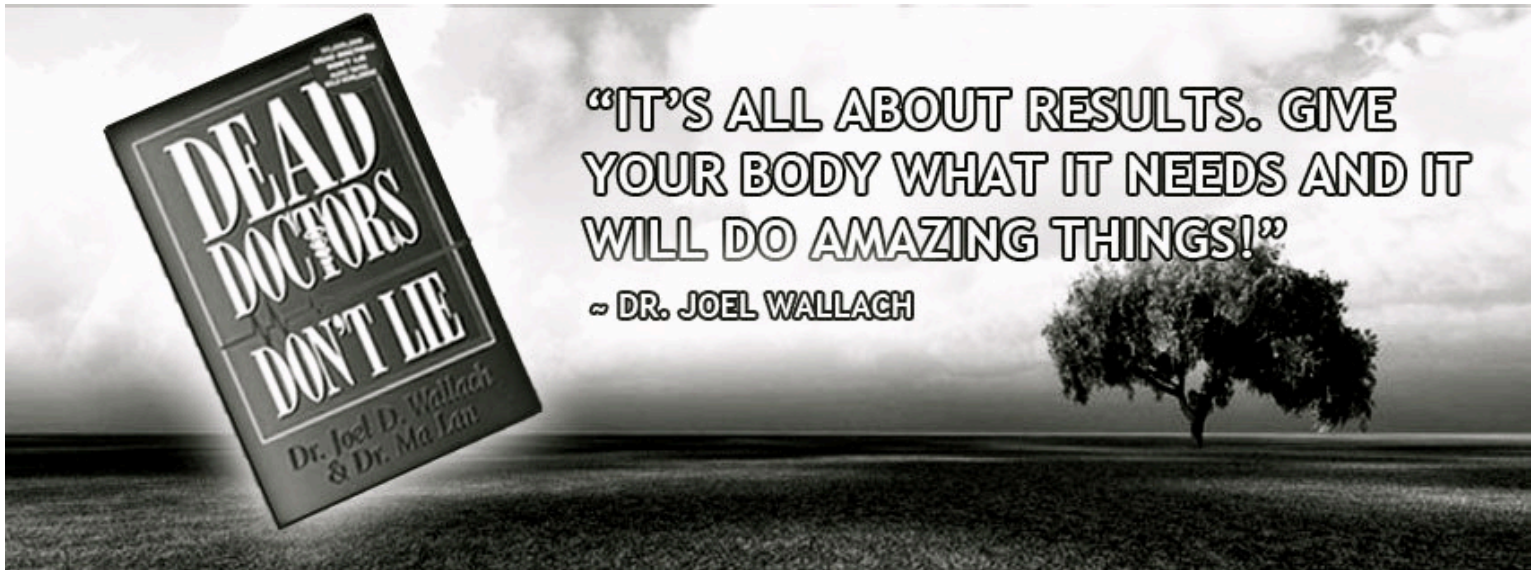


Dr. Wallach's Deficiency Chart

Dr. Joel Wallach, author of "Dead Doctors Don't Lie", is famous for connecting over 900 different health problems to deficiencies of the 90 Essential Nutrients that the body does not make. During the past 40 years, Dr. Wallach has discovered that most health problems fall into 1 of 4 categories as illustrated below. Please complete the self-evaluation questionnaire on the next page to determine which category you have the most deficiencies.



Category	Deficiency	Health Problems Resulting
1 Hard Tissue Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Calcium & Magnesium	Arthritis, Back Pain, Bell's Palsy, Bone Spurs, Bone Fractures, Brittle Nails, Calcium Deposits, Cartilage Damage, Cognitive Impairment, Depression, High/Low Blood Pressure, Insomnia, Irritability, Joint Pain, Kidney Stones, Ligament Damage, Muscle Cramps, Nervousness, Osteofibrosis, Osteoporosis, Panic Attacks, PMS, Prolonged Blood Clotting Time, Receding Gums, Restless Legs, Tooth Decay, Vertigo
2 Soft Tissue Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Essential Fatty Acids & Selenium	Acne, ALS, Alzheimers, Asthma, Blood Clots, Brittle Hair, Cracked Heels, Dementia, Extended Menopause, Eczema, Fibromyalgia, Fried Food Cravings, Gallstones, Growth Retardation, Infertility, Low Libido, Low Sperm Count, Multiple Sclerosis, Muscular Dystrophy, Psoriasis, Kidney Dysfunction
3 Blood Sugar Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Chromium & Vanadium	ADD/ADHD, Adrenal Failure, Anxiety, Bed Wetting, Bipolar Disorder, Cardio-vascular Disease, Depression, Diabetes, Elevated Cholesterol and Triglycerides, Fainting Spells, Fatigue, Hyperactivity, Hypoglycemia, Infertility, Learning Disabilities, Migraine Headaches, Moodiness, Narcolepsy, Night Sweats, Peripheral Neuropathy
4 Digestion Problems	Lack of the 90 Essential Nutrients. Severe Deficiencies of Enzymes & Flora	Allergies, Athletes Foot, Belching, Bloating, Gas, Burping, Celiac, Crohn's Disease, Dermatitis, Diarrhea, Diverticulitis, Food Sensitivities, Heartburn, Hiatal Hernia, Indigestion, Irritable Bowel, Leaky Gut, Acid Reflux, Stomach or Intestinal Pain, Yeast Infections

Dr. Wallach's Self Evaluation Health Questionnaire

Rate Yourself: The Higher The Score In A Category, The More Likely You Have A Nutritional Deficiency In That Category.

0= Never 1= Rarely 2= Occasionally 3= Often 4=Almost Always 5= Always Today's Date _____

Category 1 - Hard Tissue Problems					Category 2 - Soft Tissue Problems				
Do you have...	Today	30 Days	90 Days	6 Months	Do you have...	Today	30 Days	90 Days	6 Months
High Blood Pressure					Cardiovascular Disease, Eczema, or PMS				
Back Pain, Neck Pain, Arthritis					Are You Forgetful				
Stiff Shoulders, Headaches					Trouble Breathing				
Numbness, Foot/Arm Fall Asleep					Eye or Eyesite Problems				
Trouble Falling Asleep					Age Spots, Blemishes				
Bleeding Gums, Cavities					Gray Hair, Wrinkles, Hemorrhoids				
Kidney Stones, Bone Spurs					Do You Take Cholesterol Medication				
Knee, Shoulder, Joint Pain					Do You Take Blood Thinners or Diuretics				
Do You Take Pain Killer Medication					Do You Take Fibromyalgia or MS Medication				
Do You Take Blood Pressure Medication					Do You Take Alzheimer or Parkinson Meds				
Total					Total				
Category 3 - Blood Sugar Problems					Category 4 - Digestion Problems				
Do you have...	Today	30 Days	90 Days	6 Months	Do you have...	Today	30 Days	90 Days	6 Months
ADD/ADHD, Depression, or Diabetes					Food Sensitivities, Heartburn, or indigestion				
Get Sleepy After Meals					Stomach or Intestinal Pain				
Cravings For Sugar or Sweets					Bloating or Gas				
Sweat Excessively or Have Excessive Thirst					Any Type of Allergies				
Wake Up During The Night					Constipation or Diarrhea				
Trouble Losing Weight					Immune System Problems/Get Sick				
Trouble Controlling Your Blood Sugar Levels					Do You Take Anti-Acids or Stomach Meds				
Do You Take Blood Sugar Medication					Fiber or Medication For Constipation				
Do You Take Mood Swing Medication					Medication For Chrones Disease				
Do You Take ADD, ADHD, Autism Medication					Immune System Medication				
Total					Total				

Do you have any other health problems that were not covered in the above questionnaire? _____

Is There Anything Else You Would Like To Improve About Your Health?

- More Energy Lose Weight Heart Disease Prevention Cancer Prevention Anti-Aging Prevention

If you could change anything about your health, what would you change?
