

Health Profile

Nutritional Elements

Check Index for Base Level / Absorption / Assimilation / Utilisation of each group and any necessary specific nutrients. There can either be a deficiency or excess of nutrients. For amino acids there can also be a problem breaking them down and rebuilding – some are not essential in the diet but are built up from the components of the essential amino acids.

Water	Amino acid balance	Enzymes etc.
Carbohydrates	Essential AAs:	Digestive enzyme
Protein	L-Isoleucine	Salivary Amylase (mouth)
Other Elements	L-Leucine	Linguinal Lipase (mouth)
Oxygen	L-Lysine	Gastric Lipase (stomach)
	L-Methionine	Pepsin (stomach)
Mineral balance	L-Phenylalanine	Pancreatic Amylase
Boron (Bo)	L-Theanine	Pancreatic Lipase
Calcium (Ca)	L-Threonine	Nuclease: Ribonuclease
Chromium (Cr)	L-Tryptophan	Deoxyribonuclease
Copper (Cu)	L-Valine	Trypsin (pancreas)
Gold (Au)	Non-Essential AAs:	Chymotrypsin (pancreas)
Iron (Fe)	Alanine	Carboxypeptidase (pancreas)
Potassium (K)	Arginine	Enterokinase(pancreas)
Iodine (Io)	Asparagine	Maltase (small intestine)
Magnesium (Mg)	Aspartic acid	Sucrase (small intestine)
Molybdenum (Mo)	Carnitine	Lactase (small intestine)
Manganese (Mn)	(Citrulline)	Peptidase: Aminopeptidase
Nickel (Ni)	Cystine	Dipeptidase, Nucleosidases &
Phosphorus (Ph)	Cysteine	Phosphatases(SI)
Silicon (Si)/Silica	Glutamine	Lipoprotein Lipase (liver)
Silver (Ag)	Glutamic acid	Other
Sodium (Na)	(Glutathione)	Super Oxide Dismutase (SOD)
Sulphur (S)	Glycine	Co Q10 (cell energy-antioxidant)
Selenium (Se)	Histidine	Catalase (antioxidant)
Silicon (Si) / Silica	Hydroxyproline	Cholinesterase (nerve stimulator)
Zinc (Zn)	(Ornithine)	AchE (anticholinesterase-nerve)
Trace minerals	Proline	ACE (adrenals)
	Serine	Lysosomal es (cell regeneration)
Vitamin balance	(Taurine)	HydroChloric acid
Beta Carotene/Vitamin A	Tyrosine	Serotonin GABA
B1, B2, B3, B5, B6/P5P, B12,	(DLPA)	Kinase 7-ketozyyme
B15, (B complex), Biotin, Folic		
acid, Choline, Inositol,		
Lecithin, PABA		
Vitamin C, D2, D3, E, K1, K2		
	Diet	Metabolism
Essential Fatty Acid balance	Diet Quotient	Nutrient/Toxin Blockage
Omega 3 oils:	Gut transit time	Metabolic Synthesis
Alpha linoleic acid	Content of Protein, Carbs and Fat	Metabolic Transport
EPA	Acid –Alkaline Balance	Metabolic Integration
DHA	High ORAC	Metabolic Reserve
EPO	Sodium - Potassium Balance	Metabolic Energy Availability
Omega 6 oils:	Natural - Processed Foods	Anabolism Catabolism
Cis-linoleic acid	Raw/Cooked Hot/Cold	Unharmonious Honesty
GLA (Gamma-linoleic)	Low Glycemic Index (GI)	Tissue Mass Other
DGLA	Organic	
Omega 9 oils:	Non-organic	
	Gluten content	Cellular Function
Essential Sugars/Glyconutrients	Wheat – Spelt	Structure
Glucose, Galactose, Fucose,	Fibre Content	Cleansing Regulation pH
Mannose, Xylose,	Sugar content	Hydration Defence Healing
N-Acetyl Glucosamine,	Macrobiotic diet	Nutritional: Absorption/Assimilation
N-Acetyl Galactosamine,	Hay System for combining foods	/Utilisation/Elimination
N-Acetyl Neuraminic Acid	Mucous content	/Detoxification
D-Ribose (DNA)	Taking or avoiding specific foods	Communication/Transport
	Other food combinations	Energy/ Mitochondria/DNA/RNA/
	Blood Group Diet	Zest / Other
		Other

Toxins

Recognition
Blocked in cells
Blocked elsewhere
Nutritional deficiency
Transportation
Elimination
Other

Harmful Organisms see p4

System Function

Central Nervous System
Peripheral Nervous System
Autonomic Nervous System:
 Sympathetic Nervous S
 Parasympathetic NS
 Entero Nervous System
Cerebrospinal Fluid
Endocrine
Respiratory
Cardiovascular
Lymphatic/immune
Reproductive
Hepato/urinary
Digestive
Muscular
Skeletal
Integumentary
Sensory
Vagus Nerve

Organ function

Bladder
Brain :
 Nucleus Ambiguous /
 Cerebrum / Cerebellum /
 Hippocampus / Amygdala /
 Frontal Lobes / Thalamus (HPA) /
 Tuberomammillary nucleus (TMN)
 /Ventrolateral preoptic nucl (VLPO)
Spinal cord
Colon / Ileum / Duodenum
Diaphragm
Gall-bladder
Heart
Ileocaecal Valve (ICV)
HoustonValve
Kidney
Liver
Lungs
Eyes
Ears
Oesophagus
Stomach
Pancreas(exo)
Spleen
Male: Prostate
 Testes
Female: Ovary
 Uterus
Other

Endocrine function

Pineal
Hypothalamus
Pituitary
Thyroid
Parathyroid
Parotid
Thymus
Pancreas
Sex glands
Adrenals (medulla/cortex)
Kidneys
Stomach
Liver
Small Intestine
Skin
Heart
Placenta
Reactive Behaviour

Hormone imbalance

Aldosterone (adrenal cortex)
DHEA
Gluticocorticoids eg Cortisol
 (adrenal cortex)
Gonadocorticoids (adrenal cortex)
Epinephrine/adrenaline (adrenal
 medulla)
Norepinephrine (ad medulla)
Androgen
Oestrogen
Progesterone
Testosterone
Gastrin (stomach and SI)
Gastric Inhibitory Peptide - GIP
Secretin (SI)
Cholecystokinin (SI & brain)
Growth Inhibiting H (pancrs)
Insulin (pancreas)
Calcitonine (thyroid)
T3 (thyroid)
T4 - thyroxine
Human Growth H (pituitary)
Thyroid stimulating H (pituity)
ACTH (pituitary)
Follicle Stimulating-FSH (pit)
Luteinising H (pituitary)
Melatonin
Prolactin (pituitary)
Melanocyte-stimulating H (pit)
Melatonin
Endocrine hormones
Enkephalins / Endorphins
Substance P
Dynorphin
Cholectokinin
Oxytocin
Antidiuretic hormone - ADH
Other

Integration of physical systems, organs, the pathways and connecting flow

Identify which organs/systems etc

Body Parts

Find if on
Head
Torso
Limbs

Free Radical Damage

Rancid Fats

Recognition
Blocked in cells
Blocked elsewhere
Transportation
Elimination
Other

Stagnant material in colon

Putrefactive
Post-putrefactive

Leaky gut

Jejeunum
Duodenum
Ileum
Colon

Bowel flora balance

Acidophilus
Bifidophilus
Lactobacillus
Kefirdophilus
Other Probiotic

Chemicals

Ingested eg foods
Inhaled
Contact
Injected
Household
Industrial
Food related
Pesticides
Pharmaceutical
Dental
Swimming pool

Toxic Heavy Metals

Aluminium (Al)
Arsenic (As)
Cadmium (Cd)
Copper (Cu)
Lead (Pb)
Mercury (Hg)
Nickel (Ni)
Platinum (Pt)
Silver (Ag)
Tin (Sn)

Dysfunctions - Do not use to diagnose any illness

Check Index for function / utilisation of any necessary items

Intestines

Colitis Diverticulitis
Dysbiosis Flatulence
Irritable Bowel Syndrome (IBS)
Leaky Gut
ICV/Houston Valve
Constipation
Putrefaction / Indecan

Nervous System

Reflexes Neural Pathways
Multiple Sclerosis
Neuralgia / Tics/twitches
Parkinson's
Proprioception

Heart, Circulation

Heart Attack Coronary
Thrombosis Angina
Varicose veins
Phlebitis
Poor circulation
High BP (Hypertension)
Low BP (Hypotension)
Piles (Haemorrhoids)

Blood & Pancreas

Hyperglycaemia
Low Blood Sugar
(Hypoglycaemia)
Insulin Resistance / Syndrome X
Diabetes Anaemia
Bruising Haemophilia
High Cholesterol (Atherosclerosis)
Hardening of arteries
(Arteriosclerosis)

Hepato-Urinary

Jaundice
Liver congestion
Bile salt deficiency
Gall stones
Gout
Kidney stones

Respiratory

Asthma Bronchitis
Emphysema Pneumonia
Hyperventilation
Ox/Co2 Balance
Other

Adrenal Glands

Overactive
Depleted
Labile
Reversed

Teeth

Gingivitis
Tooth Decay (lysozome)

Thyroid

Overactive (Hyperthyroid)
Underactive (Hypothyroid)
Goitre

Eyes

Stye
Cataract
Glaucoma
Crossed
Wall-eyed
Tunnel vision
Near-sighted (Myopia)
Long-sighted (Hyperopia)
Far-sighted

Ears, Nose and Throat

Sinusitis
Tinnitus
Tonsillitis
Meniere's Disease

Bone

Osteoporosis
Osteomalacia
Osteomyelitis
Osteo-arthritis / Joint Dysfn
Rheumatoid Arthritis
Scoliosis / Fracture
Deformity / Bony Spurs
Osteoblasts / Osteoclasts

Skin

Eczema
Psoriasis
Balding (Alopecia)
Acne
Boils
Warts / Moles

Soft Tissue / Muscles

Inflammation / Cyst
Bursitis / Oedema
High tissue Calcium
Fibromyalgia
Spasm / Hypertonic muscles
Ulcer / Lump
Tumour / Cancer

Female Problems

No periods (Amenorrhea)
Scanty periods (Dysmenorrhea)
Fibroids
Endometriosis
Leukorrhea
Vaginitis
Cystitis
PMS
Menopause

Neurotransmitters

Regulatory/Inhibitory/Excitatory
/Other *See separate sheet*

Well-Being

Allergy
Pain
Dispositional fears
Migraine
Epilepsy
Depression
Loss of Balance
Alzheimer's
M E (Myalgic Encephalomyelitis)
SAD Syndrome
Post Viral Syndrome
Lupus
Fatigue
Jaw misaligned (TMJ)
Paralysis
Insomnia
Toxic Shock
Dyslexia
Overweight
Underweight
Hyperactivity
Attention Deficit Disorder
Vertigo
Radiation Damage

Eating

Anorexia Bulimia
Binging Cravings
Insatiety Low HCl
Toxic eating

Genetic

Autism / Aspergers
Downs Syndrome
Cystic Fibrosis
DNA Corruptions
Miasms
Homeobox gene (endometriosis)
BRCA1 and 2 (Breast cancer)

Energy

Energy Immune System
Sensitivity to Good Energy
Psychic, Cosmic & earth Es:
 Channelling Balance
 Support Synthesis
 Integration
Geopathic Stress (Vulnerability)
Environmental Stress
Intrusive Energies
Stability: Physical/Emotional
 /Mental/Spiritual
Subtle Body Anatomy
Mitochondria ATP/Regeneration

See Doctor / Other Practitioner

Resume / Reduce medication

Other

Harmful Organisms

In ascending order of size

beneficial probiotic is in red

Check index for presence as a % of total maximum possible

Nanoorganisms

Prions

BSE
Other

Viruses

DNA Viruses
Papoviruses
Warts
Neoplasms
Papilloma Virus (HPV16&18)
Adenoviruses
Respiratory Syncytial Virus
Herpes Viruses
Cytomegalavirus (CMV)
Epstein-Barr
Herpes Simplex 1 (oral)
Herpes Simplex 2 (genital)
Other Herpes Simplex
Herpes Zoster (shingles)
Varicella Zoster (chickenpox)
Poxviruses
Molluscum Contagiosum
Smallpox
Hepatitis B
Hepatitis C
Other

RNA Viruses
Ebola Virus
Enteroviruses
Coxsackie
Echo viruses
Polio
Rhinoviruses
Common Cold
Reoviruses
Respiratory Tract
Diarrhoea
Arboviruses
Dengue fever
Yellow fever
Mixo- & Paramixoviruses
Influenza
Measles
Mumps
Rabdoviruses
Rabies
Coronaviruses
Common Cold
SARS-CoV-2 / Covid-19:
B 1.1.7 UK, B 1.351 SA, P1 Br
Arenoviruses
Lassa Fever
Rubella (German Measles)
Hepatitis A (infectious Hep)
Retroviruses - HIV
Other: Natural / Engineered

Subversive/Stealth-adapted/Mutant

Rickettsia

Coxiella Burnetti
Rocky Mountain Spotted Fever
Q Fever
Other

Chlamydia

Chlamydia Psittaci
Chlamydia Trachomatis
Other

Protozoa

Balantidium Coli
Entamoeba Histolytica
Giardia Lamblia
Leishmania Donovanii
Plasmodium Falciparum
Plasmodium Vivax
Trichomonas Vaginalis
Trypanosoma Brucei
Other

Bacteria - see p5

Mycoplasma

?

Fungus (Yeast, Mould etc.)

Acremonium
Aflatoxin
Alternaria
Aspergilla Fumigatus
Aspergilla Niger
Candida Albicans
L acidophilus/Oregano oil
Candida famata fungemia
Candida glabrata
Candida krusei
Candida utilis
Cephalosporium
Epidermophyton Floccosum (ringworm)
Microsporum Glypsium
Trichophyton Rubrum (athlete's foot, groin itch)
Trichophyton Terrestris
Other

Parasites

Roundworms may be egg, larva, adult male or adult female.
Tapeworms may be egg, larva, encysted form or adult. Scolex is active head of tapeworm, TW.
Flukes may be egg, 4 different larva stages, adult male or adult female.

Ancylostoma (hookworm)
Ascaris (human roundworm)
Cimex (bed bug)
Clonorchis Sinensis (liver fluke)
Culex (gnat, mosquito larva)
Dipylidium Scolex (TW)
Echinococcus Granulosus (TW)
Enterobius Vermicularis (threadworm)
Fasciola (liver fluke)
Necator Americanus (hookworm)
Onchocerca Volvulus (filarial worm)
Paragonimus Westermani (lung fluke)
Pediculus Humanis Capitis (head lice)
Schistosoma Mansoni (blood fluke)
Taenia Scolex (TW)
Trichinella Spiralis (intestinal nematode)
Trichuris Trichuria (whipworm)
Xenopsylla Cheopsis (rat flea)
Other

Bacteria **beneficial probiotic is in red; fo = feeds on**

Beneficial Bacteria

L. acidophilus
 L. bifidus (Bifidobacterium bifidum)
 L. brevis
 L. casei
 L. cellobiosus
 L. fermenti
 L. leichmannii
 L. plantarum
 L. salivarius
 E Coli (phys) – lactose dign, produces vit K, B1,2,6,12
 Enterococci (physiological)
 Peptostreptococci
 Propionobacteria (physiological)

Transient Non-Colonising Bacteria

 L. bulgaricus
 Streptococcus thermophilus

Harmful Bacteria

Acinetobacter baumannii **oregano oil**
 Acinomyces (feeds on iron)
 Aeromonas veronii biogroup sobria **oregano**
 Aspergillus niger **oregano oil**
 Bacillus cereus **L.acidophilis**
 Bacilli Gram Positive (sulphur-red)
 Bacilli Gram Negative
 Bacillus megaterium (meningitis)
 B. stearothermophilus **L.acidophilis**
 Bacillus subtilis **L.acidophilis**
 Bacteroids **fo sugar, sulphate – red**
 B fragilis
 B melaninogenicus
 Bordetella pertussis (whooping cough)
 Borrelia burgdorferi (Lyme disease)
 Brucella abortus
 Campylobacter
 Catenobacteria
 C spirillaceae
 C spirochaetaceae
 Chromatiaceae (**sulphate – red**)
 Clostridium - **feed on sugar, thrives on antibiotics**
 Always in autism, schizophr, psychosis,
 depression, muscle paralysis, neurological & ψ
 C aerofretidum
 C botulinum (botulism)
 C difficile
 C histolyticum
 C novyi
 C perfringens **L.acidophilis**
 C septicum
 C sordelli
 C sporogenes
 C tertium
 C tetani (tetanus)
 C welchii (cellulitis)
 Corynebacterium diphtheriae (diphtheria)
 Desfotomaculum (sulphate – red)

Endolimax nana **oregano oil**
 Enterobacteria raise cholesterol, cause
 inflammation and weight gain
 E clebsiella
 E citrobacteria
 E proteus
 Enterococcus faecalis **oregano oil**
 Escherichia coli (inf meningitis) **oregano, fo iron**
 EubacteriaFuzobacteriaGarnerella vaginilis
 Geotrichum **oregano oil**
 Haemophilus influenzae (HIB)
 Helicobacter pylori
 Klebsiella pneumoniae **L.acidophilis, oregano oil**
 Lactobacillus helveticus **L.acidophilis**
 L. lactis **L.acidophilis**
 Lactobacillus plantarum **oregano oil**
 Legionella pneumophila (legionnaire's disease)
 Leptospirosis (Weil's disease)
 Listeria monocytogenes (inf meningits) **oregano**
 Mycobacterium bovis (TB) **fo iron**
 M leprae (leprosy)
 M tuberculosis (TB)
 Mycoplasma pneumoniae
 Neisseria gonorrhoea
 Neisseria meningitidis (meningitis)
 Peptococci
 P. fluorescens **L.acidophilis**
 Proteobacteria (sulphate – red)
 Proteus vulgaris **L.acidophilis**
 Pseudomonas aeruginosa (inf meningitis)
 L.acidophilis, oregano oil
 Rhodotorula **oregano oil**
 Salmonella
 S. enterica, oregano oil
 S. paratyphi (typhoid)
 S. schottmueller **L.acidophilis**
 S. typhi (typhoid)
 S. typhosa **L.acidophilis**
 Sarcina lutea **L.acidophilis, oregano oil**
 Serratia marascens, **L.acidophilis, oregano oil**
 Shigella dysenteriae **L.acidophilis**
 Shigella paradysenteriae **L.acidophilis**
 Staphylococcus aureus **L.acidophilis, oregano oil, fo sugar**
 MRSA is meticillin-resistant Staphylococcus aureus.
 Staphylococcus epidermidis
 Streptococcus agalaciae (meningitis, septicaemia), **fo sugar**
 S faecalis **L.acidophilis**
 S lactis **L.acidophilis**
 S mutans (dental caries)
 S pneumoniae
 S pyogenes
 S viridans
 Thiobacilli (sulphate – red)
 Vibrio cholera
 V comma **L.acidophilis**
 Yersinia enterocolitica **oregano oil**
 Yersinia pestis

Other