



Brain Health and Nutrition Assessment Form (BHNAF)

Name:

Age:

Sex:

Date:

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

SECTION 1

- Low brain endurance for focus and concentration
- Cold hands and feet
- Must exercise or drink coffee to improve brain function
- Poor nail health
- Fungal growth on toenails
- Must wear socks at night
- Nail beds are white instead of pink
- The tip of the nose is cold

SECTION 2

- Irritable, nervous, shaky, or light-headed between meals
- Feel energized after meals
- Difficulty eating large meals in the morning
- Energy level drops in the afternoon
- Crave sugar and sweets in the afternoon
- Wake up in the middle of the night
- Difficulty concentrating before eating
- Depend on coffee to keep going

SECTION 3

- Fatigue after meals
- Sugar and sweet cravings after meals
- Need for a stimulant, such as coffee, after meals
- Difficulty losing weight
- Increased frequency of urination
- Difficulty falling asleep
- Increased appetite

SECTION 4

- Always have projects and things that need to be done
- Never have time for yourself
- Not getting enough sleep or rest
- Difficulty getting regular exercise
- Feel that you are not accomplishing your life's purpose

SECTION 5

- Dry and unhealthy skin
- Dandruff or a flaky scalp
- Consumption of processed foods that are bagged or boxed
- Consumption of fried foods
- Difficulty consuming raw nuts or seeds
- Difficulty consuming fish (not fried)
- Difficulty consuming olive oil, avocados, flax seed oil, or natural fats

SECTION 6

- Difficulty digesting foods
- Constipation or inconsistent bowel movements
- Increased bloating or gas
- Abdominal distention after meals
- Difficulty digesting protein-rich foods
- Difficulty digesting starch-rich foods
- Difficulty digesting fatty or greasy foods
- Difficulty swallowing supplements or large bites of food
- Abnormal gag reflex

SECTION 7

- Brain fog (unclear thoughts or concentration)
- Pain and inflammation
- Noticeable variations in mental speed
- Brain fatigue after meals
- Brain fatigue after exposure to chemicals, scents, or pollutants
- Brain fatigue when the body is inflamed

SECTION 8

- Grain consumption leads to tiredness
- Grain consumption makes it difficult to focus and concentrate
- Feel better when bread and grains are avoided
- Grain consumption causes the development of any symptoms
- A 100% gluten-free diet



SECTION 9

- A diagnosis of celiac disease, gluten sensitivity, hypothyroidism, or an autoimmune disease
- Family members who have been diagnosed with an autoimmune disease
- Family members who have been diagnosed with celiac disease or gluten sensitivity
- Changes in brain function with stress, poor sleep, or immune activation

SECTION 10

- A loss of pleasure in hobbies and interests
- Feel overwhelmed with ideas to manage
- Feelings of inner rage or unprovoked anger
- Feelings of paranoia
- Feelings of sadness for no reason
- A loss of enjoyment in life
- A lack of artistic appreciation
- Feelings of sadness in overcast weather
- A loss of enthusiasm for favorite activities
- A loss of enjoyment in favorite foods
- A loss of enjoyment in friendships and relationships
- Inability to fall into deep, restful sleep
- Feelings of dependency on others
- Feelings of susceptibility to pain

SECTION 11

- Feelings of worthlessness
- Feelings of hopelessness
- Self-destructive thoughts
- Inability to handle stress
- Anger and aggression while under stress
- Feelings of tiredness, even after many hours of sleep
- A desire to isolate yourself from others
- An unexplained lack of concern for family and friends
- An inability to finish tasks
- Feelings of anger for minor reasons

SECTION 12

- A decrease in visual memory (shapes and images)
- A decrease in verbal memory
- Occurrence of memory lapses
- A decrease in creativity
- A decrease in comprehension
- Difficulty calculating numbers
- Difficulty recognizing objects and faces
- A change in opinion about yourself
- Slow mental recall

SECTION 13

- A decrease in mental alertness
- A decrease in mental speed
- A decrease in concentration quality
- Slow cognitive processing
- Impaired mental performance
- An increase in the ability to be distracted
- Need coffee or caffeine sources to improve mental function

SECTION 14

- Feelings of nervousness or panic for no reason
- Feelings of dread
- Feelings of a “knot” in your stomach
- Feelings of being overwhelmed for no reason
- Feelings of guilt about everyday decisions
- A restless mind
- An inability to turn off the mind when relaxing
- Disorganized attention
- Worry over things never thought about before
- Feelings of inner tension and inner excitability