ringing in ears	
Itchy ears or stuffy feeling	
Dry stuffy nose	
Nosebleeds	
Bothered by chemical or perfume odours	
Runny nose	
Face bloated or puffy	
Facial and back pain	
Look old for age	
Upper lip disappearing	
	0
Eyelids red, scaly or dry	
Eyes red, itchy or burning	
Eyes with dark circles or puffy	
Inside of lower eyelid is pale	
Protruding eyeballs	
Cataracts	
Pink eye or eye prone to infection	
Dimmed vision	
Double vision	
Eye pupil large or dilated	
Eyes sensitive to light, glare or sunlight	
Eyes slow to adjust when entering the dark	
Poor night vision	
Poor vision	
Spots before eyes	
Dry eyes	
Eye inflamed, discharge, swollen	
Sensation of sand in eyes	
Eyebrows that are thinning	
Whitish ring on outer part of eye cornea	
	0
Burning in mouth or throat	
Cracks or sores in corner of mouth	
Sores inside mouth	
Discolouration of teeth	
Mercury/silver coloured dental fillings	
Root canals or dental implants	
Pitting of teeth	
Teeth crowded	
Loose or sensitive teeth	
Tooth or gum sensitivity	
Teeth prone to decay, frequent toothaches	
Grind teeth	
Gums inflamed or bleeding	
Lips or fingers tingle	
Lips white, scaly, swollen or chapped	

Tongue coated (white coating)	
Tongue red	
Tongue sore or swollen	
Cracked tongue	
Abscesses in ears or mouth	
Metallic taste in mouth	
Swollen feeling in throat	
Throat dry	
Throat clearing	
Hoarse throat or voice	
Sore throat	
Enlargement of thyroid gland, goiter	
Lymph nodes in neck enlarged	
Tightness in throat when emotional	
	0
Acne	
Acne worse during period (F)	
Eczema	
Itchy, red or inflamed skin	
General skin rashes	
Inconsistent skin pigment (light, dark or red)	
Excess pigmentation of skin	
Loss of skin pigmentation	
Palms of hands pale	
Sallow or greenish skin	
Skin has little pink spots	
Skin yellowish tint on hands and feet	
Scaliness on skin near nose, mouth, eyes	
Breakouts around nose or forehead	
Breakouts around chin	
Rough, dry, flaky or scaly skin	
Need lotion to avoid dry skin	
Oily skin	
Skin bruises easily	
Skin lacks elasticity - pinch back of hand	
Get marks or indents on skin from clothes etc.	
Skin sensitive to sun, burn easily	
Skin warm, moist	
Stretch marks	
Skin tags	
Hard bumps under skin (not related to acne)	
Wounds heal poorly	
	0
Bad breath or bad taste in mouth	
Breath smells sweet	
Excessive body odour	
Perspire easily	
Feel cold and sweaty, clammy	
Goosebumps easily	
	0
Get breathless easily	
Rapid breathing	
Chest pain after physical exertion or stress	
Rapid heartbeat on exertion	

Enlarged heart	
High cholesterol	
Fast pulse	
Low pulse	
Heart palpitations or irregular heartbeat	
Pounding heart	
	0
Blood pressure sometimes low	
Second blood pressure number over 90	
High blood pressure	
Blood pressure greatly differs from 120/80	
	0
Abdominal pain aggravated by tension	
Abdominal cramps, discomfort or pain	
Belching associated with a head cold	
Feel the need to take antacids	
Loose stools	
One or fewer bowel movements per day	
Uncomfortable or difficult bowel movements	
Constipation with headaches	
Irritable bowel or colitis	
Mucous in stools	
Stool is light in colour and has odour	
Stools dry, shrunken	
Thin bowel movements	
Abdominal bloating	
Excessive gas, belching or burping	
Burning sensation in stomach	
Indigestion or pain in stomach area	
Pain on left side of abdomen	
Fried or rich foods cause nausea/headaches	
Nausea	
Hemorrhoids or rectal fissure	
Rectal itching	
Bleeding stomach ulcer	
Stomach ulcers	
Full or heavy feeling after eating	
Food poisoning or diarrhea on vacation	
	0
Urinary tract infections	
Urgent or frequent urination	
Kidney disease	
Urine contains sugar	
Difficulty urinating (M)	
Excessive thirst	
Green tint to urine	
Urinate more than 1x during the night	
Urination with burning sensation	
	0
Back, leg pains as well as difficult urinate (M)	
Prostate issues or prostate surgery (M)	
Breast tenderness	
Endometriosis, fibroids (F)	

Long, painful periods (F)	
Change in frequency of periods (F)	
Clotting of period (F)	
Menopausal symptoms (F)	
Hot flashes	
Menstrual issues (pms, irregularity, heaviness etc.), past or present (F)	
Nervous or depressed before period (F)	
PMS, cramps etc (F)	
Infertility or impotence	
Low sex drive	
Nausea when pregnant (F)	
Uterus or ovaries removed (F)	
Vaginal discharge (F)	
	0
Hands or feet go to sleep	
Heavy feeling in arms or legs	
Cramps in calf muscle	
Tenderness in calves under pressure	
Hard bumps on back of arms	
Jerking of limbs	
Restless legs	
Left upper neck pain	
Pain in forearm or biceps	
Short walk causes pain in legs	
	0
Hands or feet have peculiar sensations, burning, numbness or tingling	
Left little finger pain	
Rings or shoes tight due to swelling	
Unable to close hands into tight fists	
Chapping of backs of hands	
Cold hands or feet	
Cramping in feet or toes	
Very cracked heels	
Cramps in hand when writing	
Sore, tender, weak thumb muscle	
	0
Brittle fingernails	
Cuticles tear easily	
Fingernails flat or concave (spoon like)	
Fingernails light in colour	
White spots on nails	
Slow growing hair or nails	
	0
Back pains	
Back and leg pains	
Bone spurs	
Creaky feeling after sitting for awhile	
Stiffness or achy joints	
Loss of knee or ankle reflexes	
Loss of muscle tone or strength, ligaments	
Neck, shoulder tension	
Achy or cramping muscles	
Difficulty building firm muscle	

Muscular twitching or tremors	
Osteoporosis	
Pain on inside of left shoulder blade	
Pain, aching of bones and spine	
Poor bone development	
Sore on both sides of neck at shoulder level	
Spasmodic muscular contractions	
Prone to injury	
Long lasting stiffness or soreness after exercise	
	0
Exhaustion	
Fatigue, tiredness, lack of energy	
General overall weakness	
Poor quality sleep	
Lack of endurance or stamina	
Not rested in morning	
Start slow in the morning	
Sluggish metabolism	
Strong drive followed by exhaustion	
Tire easily, lack endurance	
Wake during night feeling hungry	
Night sweats	
Drool while sleeping	
	0
Allergic tendencies	
Allergies - skin rash, sneezing, asthma etc	
Asthma	
Food allergies or sensitivities	
Hay fever, sneezing attacks	
History of bronchitis or pneumonia	
Persistent or nagging cough	
Sinuses clogged or general sinus issues	
	0
Anemia, pale or weak	
Catch infections easily	
Convulsions, seizures	
Cystic fibrosis	
Emphysema	
Glucose intolerance, hypoglycemia, diabetes	
Lupus	
Cancer	
Paralysis	
Rickets	
Scleroderma	
Shakiness	
Shingles on body trunk	
Shingles or hives anywhere on body	
	0
Chronic chest congestion	
Low body temperature	
Motion sickness	
Numbness	
Repeated use of antibiotics or the BC pill	

Sensitive to cold	
Stronger than average physically	
Swollen armpits, groin or tonsils	
Warts	
Use bare hands with animals or soil eg. Pets, camping, gardening	
Slowed growth (child)	

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