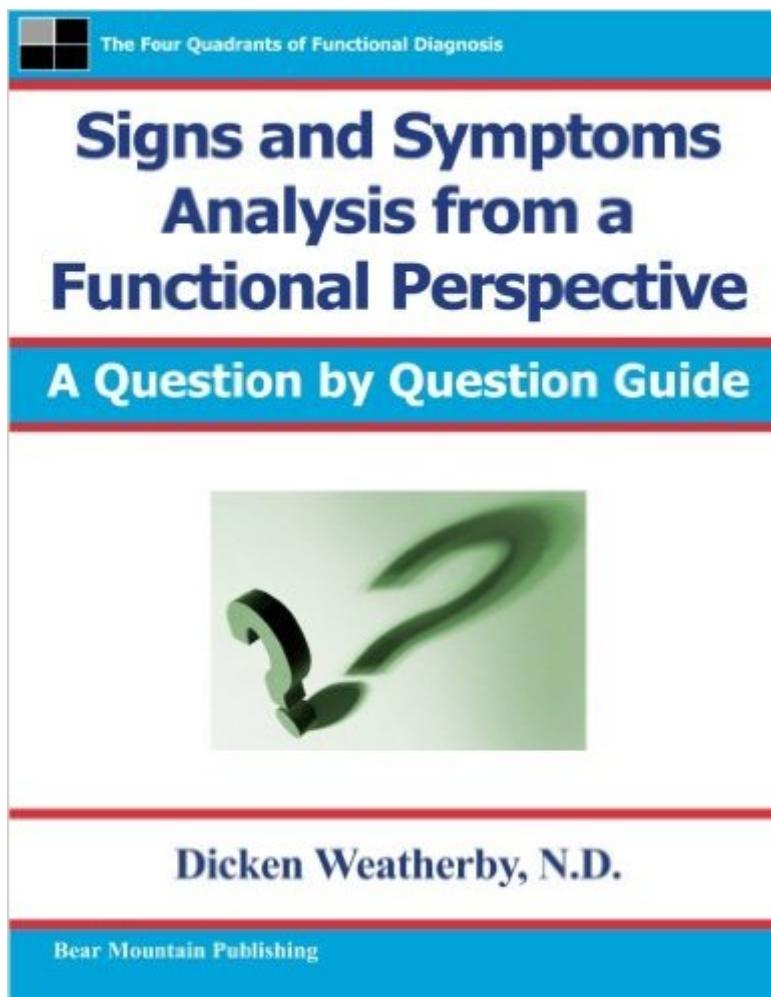


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# Signs And Symptoms Analysis From A Functional Perspective



## Synopsis

This book presents a diagnostic system of signs and symptoms analysis that focuses on the most important questions you should be asking your patients. The questions are organized by body systems and will help you gather more information on the functional state of your patients. Whether you are well-seasoned doctor, fresh from medical school, or a patient looking for answers to your questions you will refer to this book again and again. You will discover how easy it is to identify where the symptom burden is located in the body, increase your efficiency of history taking in the office, implement new tools and techniques to dramatically improve your clinical outcomes, cut the amount of time you spend taking a patient history, and make your initial history an indispensable screening tool. Your signs and symptoms analysis will finally mean something to you and your patients. This book includes: In depth information on each of the questions on the questionnaire. Complete instructions for doing a manual assessment. A full section on diet, lifestyle and medications explaining their effects on your patients' health. Full details on functional tests to gather even more information from your patients. 24 handouts for your patients, including food sources of nutrients, alternatives to common food allergens and diets for many functional disorders. Improve your clinical efficiency by identifying how your treatment is progressing over time. Master forms of 322 question questionnaire and manual symptom burden analysis form available as a download. This best selling manual on Signs and Symptoms Analysis has shown hundreds of doctors how to do a functionally oriented history. What are you waiting for?

## Book Information

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## Customer Reviews

For myself, I became aware of the NAQ (Nutritional Assessment Questionnaire) a few years ago through my FNP who was also a nutritional therapist. The NAQ assisted her in identifying specific digestive issues that were causing some severe health problems. Quite frankly I think she saved my life through the NAQ. Since the FNP has left our region, Weatherby's book provides me with the working tools to continue connecting the dots between my symptoms, nutritional status and health issues and enables me to ask informed questions of my health care providers. This is a excellent, in-depth question by question discussion guide to the 'Nutritional Assessment Questionnaire 1.5'. The book has been 'recommended reading' by the Nutritional Therapy Association in their training program. A complete NAQ questionnaire is included. Note: while the book says you can get digital copies of some of the materials, I was not able to acquire a digital questionnaire copy by sending emails as directed by the book. But after doing a thorough search on Google, I was able located PDF copies of the forms matching those in the book. Or you could simply scan in the forms and charts from the book to make working copies. The book's approach is 'functional medicine' and the intended target audience is health care professionals, dieticians, nutritional counselors, not the nutritional newbie. That being said, I think anyone with a good understanding of nutrition fundamentals and a lively interest in functional medicine could utilize the information in this book. The book, as a teaching text about how to interpret the results of an NAQ, makes specific recommendations for further assessment as well as generic supplemental support. It's a great resource for the pro-active patient. Since it is an expensive book, I'd encourage people to preview portions of the text through Google Books. That way you'd have some idea if the book will be useful to you. Many of the 'further assessment recommendations' would probably need to be accomplished through a health care provider, but there's certainly enough assessment tips that could be accomplished at home. The nutritional information is very valuable to me because it's symptom specific. The recommendations on supplements is important because it's generic and not tied to a specific brand of products. I consider this a valuable addition to my family health library and a good investment.

Easy to read. I wish this book was spiral bound so that I could copy easier the pages I need to review. It does not lay totally flat on the printer therefore some of the type is missing on some pages of this approx 1 1/2" book. Did you know the symptom "Fingernails chip, peal or break easily" is an Upper Gastrointestinal System dysfunction? Or "Dry Flaky Skin" is in the section Essential Fatty Acids. EFA deficiency is often due to hilary dysfunction. Each Symptom has Supplemental Suport to

help this dysfunction."Awaken a few hour after falling asleep, hard to get back to sleep?", this is a Blood Sugar Dys-regulation problem. It is a classic sign of low blood sugar. At night the blood sugar begins to drop, especially around 1 am. Book recommends keeping a diet diary to indicate the kind of meal that you ate. This book says, this is a temporary solution. Other indications are a B vitamin deficiency or serotonin/melatonin imbalance. Nutritional supplementation to support blood sugar handling problems, beet juice, pancreatic tissue (neonatal bovine) is listed. This book is one that is used by Nutritional Therapists therefore contains functional evaluation points to test clients pain or tenderness rating in the areas of the body. For example, the Nutritional Therapist will check for the tenderness in the Chapman reflex for the liver as indicated in the book for blood sugar Dys-regulation. This book is used in conjunction with the NAQ used by the NT. (Nutritional Assessment Questionnaire) which includes questions regarding diet, lifestyle and medications, and then the client rates their symptom burden 321 questions. This book is a required book for use in the Nutritional Therapy Training and is used very often during the course. The back section of the book has an Appendix: Diet and Lifestyle Handouts: "Foods to Focus On" and "Foods to Avoid," "Dysbiosis Diet-for Control of Candida, Bacteria, Viruses, & Parasites," "Food Sources for Calcium," and "Foods to Avoid on a Gluten-Free Diet." etc.

I purchased this book from the author's website. The NAQ questionnaire is a signs and symptoms health questionnaire which is commonly used by Australian naturopaths. I suspect that many of them are not aware of the implications of many of the questions that they are asking their patients. This book fully interprets all of the questions of this questionnaire. It makes the questionnaire an extremely meaningful, simple and cheap tool as a starting point for a consultation. It is primarily aimed at practitioners. It gives suggestions for further assessments which could be useful - most of these are explained in the author's other books on "Complete Physical Exam Reference and Charting System" and "In-Office Lab Testing". Suggestions are made for supplement support, but these are general and no specific companies or products are promoted.

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