



## **Health Profile**

Dietary consultation involves a health profile whose purpose is not to establish a diagnosis, but rather to determine a client's health status in order to guide his or her weight-loss plan. A client may be advised to seek medical advice based on his or her health profile.

### **General**

Last Name : \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_  
Address: \_\_\_\_\_ Apt/Unit # \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Profession: \_\_\_\_\_  
Whom may we thank for referring you? \_\_\_\_\_  
Weight: \_\_\_\_\_ lbs. Weight 1 year ago: \_\_\_\_\_ lbs. Minimum Adult Weight: \_\_\_\_\_ lbs at age \_\_\_\_\_  
Maximum Weight: \_\_\_\_\_ lbs. at age \_\_\_\_\_ Current Height: \_\_\_\_\_

Do you exercise?  Yes  No

If yes, what kind? \_\_\_\_\_  
How often? \_\_\_\_\_

Have you been on a diet before?  Yes  No If yes, please specify which diet and why you think it didn't work for you (e.g. too rigid, too much cooking involved, etc.): \_\_\_\_\_

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**On a scale of 1 to 10, indicate what level of importance you give to losing weight via Ideal Protein's medically supervised weight loss method (10 being the most important): \_\_\_\_\_**

### **Family Life:**

What is your marital status? M S D W Do you have children?  Yes  No  
Number of children: \_\_\_\_\_ Ages: \_\_\_\_\_

### **Medical Information:**

Please list any physicians you see and their specialty:

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**Diabetes:**

Do you have diabetes?  Yes  No (skip to next section)  
If so, are you under the care of a physician?  Yes  No  
If so, which type?  
 Type I – insulin dependent (insulin injections only);  
 Type II – non-insulin dependent (diabetic pills);  
 Type II – insulin dependent (diabetic pills and insulin).  
Is your blood sugar level monitored?  Yes  No  
If so, by whom?  Myself  Physician  Other (specify): \_\_\_\_\_  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_  
Do you tend to be hypoglycemic?  Yes  No

**Cardiovascular Health:**

Have you had a cardiovascular event?  Yes  No (if no, skip to next section)  
If so, please specify: \_\_\_\_\_  
How long ago? \_\_\_\_\_  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_  
Do you have a history of arrhythmia  Yes  No

**Hypertension:**

Do you have high blood pressure?  Yes  No (if no, skip to next section)  
If so, do you have your blood pressure checked?  Yes  No  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_

**Kidney Health:**

Have you been diagnosed with kidney disease?  Yes  No (if no, skip to next section)  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_  
Have you ever had Gout?  Yes  No

**Liver Health:**

Do you have liver problems?  Yes  No (if no, skip to next section)  
If so, please specify: \_\_\_\_\_  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_

**Colon Health:**

Do you have:  Irritable Bowel  Colitis  Diarrhea  Diverticulosis?  
 Crohn's disease  Constipation  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_

**Stomach/Digestive Health:**

Do you have:  Acid Reflux  Gastric Ulcer  Heartburn  Celiac Disease?  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_

**Ovarian/Breast Health:**

Check off the situations that apply to you currently:  
 Irregular Periods  Menopause  Fibrocystic Breasts  
 Painful Periods  Hysterectomy  Heavy periods  
 Amenorrhea  Uterine fibroma  Cancer (uterus, breast)  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_  
Please indicate the date of your last menstrual cycle: \_\_\_\_\_

**Thyroid Function:**

Do you have thyroid problems?  Yes  No (if no, skip to next section)  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_

**Emotional Evaluation:**

Do any of the following apply to you? (if no, skip to next section)  
 Depression  Anxiety  Panic Attacks  
 Bulimia (or history of)  Anorexia (or history of)  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_

**Inflammatory Conditions:**

Do any of the following apply to you? (if no, skip to next section)  
 Migraines  Fibromyalgia  Rheumatoid Arthritis  Lupus  Osteoarthritis  
 Chronic Fatigue Syndrome  Psoriasis  
 Other autoimmune or inflammatory condition: \_\_\_\_\_  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_

**General:**

Do you have cancer?  Yes  No  
Are you in cancer remission?  Yes  No  
If so, please specify and indicate for how long: \_\_\_\_\_  
If so, are you under the care of a physician?  Yes  No  
Are you taking any medication?  Yes  No  
If so, please list: \_\_\_\_\_  
Are you generally fatigued or have low energy?  Yes  No  
Are you pregnant?  Yes  No Are you breastfeeding?  Yes  No  
Do you get cold easily?  Yes  No Do you have cold hands/feet?  Yes  No

Do you have other health problems?  Yes  No

If so, please specify: \_\_\_\_\_

If so, are you under the care of a physician?  Yes  No

Are you taking any other medications not listed above?  Yes  No

If so, please list: \_\_\_\_\_

Are you currently taking Vitamins, Herbs or Supplements?  Yes  No

**Vitamin, Herb or Supplement Name**

**Reason**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Allergies:**

Do you have any **food** allergies?  Yes  No

If so, please list: \_\_\_\_\_

Do you have any **medication** allergies?  Yes  No

If so, please list: \_\_\_\_\_

**Eating Habits:** (please be as honest as possible so that we may better help you)

**Breakfast**

Do you have **breakfast** every morning?  Yes  Sometimes  Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you have a **snack** before lunch?  Yes  Sometimes  Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

**Lunch**

Do you have **lunch** every day?  Yes  Sometimes  Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you have a **snack** before dinner?  Yes  Sometimes  Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

**Dinner**

Do you have **dinner** every day?  Yes  Sometimes  Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

Do you eat a **snack** at night?  Yes  Sometimes  Never

Approximate Time: \_\_\_\_\_

Examples: \_\_\_\_\_

**Other**

Do you prefer:  Sweet foods  Salty foods  Fatty foods

Are you a vegetarian?  Yes  No

How many glasses of water do you drink per day? \_\_\_\_\_ glasses

How many cups of coffee do you drink per day? \_\_\_\_\_ cups

Do you smoke?  Yes  No If yes, how many packs per day? \_\_\_\_\_ for how many yrs? \_\_\_\_\_

Do you drink alcohol?  Yes  No

If yes, what kind, how much, and how often? \_\_\_\_\_

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**CASH Scale: Compulsions or Cravings/Appetite/Satiety/Hunger**

Score each item on a 0—10 numbering scale.

Each feeling represents a different part of the brain and different neurotransmitters

**Compulsions/Cravings** - feeling or urge to eat when not hungry, often associated with other emotions, such

You are full. There is no food in sight. You get an urge to eat which cannot be repressed.

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never occurs Constant

**Appetite** - feeling of hunger stimulated by sight, sounds, smells, or social cues.

You recently ate and feel full. You walk into a room. There is food everywhere. It looks and smells good. Everyone is having fun. You:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never eat more Always eat more

**Satiety** - a feeling of fullness acquired during eating. When you eat, you usually:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Leave food on plate one plate only second's thirds

**Hunger** - that feeling of a pain or ache in your stomach when really empty. This is a true pain or discomfort.

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Never hungry Constant hunger

You must take vitamins and minerals while you are on the Ideal Protein Weight-Loss Method. If you stop taking them, you may experience undesirable side effects. \_\_\_\_\_ (Client's initials)

If you are taking medications, are you interested in getting off of any or all of your prescription medications?  Yes  No

If you have health problems not indicated on this health profile, please consult your physician.

Signature \_\_\_\_\_ Date \_\_\_\_\_

The signatory client hereby recognizes the veracity of the information provided herein and that he/she has made an informed decision to go on the Ideal Protein Weight-loss Method.

## **ABSOLUTE CONTRA-INDICATIONS**

No potential dieter is to be placed on the Ideal Protein Protocol with a history of or current diagnosis of the following conditions **without written consent of his/her primary care provider or specialist monitoring this patient.**

- History of a cardio-vascular event: (i.e., heart attack, stroke, aneurysm, by-pass, stent surgery, history of having cardiac arrhythmia including having a pace-maker)
- History of or current active cancer; including skin cancers
- Pregnant female (note from OB/GYN ONLY)
- Breast-feeding female (note from PEDIATRICIAN ONLY)

Ideal Protein Medical clinics, i.e. supervised by an MD, DO, or Nurse Practitioners, are exempt from this rule **providing the practitioner signs off state: (sample)**

“I approve \_\_\_\_\_ to participate in the Ideal Protein Diet and will monitor his/her progress weekly and report any adverse effects to the patient’s primary care giver or specialist as the case dictates in the event I am not their primary medical provider.”

## **NOT PERMISSIBLE ON THE PROTOCOL**

**No potential dieter is to be placed on the Ideal Protein Weight Protocol with or without the consent of his/her primary care provider or specialist monitoring this patient.**

- Severe Liver Disease
- Severe Kidney Disease
- Diagnosis or history of Congestive Heart Failure (CHF)
- Patients currently on Lithium therapy
- Patients with a diagnosis of Parkinson’s Disease
- Strict Vegan lifestyle