How Total Nutrition Assessment Improves Compliance & Outcomes

A PRESENTATION FOR PRACTITIONERS BY

ASHLEY KOFF RD

CEO, THE BETTER NUTRITION PROGRAM

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THE BETTER NUTRITION PROGRAM™

AGENDA

- Squad Goals
- Why Better Nutrition?
- Total – Not a Better Cereal, but Essential for a Better Plan
- Case Studies: Total is *Better* for You, Your Clients & Your Business
  - Assessment
  - Supplement Recommendations
  - Compliance & Outcomes
- Q+A+ resources

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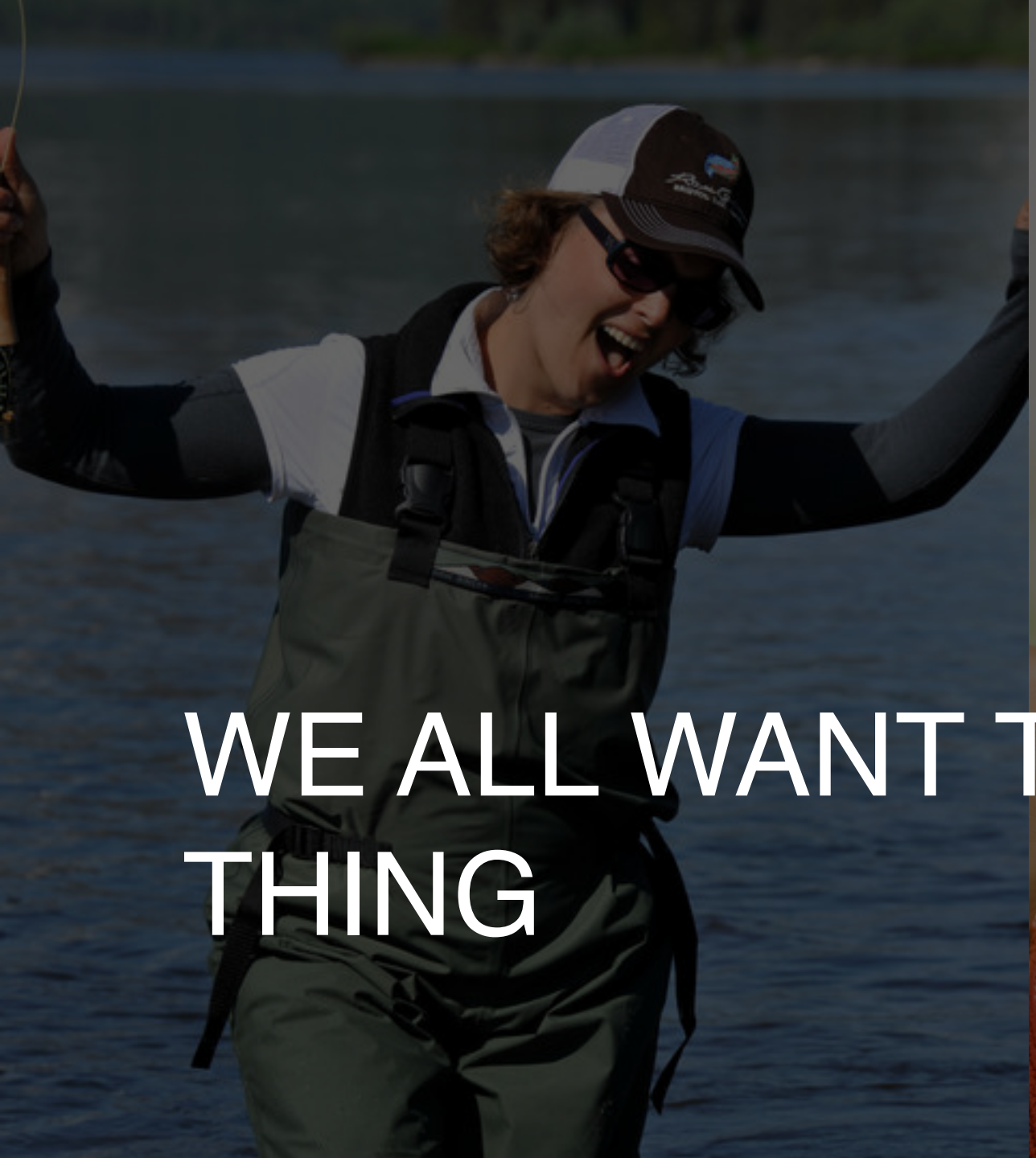


WE ALL WANT THE SAME THING

What do we want?!
Better Health!
TV
...AND BETTER BUSINESSES!

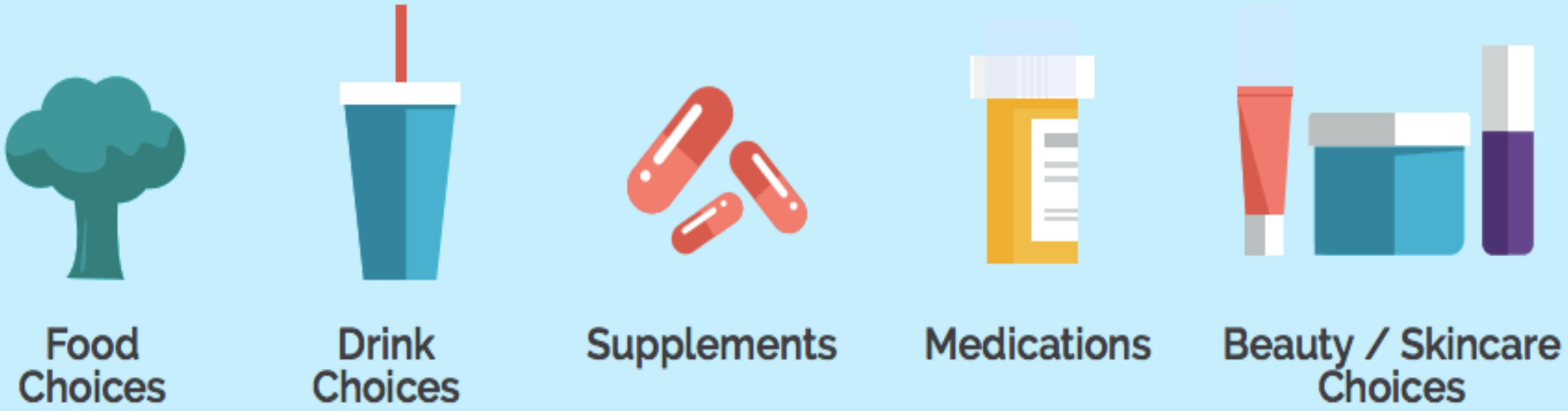
WHY BETTER NUTRITION?

"*Better* Nutrition gives a body what *it* needs to run better while avoiding ingredients that can irritate, overwhelm or disrupt *its'* functions."

– Ashley Koff RD

HOW DO WE KNOW IF THEIRS IS *BETTER*?

WHAT ARE THESE ASSESSMENTS MISSING ?



TOTAL = BETTER NUTRITION ASSESSMENT

- There are many ways a person can get in nutrients today.
- A better assessment needs to assess all of them.

TOTAL = BETTER NUTRITION ASSESSMENT

WHAT	POOR	OK	BETTER
FOOD & BEVERAGE	✔	✔	✔
SUPPLEMENTS			✔
HEALTH (CURRENT + HISTORY + GOALS; LABS; GENETICS)	✔	✔	✔
WEIGHT & HEIGHT (BMI)	✔	✔	✔
AGE & GENDER		✔	✔
MEDICATIONS		✔	✔
PREFERENCES			✔
LIFESTYLE			✔

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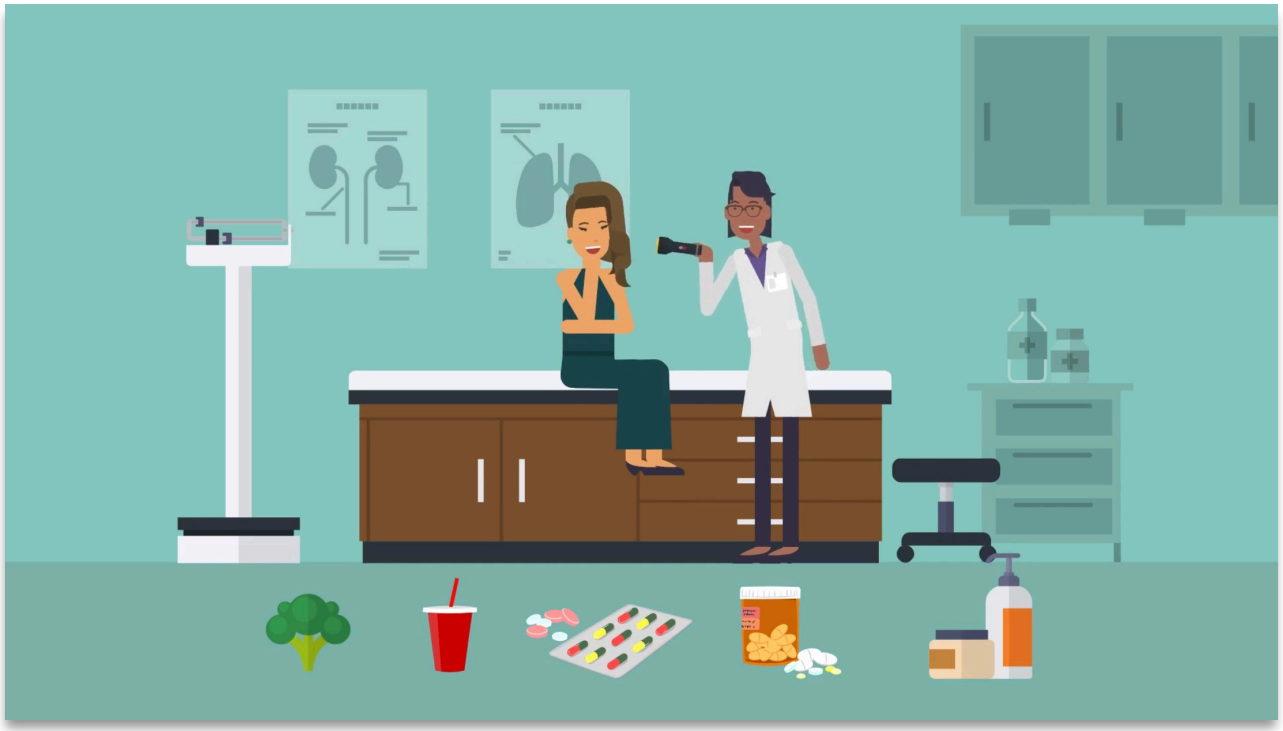
TOTAL = BETTER NUTRITION ASSESSMENT



A MORE
COMPLETE PICTURE
YIELDS
BETTER RESULTS

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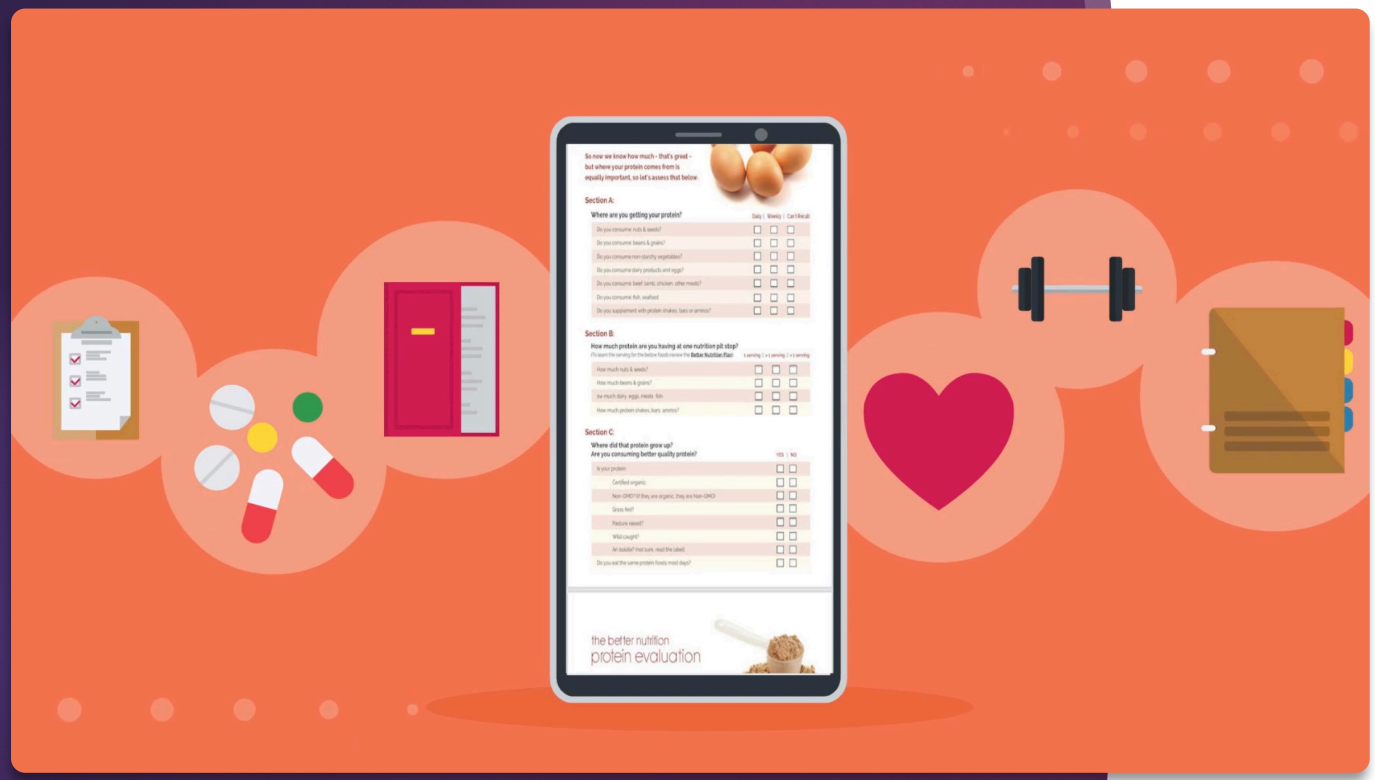

HOW BETTER NUTRITION ASSESSMENTS WORK

CASE STUDIES

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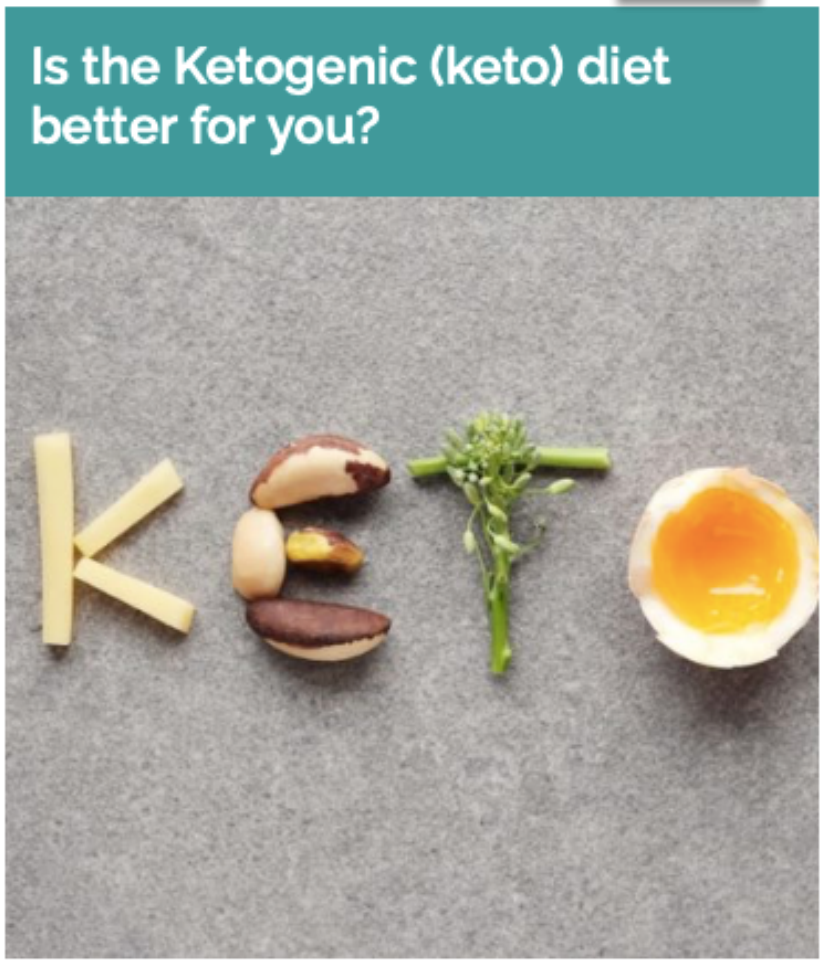
Keto isn't the problem

Is *their* keto giving *their* body what it needs to run better?



the better nutrition magnesium evaluation

When the body feels stress, it shifts into "Red Alert: Reprioritize" mode, otherwise known as "Fight or Flight." This means that its normal workload – things like digestion, absorption, elimination, assessment, metabolism – take a back seat to its "fight or flight" efforts. And today, this happens a lot more than you may be aware of because stress, by the body's definition, is not just the bad stuff. The body reacts to all your good stress this exact same way too! Thus, the expression "Life Happens" could really be "Stress Happens" and you need to help your body manage that stress better.

To help your body manage stress better, more often, you need enough magnesium in your cells. Magnesium plays an essential stress management role. When stress happens, calcium enters the cell. Magnesium needs to be there to push calcium back out, thereby turning off the stress response and enabling relaxation.

Who isn't getting enough magnesium? Most of us. >70% of US adults currently do not meet the recommended daily allowance (RDA) for magnesium. That's not better! Food preferences, intolerances, processing, soil [illegible] and intake of other nutrients are just some of the reasons when magnesium intake is too low.

Are you giving your body enough magnesium daily? Take this quiz to find o

Section A:

How often are you getting magnesium in from food?

	ALWAYS	SOMETIMES	NEVER < 1x wk
Cashews, Almonds, Peanuts (whole or as nut butte[r] see below for those), Hemp Hearts, Pumpkin [/] seeds, Cacao (nibs, powder), Dark Chocol[ate]	☐	☐	☐
Spinach, Swiss Chard, Beet & Turni[p] Greens, Baked Potato w/skin, Summer S[quash]	☐	☐	☐
Whole grains (not flour), Beans / L[entils] / [illegible]wn Rice, Quinoa, Buckwheat, Barley Millet T[ea] [illegible]e (soy beans), Kidney / Pinto / Black / Navy / Lim[a]	☐	☐	☐

Section B:

Do you drink these beverages and / or take these supplements?

	ALWAYS >5 days/wk	SOMETIMES 2-4 d[ays]	NEVER < 1x wk
Coffee (> 8 oz, or 1 shot espresso)	☐		
Caffeinated green, black, oolong tea (> 16 oz)			
Soda or diet soda (any)			
Milk, yogurt, cottage cheese, ricotta, dairy kefir (>6 oz)			☐
Juice or Non-dairy milk fortified with calcium (>8		☐	☐
Calcium > 50 mg/day	☐	☐	☐
Magnesium oxide – any	☐	☐	☐

ASK ABOUT THEIR FOOD & BEVERAGES

ASK ABOUT THEIR SUPPLEMENT & MEDS

Section C:

Tell us a little about yourself:

	YES	NO
Do you feel:		
Backed Up - Constipated or bloated	☐	☐
Exhausted - You have trouble getting to sleep or staying asleep, & never feel really rested	☐	☐
Achy – head, shoulders, muscles, joints	☐	☐
Cranky Pants - PMS or Peri/Menopausal	☐	☐
Sick – heart and/or auto-immune disease, diabetes, GERD or high blood pressure	☐	☐
Recovering – local or full anesthesia surgery, modified or inactive from an injury, post-natal (gave birth in the last 6 months)		☐
Depressed – Taking supplements, medications or working with a practitioner to address		
Stressed – on a scale of 1-10 with 1 being cucumber c[alm] 10 being hot red pepper you are a 9-12		

	YES	NO
Does your activity inc[lude]		
Lift weights >1 week	☐	☐
Bodyweight bearing exercise [illegible]	☐	☐
Sitting in-place for more than 2 h[rs]	☐	☐
Airplane travel > 1 flight / month	☐	☐

ASK ABOUT THEIR CURRENT HEALTH & LIFESTYLE

What do your answers say about your magnesium nutrition?

In section (A): Where do you get your magnesium and how often?

ALWAYS: You are likely already doing a better job of getting in enough magnesium from foods. Awesome! Review your answers for the next sections to see if your other choices or lifestyle means you need to adjust your supplement plan.

SOMETIMES: You are doing well, but you could do better with your magnesium food intake or look to balance it with a better supplement. Checkout the Better Magnesium Menu for more ideas as well as review the answers for the sections below.

NEVER: You should try adding some of these magnesium-rich foods more often. The Better Magnesium Menu can help. You may not like these foods, or tolerate them, or have access to them - but you do need magnesium for your body to run better. Yes, you can add a better supplement to get better magnesium levels more often. Read on to learn more about that or upgrade to the Gold Member level and have us build your better supplement plan.

In section (B):

ALWAYS & SOMETIMES: Your other foods, beverages and supplemental nutrition make it important for you to get in enough magnesium (or a better form of magnesium), both to counteract calcium and also to help the body relax better.

- Calcium is what helps muscles contract and also produces the stress response (know[n] "fight or flight" it is really important for our body to run better). Calcium works in [a] magnesium. The foods and beverages noted here are typically good or ex[cess] calcium (quantity, not necessarily quality) so if you are consuming the[se] to evaluate your calcium using The Better Calcium Evaluation [and] them with magnesium rich foods like those in this evaluation[.] supplement you will want to make sure that you are [get]ting magnesium more often (from foods, beverages, [or]
- Not all magnesium supplements are creat[ed] from, but I don't recommend magn[esium] includes citrate or glycinate et[c.] [o] choose [or] a blend that
- Caffeine can be great fo[r] body. Use the Bett[er] [ten]sion throughout the [in]take is better or needs attention, but [it] better on your magnesium intake to help tu[rn]

NE[VER]: [ment] choices don't indicate a need for more [m]e Better Calcium Evaluation as well to assess your [ne]ral too.

In section

YES: to a[nswer] the questions: What you do impacts the need for your nutrition to help your bod[y] [ev]er better. Likewise, how you are feeling and what you are dealing with health-wise will provide information that may indicate your magnesium intake isn't where it needs to be to help you feel better.

MAKE BETTER RX BASED ON BETTER INFO

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CASE STUDY: REFLUX, BLOATING & ACNE – OH MY!

Wonderful. Where are you located? I may be able to come to you otherwise my office is in Grandview at the Grandview Yard

Please fill out the attached forms (1 for set for each of you) and send them back to me by 5/5 (make sure to include photos of any supplements)
To confirm the appointment, I need a credit card (I do not bill it, just noting I have a 24 hour cancellation policy)
you can send the card on the attached document (new patient form) or if you prefer to text me the number (323-251-7537) and then
email me the expiration date, billing zip and security codes you can do that

•••

3 Attachments

~~"YOU ARE WHAT YOU EAT."~~

You ARE what you digest and absorb. To that end, I always ask my patients to answer the following questions to assess their digestive health and depending on their answers they, and you, may need **Better Nutrition Digestive Tune Up**.

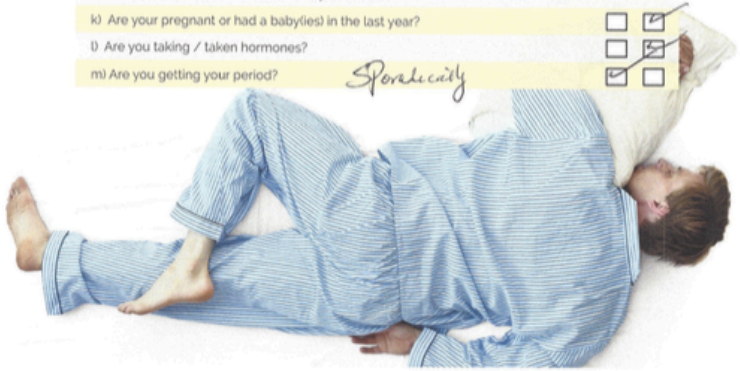
1) What's happening or not in the bathroom?	DAILY >4 days/week	OFTEN 2-3 days/wk	NEVER <1 day monthly
a. #1 ONLY once a day?	☐	☐	☑
b. # 2 ONLY once a day? every – 2-6 days – tea depending	☐	☐	☐
c. Do you strain to go #1 or #2? 1- flying - 2-always + bad	☐	☑	☐
d. Do you feel like you need to but can't go #1 or #2?	☐	☑	☐
e. Do you see undigested food in your #2?	☐	☑	☐
f. Is your #2 pellets instead of a fully formed (S shape) depends	☐	☑	☐
g. Is there blood when you wipe?	☐	☐	☑
h. Are you relying on band-aids to help digestion & elimination			
- caffeine, cigarettes	☑	☐	☐
- medications (Rx or over-the-counter)	☑	☐	☐
- colonics, detoxes, cleanses?	☐	☐	☑

2) Are things going in the right direction:			
a. Are your things (food, acid, liquids) going the wrong way?	☐	☑	☑
b. Do you have reflux; are you taking medication for GERD?	☑	☐	☐
c. Do you have loose stools? (tea)	☑	☑	☐
d) Are you bloated?	☑	☐	☐

3) Do you smell as lovely as you are:			
a. Do you have foul or sweet smelling gas, poop or (no body odor?)	☑	☐	☐
b. Do you have bad breath?	☐	☐	☑

4) Is your nutrition working better for you:	YES	NO
a. Do you eat better quantities, nutrient balance but still feel hungry soon after?	☑	☐
b. Do you have low energy after eating?	☑	☐
c. Do you struggle to lose weight around your middle even though you follow The Better Nutrition Plan and exercise regularly?	☑	☐
d. Do you feel bloated after eating?	☑	☐
e. Do you get in your better water amount daily?	☐	☑
f. Do you avoid foods due to allergies, intolerances?	☑	☐
g. Do you skip foods / food groups because you don't digest them well?	☑	☐
h. Do you get in a rainbow of colors from plants? try to	☑	☐

5) Is your life challenging your digestive health?		
a) Do you travel where you sit >20 minutes daily?	☑	☐
b) Do you travel on a plane?	☑	☐
c) Are you stressed (are you a >5 on a scale of 1-10)	☑	☐
d) Do you struggle to get 7 hours of good sleep?	☑	☐
e) Do you exercise vigorously? used to	☐	☑
f) Do you sit for >2 hours at a time? not often	☐	☑
g) Do you have an injury or illness that keeps you from twisting your upper body (waist), touching your toes, taking steps?	☐	☑
h) Are you more than 10 pounds overweight? not sure - feel like it!	☐	☐
i) Do you have a chronic digestive disease or condition?	☑	☐
j) Do you have a history of taking antibiotics, anti-depressants, birth control, or skin medications (topical or oral)?	☐	☑
k) Are your pregnant or had a baby(ies) in the last year?	☐	☑
l) Are you taking / taken hormones?	☐	☑
m) Are you getting your period? Sporadically	☑	☐



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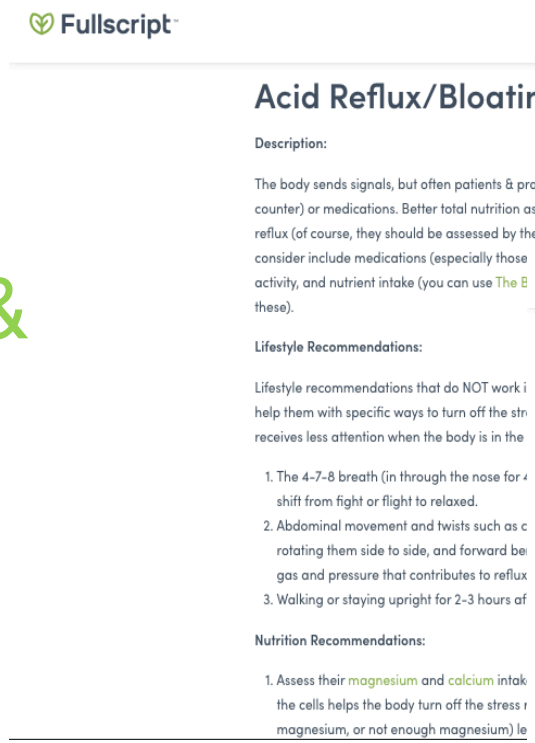
MY ROADMAP: A BETTER SESSION

REVIEW FULLSCRIPT PROTOCOLS FOR YOUR ROADMAP & SPECIFIC PRODUCT RECOMMENDATIONS [OPTIONAL: SHARE THEM]



Fullscript

How It Works Patients Blog Education Support Login

Acid Reflux/Bloating

Description:

The body sends signals, but often patients & practitioners miss them or band-aid them with OTC (over the counter) or medications. Better total nutrition as well as lifestyle adjustments can help persons with acid reflux (of course, they should be assessed by their practitioner to ensure the proper diagnosis). Questions to consider include medications (especially those activity, and nutrient intake (you can use The these).

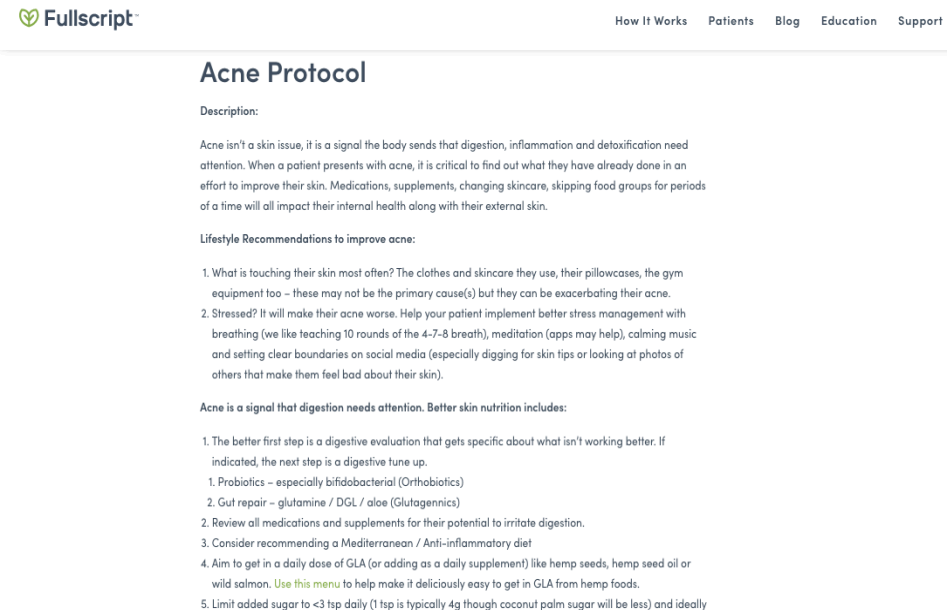
Lifestyle Recommendations:

Lifestyle recommendations that do NOT work help them with specific ways to turn off the str receives less attention when the body is in the

1. The 4-7-8 breath (in through the nose for shift from fight or flight to relaxed.
2. Abdominal movement and twists such as c rotating them side to side, and forward be gas and pressure that contributes to reflux
3. Walking or staying upright for 2-3 hours af

Nutrition Recommendations:

1. Assess their magnesium and calcium intak the cells helps the body turn off the stress magnesium, or not enough magnesium) le



Fullscript

How It Works Patients Blog Education Support

Acne Protocol

Description:

Acne isn't a skin issue, it is a signal the body sends that digestion, inflammation and detoxification need attention. When a patient presents with acne, it is critical to find out what they have already done in an effort to improve their skin. Medications, supplements, changing skincare, skipping food groups for periods of a time will all impact their internal health along with their external skin.

Lifestyle Recommendations to improve acne:

1. What is touching their skin most often? The clothes and skincare they use, their pillowcases, the gym equipment too – these may not be the primary cause(s) but they can be exacerbating their acne.
2. Stressed? It will make their acne worse. Help your patient implement better stress management with breathing (we like teaching 10 rounds of the 4-7-8 breath), meditation (apps may help), calming music and setting clear boundaries on social media (especially digging for skin tips or looking at photos of others that make them feel bad about their skin).

Acne is a signal that digestion needs attention. Better skin nutrition includes:

1. The better first step is a digestive evaluation that gets specific about what isn't working better. If indicated, the next step is a digestive tune up.
   1. Probiotics – especially bifidobacterial (Orthobiotics)
   2. Gut repair – glutamine / DGL / aloe (Glutagennics)
2. Review all medications and supplements for their potential to irritate digestion.
3. Consider recommending a Mediterranean / Anti-inflammatory diet
4. Aim to get in a daily dose of GLA (or adding as a daily supplement) like hemp seeds, hemp seed oil or wild salmon. Use this menu to help make it deliciously easy to get in GLA from hemp foods.
5. Limit added sugar to <3 tsp daily (1 tsp is typically 4g though coconut palm sugar will be less) and ideally

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MY ROADMAP: A BETTER SESSION

- What medications & supplements, how often
- Caffeine intake (daily)
- Assess her magnesium and calcium [get visual of calcium & multi supplements]
- Assess added sugar intake
- Introduce acid-alkaline formers & role in digestion
- Assess common "bloat / gas producing" foods & gum, bubbles?
- Discuss stress, different kinds & how all affect digestion
- Introduce Better Liquid Nutrition (water, nutrient balance, recipes) as a tool to help her feel better when bloated
- Explain food allergy vs intolerance vs irritated system – if/timing for testing
- Review food journal with her to discuss 4 pillars (quantity, quality, nutrient balance & frequency

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HER BETTER HEALTH PLAN

- Give her specific ways to turn off the stress response cellularly
  - The 4-7-8 breath (in through the nose for 4, hold for 7, exhale for 8) repeated 10 rounds
  - Abdominal movement and twists
  - Walking or staying upright for 2-3 hours after eating.
- Share the Better Nutrition Alkaline Forming Guide
- Better Liquid Nutrition Guide (WATER, nutrient balance, recipes) for evenings (>8 on bloated scale), post workout and high stress
- Provide recipe / preparation options for foods that have bloating tendency and options to swap for them
- Supplement Recommendations - if within your scope, otherwise share The Digestive Tune Up guide
  - Glutagenics
  - Digestive Enzymes
  - Remove calcium; use The Better Calcium Menu to get in via foods
  - Probiotics – especially a bifido bacteria;
  - Magnesium – as indicated based on the results of her Better Magnesium Evaluation BUT you can also recommend magnesium food choices too with this menu.
- Track better with The Better Nutrition Journal – add rating (1-10) a few times daily for bloat
- **Offer to share recommendations with her practitioners**

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CASE STUDY:
I JUST WANNA BE STATIN-FREE

JOE, 37

FAMILY HISTORY OF ELEVATED CHOLESTEROL
I WENT TO SEE MY DOCTOR AND MY CHOLESTEROL IS HIGH
MY BLOOD PRESSURE IS KINDA UP – LIFE IS PRETTY STRESSFUL BUT I WORKOUT

HERE ARE MY LABS:
HDL 50, LDL 130, TG 40
CRP 2 mg/l
Lp(a) normal
BMI 32, BODYFAT 16%

I REALLY DON'T WANT TO TAKE THE STATIN, MY DOCTOR SAID I COULD TRY NUTRITION FOR 3 MONTHS BUT HE DOESN'T THINK IT WILL WORK.
MY WIFE LOOKED ONLINE SO I'VE BEEN TAKING COQ10 & FISH OIL, PLUS I TAKE CALCIUM BECAUSE I GAVE UP DAIRY IT UPSETS MY STOMACH.

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Section A:

Are you eating or drinking these foods?

(use The Better Nutrition Plan to review portion sizes of food and beverage choices.
Scoring: ALWAYS = 1 serving > 4 days a week, SOMETIMES = 1-4 times a week, NEVER = <1 time a week)

	ALWAYS	SOMETIMES	NEVER
GREENS: leafy greens, broccoli, Brussel sprouts, etc.	✔		
STARCHY VEGGIES: potato, sweet potato, corn, peas			✔
PLANT NITRATES: Romaine, arugula, Swiss chard, butter lettuce, beet greens, beets, spinach, artichoke, spices like cilantro, basil, parsley		✔	
FRUITS: berries (blackberries, blueberries, raspberries, strawberries), grapefruit, lemons, limes, ~~banana, cherries, oranges, grapefruit, tomatoes, pomegranate~~	✔		
OTHER FRUITS / PRODUCTS: Fruit juice, fruit drinks, fructose (on a label), dried fruit			✔
FRUITS THAT ARE FATS: olives, avocado, ~~acai~~		✔	
WHOLE GRAINS / FLOUR PRODUCTS: Oats, barley, buckwheat groats, faro, quinoa — I'm avoiding grains now, and most fruits			
Tortillas, breads, crackers, wraps, puffs, rice cakes, baked goods			
MEATS: beef, bison, turkey, chicken, ~~pork, ham, bacon, duck, hot dogs~~	✔		

	ALWAYS	SOMETIMES	NEVER
LEGUMES: Beans (black, kidney, white, lentils, garbanzo / chickpea, fava etc), peanuts			✔
Soybeans / edamame / tofu / tempeh			✔
DAIRY / EGGS: yogurt, milk, cheese, cream, creamer, eggs, mayo, butter, ghee	✔		
DAIRY REPLACEMENTS: non-dairy milk, creamer, yogurt, mayo?		✔	
FAST FOOD / FRIED FOODS: cheese sticks, fish / chicken nuggets, French fries		✔	
FISH/SEAFOOD: Salmon, sardines, anchovies, cod			✔
Tuna, swordfish, tilapia, crab, shrimp, lobster		✔	
NUTS/SEEDS: walnuts, flax, cashews, almonds, hemp, pumpkin, sunflower, chia seeds		✔	
OILS: Olive, hemp, walnut, flaxseed, avocado, sesame, coconut		✔	
Canola, soybean, vegetable, safflower, sunflower, peanut, grapeseed, corn		✔	
SPICES / SAUCES / SPREADS Cilantro, cinnamon, basil, turmeric, ginger, mustard		✔	
Hot sauce, Teriyaki sauce, ketchup, ~~soy sauce~~		✔	
CAFFEINATED BEVERAGES: Coffee, tea	✔		
Energy drinks			✔
WATER: Plain, sparkling	✔		
Vitamin water		✔	
Coconut, watermelon		✔	
ALCOHOL: Wine, beer, spirits		✔	
Cocktails		✔	
TREATS: Dark chocolate (>65%), cacao (nibs, powder)		✔	
Cakes, cookies, candy, frozen treats		✔	

What nutrients are you adding with supplements?

	YES	NO
Are you taking Coq10?	✔	
Do you take red yeast rice?		✔
Do you take an omega-3 or fish oil supplement?	✔	
Are you taking B vitamins (B12, B6, folic acid) alone or in your multi?		✔
Are you taking vitamin D?		✔
Are you taking nutrients for bone health? Magnesium?		✔
Calcium?	✔	
Vitamin K?		✔
Are you taking iron (alone or in your multi)?		✔
Are you taking a fiber supplement?		✔
Are you taking a probiotic?		✔
Are you taking any herbs? Turmeric, ginger?		✔
Holy basil, Ashwaganda?		✔
Reishi, maca?		✔

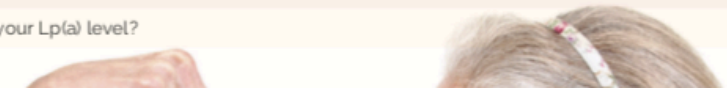
What quality is your food, beverages, supplements?

	ALWAYS	SOMETIMES	NEVER
Is your produce (vegetables, fruits) organic?		✔	
Are your oils cold-pressed and / or unrefined?		✔	
Are your spices organic?			✔
Are your coffees / tea unsweetened?		✔	
Are your coffees / tea organic?			✔
Are your soybean products non-gmo?			✔
Is your fish / seafood Wild caught?			
Farmed raised?			
Is the meat / dairy / eggs you consume: Organic, grass-fed exclusively (if applicable), pasture-raised?		✔	
Raised without antibiotics, non-gmo, cage-free, uncured, grass fed-grain finished?		✔	
Are you eating foods or food products made with artificial colors, sweeteners, and GMOs (corn starch, beet sugar, etc.)?			✔
Are your supplements non-GMO verified, made with organic ingredients? I don't know			

Section B:

Tell us a little about yourself?

	YES	NO
Are you worried about your heart health and / or cholesterol?	✔	
Do you sleep well most nights, > 5 nights weekly?		✔
Are you currently a smoker, did you smoke for >5 years?	✔	
Are you overweight? Do you carry your extra weight in your belly?	✔	
Are you a healthy weight but overfat (muscle < fat mass)?		✔
Do you relax with a few cocktails or beer(s) most nights?		✔
Do you take a statin? Prescribed but I don't want to take it	✔	
Do you take medication to lower / maintain blood sugar (Metformin, Glucophage etc.)?		✔
Do you take a baby aspirin?	✔	
Do you take a medication to address acid reflux (prescribed or over the counter)?	✔	
Are you active most days? Walking ~10,000, > 5 days weekly?		✔
Exercising > 20 minutes, > 4 days weekly?	✔	
Does your exercise include strength training or lifting your own body? > 3 days?	✔	
Are you sexually active?	✔	
Do you feel lonely most days?	✔	
Do you meditate or do any breathing exercises > 3 days weekly?		✔
Do you have digestive complaints (bloating, gas, constipation, reflux, pain) or have you been diagnosed with a GI disease (Crohn's, Ulcerative Colitis, SIBO, IBS)?	✔	
Have high blood pressure?	✔	
Do you experience fatigue, weakness, muscle cramping, or constipation?	✔	
Do you know your Lp(a) level?	✔	



MY ROADMAP: A BETTER SESSION

- DIGESTION (!)
- Inflammation – explain what it is, which labs, what's better
- Discuss calcium role in heart health – foods vs supplement; stop supplement
- Get a vitamin D test
- Discuss stress, different kinds, how all affect digestion & blood pressure
- What kind of exercise?
- Loneliness, sleep, breathing
- Discuss Mediterranean Diet results (vs statin) & see if open to dietary adjustments
  - Paleo / grain-free, avoiding fruits
  - Proteins, fats – some are better
  - Low carb - the body still needs fiber, magnesium. B vitamins
  - Potassium & sodium

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JOE'S BETTER HEALTH PLAN

- Better Nutrition Digestive Tune Up Program (30 days)
- Stress management
  - The 4-7-8 breath; Meditation app; Magnesium
- Mediterranean low carb + potassium-rich foods
- Fiber supplement (vs foods won't eat)
- Track better with The Better Nutrition Journal
- Get vitamin D test; weekly test blood pressure
- Therapy referral for relationship issues
- Retest in 90 days AFTER 30 day digestive tune-up
- **Offer to share recommendations with his practitioners**

Tools Used / Provided:
- Digestive Evaluation
- Digestive Tune-up
- Potassium Evaluation & Menu
- Calcium Evaluation & Menu
- Heart Health guide & menu
- Fiber Evaluation
- Magnesium Evaluation & Menu
- Mediterranean Menu

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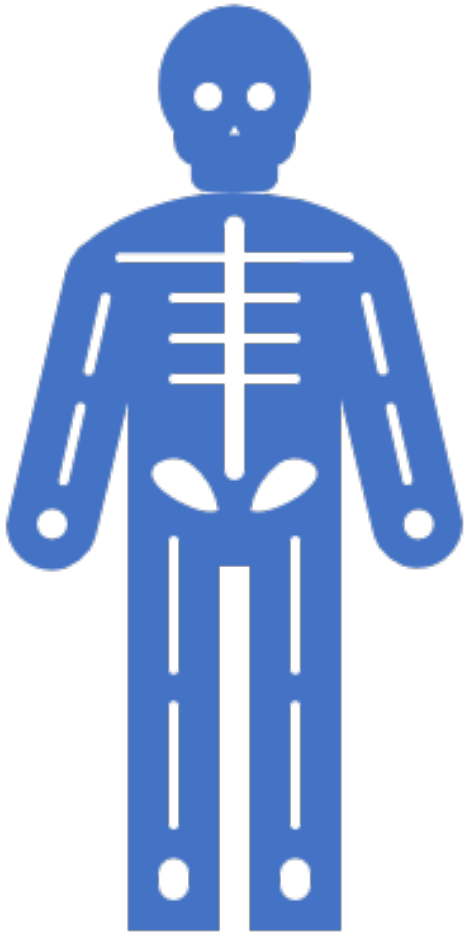


1) JOE'S ENJOYING BETTER HEALTH BY FOLLOWING J**OE'S** BETTER NUTRITION PLAN, MODIFIED LIFESTYLE.

2) HIS MD REFERS ME PATIENTS (BEFORE RX STATINS MOST OF THE TIME ;)

3) THE THERAPIST HE SAW NOW USES THE DIGESTIVE & MAGNESIUM EVALUATIONS

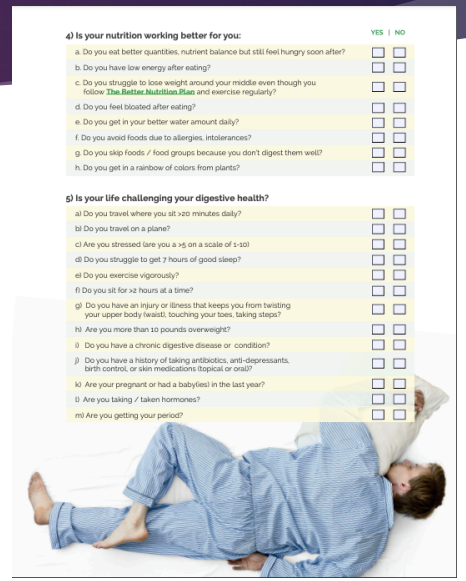
RECAP: THE BETTER DIGESTIVE EVALUATION

YOUR BETTER *FIRST* STEP FOR *EVERY* CLIENT

"YOU ARE WHAT YOU EAT."

You **ARE** what you digest and absorb. To that end, I always ask my patients to answer the following questions to assess their digestive health and depending on their answers they, and you, may need **Better Nutrition Digestive Tune Up**

	Daily	Often	Never
1) Are you going:			
a. #1 < 2 times daily	☐	☐	☐
b. # 2 < 1 times daily	☐	☐	☐
c. Do you strain to go #1 or #2?	☐	☐	☐
d. Do you feel like you need to but can't go #1 or #2?	☐	☐	☐
e. Do you feel full after eating most foods?	☐	☐	☐
f. Are you bloated?	☐	☐	☐
2) Are things going in the right direction:			
a. Are your things (food, acid, liquids) going the wrong way?	☐	☐	☐
b. Do you have reflux; are you taking medication for GERD?	☐	☐	☐
c. Do you have loose stools?	☐	☐	☐
3) Do you smell as lovely as you are:			
a. Do you have foul or sweet smelling gas, poop or body odor?	☐	☐	☐
b. Do you have bad breath?	☐	☐	☐
4) Is your nutrition working better for you:			
a. Do you eat better quantities, nutrient balance but still feel hungry soon after?	☐	☐	☐
b. Do you have low energy after eating?	☐	☐	☐
c. Do you feel cold after eating?	☐	☐	☐
d. Do you struggle to lose weight around your middle even though you follow The Better Nutrition Plan and exercise regularly?	☐	☐	☐
5) Are you unable to lose weight (fat) around your mid-section?	☐	☐	☐
6) Is your digestive system protecting you:			
a. Do you get yeast, sinus, or ear/throat infections?	☐	☐	☐
b. Are you taking antibiotics? oral or topical?	☐	☐	☐
c. Do you get a cold(s) > 1 quarterly (every 3 months)?	☐	☐	☐
7) Are you breaking out? (back, bum, face, arms)	☐	☐	☐
8) Are you relying on band-aids for digestive health?			
a. Caffeine?	☐	☐	☐
b. Cigarettes?	☐	☐	☐
c. Supplements - teas, powders, creams?	☐	☐	☐
d. Medications?	☐	☐	☐
e. Colonics ?	☐	☐	☐
f. Detox / Cleanses ?	☐	☐	☐



4) Is your nutrition working better for you:	YES	NO
a. Do you eat better quantities, nutrient balance but still feel hungry soon after?	☐	☐
b. Do you have low energy after eating?	☐	☐
c. Do you struggle to lose weight around your middle even though you follow The Better Nutrition Plan and exercise regularly?	☐	☐
d. Do you feel bloated after eating?	☐	☐
e. Do you get in your better water amount daily?	☐	☐
f. Do you avoid foods due to allergies, intolerances?	☐	☐
g. Do you skip foods / food groups because you don't digest them well?	☐	☐
h. Do you get in a rainbow of colors from plants?	☐	☐
5) Is your life challenging your digestive health?		
a) Do you travel where you sit >20 minutes daily?	☐	☐
b) Do you travel on a plane?	☐	☐
c) Are you stressed (are you a >5 on a scale of 1-10)	☐	☐
d) Do you struggle to get 7 hours of good sleep?	☐	☐
e) Do you exercise vigorously?	☐	☐
f) Do you sit for >2 hours at a time?	☐	☐
g) Do you have an injury or illness that keeps you from twisting your upper body (waist), touching your toes, taking steps?	☐	☐
h) Are you more than 10 pounds overweight?	☐	☐
i) Do you have a chronic digestive disease or condition?	☐	☐
j) Do you have a history of taking antibiotics, anti-depressants, birth control, or skin medications (topical or oral)?	☐	☐
k) Are your pregnant or had a baby(ies) in the last year?	☐	☐
l) Are you taking / taken hormones?	☐	☐
m) Are you getting your period?	☐	☐

6) Is your digestive system protecting you:	YES	NO
a. Do you get yeast, sinus, or ear / throat infections?	☐	☐
b. Are you taking antibiotics? oral or topical?	☐	☐
c. Do you get a cold(s) > 1 quarterly (every 3 months)?	☐	☐
7) Is your skin telling you something?		
a. Are you breaking out (back, bum, face, arms)?	☐	☐
b. Do you have bags or dark color under your eyes?	☐	☐
c. Do you have eczema or chronic skin disease?	☐	☐
d. Do you have white bumps on your arms?	☐	☐
8) Are your supplements affecting your digestion?		
a. Do you take a multivitamin?	☐	☐
b. Do you take a calcium or iron supplement?	☐	☐
c. Do you take magnesium?	☐	☐
d. Do you take a probiotic?	☐	☐
e. Do you take glutamine or collagen?	☐	☐
f. Are you getting enough fiber?	☐	☐
g. Do you take a fiber or prebiotic fiber supplement?	☐	☐

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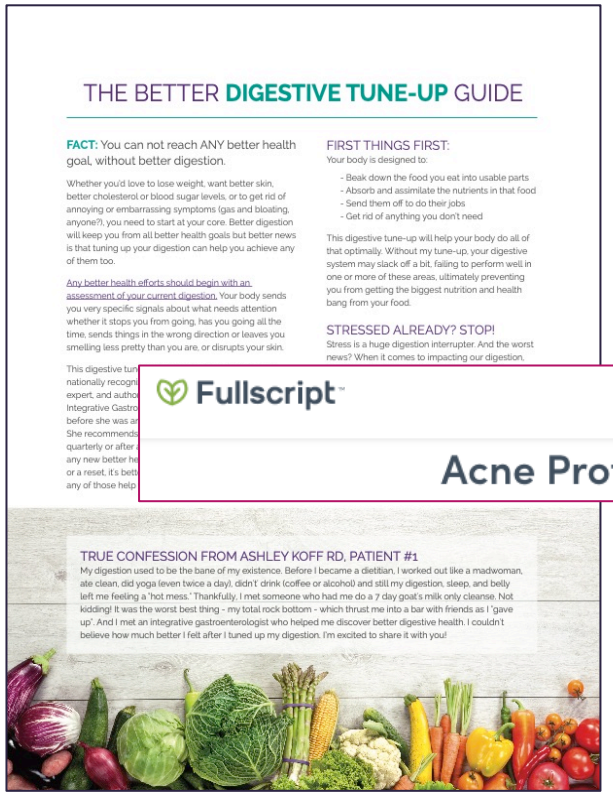
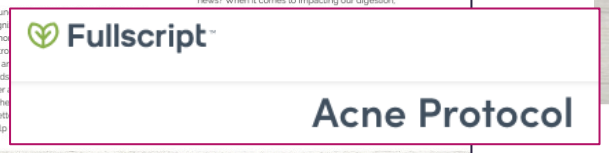
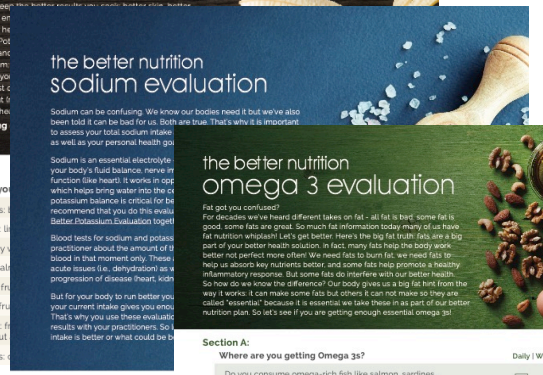
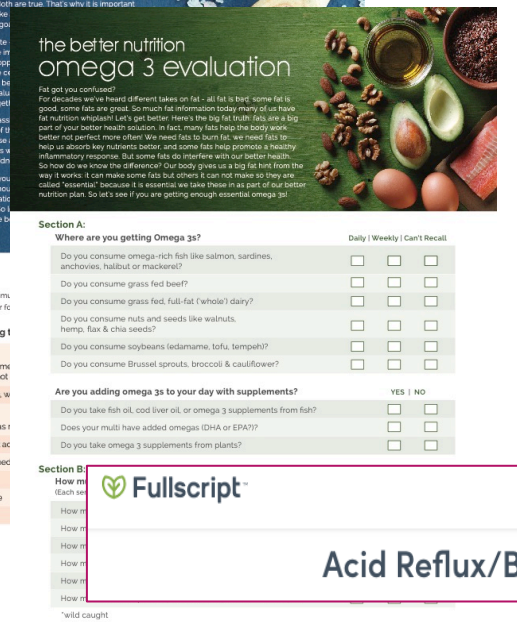
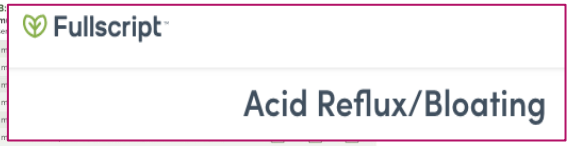
TOOLS USED & PROVIDED











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