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 incompleted 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 inflammed 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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