Brain Health and Nutrition Assessment Form™ (BHNAF)

Name:				Age:	Sex: Date:				
Please circle the appropriate number on all questions belo	OVV.	0 a	s t	he least	/never to 3 as the most/always.				
SECTION 1				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	Dandruff or a flaky scalp	0	1	2	3
Must exercise or drink coffee to improve brain function	0	1	2	3	Consumption of processed foods that				
Poor nail health	0	1	2	3	are bagged or boxed	0	1	2	3
Fungal growth on toenails	0	1	2	3	 Consumption of fried foods 	0	1	2	3
Must wear socks at night	0	1	2	3	Difficulty consuming raw nuts or seeds	0	1	2	3
 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	 Difficulty consuming olive oil, avocados, flax seed oil, or natural fats 	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	 Increased bloating or gas 	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	 Difficulty digesting protein-rich foods 	0	1	2	3
Wake up in the middle of the night	0	1	2	3	 Difficulty digesting starch-rich foods 	0	1	2	3
 Difficulty concentrating before eating 	0	1	2	3	 Difficulty digesting fatty or greasy foods 	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 c	or N	lo
SECTION 3					SECTION 7				
Fatigue after meals	0	1	2	3	 Brain fog (unclear thoughts or concentration) 	Y	es c	or N	10
 Sugar and sweet cravings after meals 	0	1	2	3	Pain and inflammation	Y	es c	or N	lo
 Need for a stimulant, such as coffee, after meals 	0	1	2	3	 Noticeable variations in mental speed 	Y	es c	rN	lo
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		1		
Increased appetite	0	1	2	3	Brain fatigue when the body is inflamed	0	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	0	1	2	3
Difficulty getting regular exercise	0	1	2	3	 Feel better when bread and grains are avoided 	0	1	2	3
Feel that you are not accomplishing your life's purpose	0	1	2	3	Grain consumption causes the development of any symptoms.	4		4	2
					of any symptoms	U	1	2	
					A 100% gluten-free diet	X (cs (or N	ıu

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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				1	SECTION 12						
A diagnosis of celiac disease, gluten sensitivity,					A decrease in visual memory (shapes and images)	(es) Yes or No					
hypothyroidism, or an autoimmune disease	Yes	or	No	0	A decrease in verbal memory	0	1	2	3		
 Family members who have been diagnosed with an autoimmune disease Family members who have been diagnosed 	Vec	Yes or No			Occurrence of memory lapses	e 0	1	2	3		
	163			۱ ا	A decrease in creativity	0	+1	2	3		
with celiac disease or gluten sensitivity	Yes	or	No	0	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	2 3	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	2 3	3	A decrease in mental alertness	0	1	2	3		
 Feel overwhelmed with ideas to manage 	0	1 2	2 3	3	A decrease in mental speed	0	1	2	3		
Feelings of inner rage or unprovoked anger	0	1 2	2 3	3	A decrease in concentration quality	0	1	2	3		
Feelings of paranoia	0	1 2	2 3	3	Slow cognitive processing	0	1	2	3		
 Feelings of sadness for no reason 	0 1	1 2	2 3	3	Impaired mental performance	0	1	2	3		
A loss of enjoyment in life	0	1 2	2 3	3	 An increase in the ability to be distracted 	0	1	2	3		
A lack of artistic appreciation	Yes	or	No	0	 Need coffee or caffeine sources to improve 						
· Feelings of sadness in overcast weather	0	1 2	2 3	3	mental function	0	1	2	3		
· A loss of enthusiasm for favorite activities	0	1 2	2 3	3							
· A loss of enjoyment in favorite foods	0	1 2	2 3	3							
A loss of enjoyment in friendships and relationships	0	1 2	2 3	3							
Inability to fall into deep, restful sleep	0 1	1 2	2 3	3							
• Feelings of dependency on others	0	1 2	2 3	3							
Feelings of susceptibility to pain	0 . 1	1 2	2 3	3							
SECTION 11					SECTION 14						
Feelings of worthlessness	0 1	1 2	2 3	3	Feelings of nervousness or panic for no reason	0	1	2	3		
Feelings of hopelessness			2 3		Feelings of dread			575	3		
Self-destructive thoughts	0 1				Feelings of a "knot" in your stomach				3		
Inability to handle stress	0 1				Feelings of being overwhelmed for no reason				3		
Anger and aggression while under stress	0 1				Feelings of guilt about everyday decisions	0			3		
Feelings of tiredness, even after many hours of sleep	0				A restless mind				3		
A desire to isolate yourself from others	0 1				An inability to turn off the mind when relaxing		1		3		
An unexplained lack of concern for family and friends	0 1				Disorganized attention				3		
An inability to finish tasks	0 1				Worry over things never thought about before		1		3		
Feelings of anger for minor reasons	0 1				Feelings of inner tension and inner excitability				3		
	o i			1	- comigs of inner tension and milet excitability	U	1	4	3		