

Name:				
Date:				
Pulse (Ideal Range: 50-70 BPM)				
Sitting Blood Pressure (Ideal: 120/80) Ideal Range: 114-130/76-86				
Lying Blood Pressure				
Lying Blood Pressure Change (+/-) Norm: Slight drop in Diastolic				
Standing Blood Pressure				
Standing Blood Pressure Change (+/-) Norm: Increase Systolic 4-10mmHg <4mmHg = <u>Low Adrenal</u> >10mmHg = <u>High Adrenal</u> , <u>High Pituitary</u> or <u>Sympathetic Dominant</u>				
Saliva pH (Norm: 7.2)				
Urine pH (Norm: 6.5)				
Temperature (4-day average) Ideal Range: 97.8-98.2 <97.8 = <u>Low Thyroid</u> , <u>Low Pituitary</u> , <u>Low Adrenal</u> , or <u>Vitamin B Deficiency</u> >98.2 = <u>High Thyroid</u> , <u>High Pituitary</u> , acute or chronic infection.				
Zinc Taste Test 1 = No taste = Marked zinc-deficiency 2 = Slight, delayed taste = Zinc-deficiency 3 = Distinct taste = Slight zinc-deficiency 4 = Very strong/unpleasant taste = Good				
Oxidation Stress Test +3 = Marked antioxidant need +2 = Definite antioxidant need +1 = Probable antioxidant need 0 = No antioxidant need				
Urine Calcium (Sulkowitch Test) 1 = Clear = Marked calcium deficiency 2 = Slightly cloudy = Calcium deficiency 3 = Moderately cloudy = Normal 4 = Milky = Excess calcium				
Urine Sodium (Koenisburg Test) 18-22 = Normal 24 or greater = Low Adrenal 16 or lower = High Adrenal or <u>Low Adrenal</u> at Stage II exhaustion				