

ERE Assessment Tool

The ERE provides valuable insight in creating a thorough investigation of the whole body and lifestyle. By looking at individual answers and multiple answers together, you can discern initial lifestyle suggestions, dietary recommendations, and supplementation. However, to not guess, we also test. In many cases, the ERE will also point towards critically important tests the patient is required to take to get to underlying issues and root causes of problems today that can evolve into deeper disease and concern tomorrow.

Food and Exercise:

Lack of exercise: Determine which of HIIT, Resistance and/or Aerobic is right for the patient and provide documents.

Poor nutrition: We should provide which of the diets: Anti-inflammatory/Keto, Basic Mediterranean, Modified Mediterranean, or Mediterranean with Reduced Animal Products is ideal for them.

IMPORTANT: You are evaluating nutrient deficiencies, toxicities, and imbalances. This is often where it is essential that supplementing with all or part of the wellness base of vitamins is a necessity: Edison Pack, Vitamin D, Omega, and Detox Pack.

Do you exercise 3 or more times a week for 30 minutes?

Evaluating the need to recommend exercise and utilizing the rest of the ERE, exercise type.

Have you recently attempted to lose weight without success?

Are they weight-loss-resistant?

Do you crave sugar or carbohydrates (i.e. chocolate, bread)?

Carb addiction is indicative of both the need for a more ketogenic lifestyle and that they may be at or headed to metabolic syndrome, Diabetes.

Do you crave stimulants (i.e. coffee or chocolate)?

Concern over Adrenal fatigue, carb addition, and potential metabolic syndrome.

Do you consume caffeine?

Concern over Adrenal fatigue, carb addition, and potential metabolic syndrome.

How frequently do you consume caffeine?

While some genetics can handle 1-2 cups of coffee or tea a day, it is very problematic for others. Concern over Adrenal fatigue, carb addition, and potential metabolic syndrome.

Do you drink alcohol?

Concerns for liver, toxicity, and weight gain. (Advise of dangers and Detox Pack is helpful)

How frequently do you consume alcohol?

Concerns for liver, toxicity, and weight gain and weight loss resistance. (Advise of dangers and Detox Pack is helpful)

Do you smoke cigarettes or other tobacco products?

Concerns for toxicity. (Advise of dangers and Detox Pack is helpful)

Do you eat boxed food more than twice a week?

Dietary, weight gain and toxicity advice required.

Do you drink any type of soda?

Dietary, weight gain, and toxicity advice required.

Do you drink at least 4 glasses of water per day?

Advise – ideal is 6+ depending on temperature, activity level, and digestive symptoms. Helpful in weight management and regularity.

Do you eat white flour, white rice or white bread?

Advise and discuss dietary protocols.

How often do you consume white flour, white rice or white bread?

Advise and discuss dietary protocols.

Do you eat at least 5 servings of vegetables per day?

Must supplement if this number is inadequate – and truly, supplement anyway as it is unlikely anyone would ever eat enough fruits and vegetables to meet nutrient requirements

Do you use artificial sweeteners or consume foods that contain them?

There's a major concern here with toxicity, poor diet, and weight gain. Provide diet and advise the Detox Pack and likely someone that needs gut testing.

Do you eat fried foods?

There's a major concern here with inflammation, toxicity, poor diet, and weight gain. Provide diet and advise the Detox Pack and likely someone that needs gut testing.

How frequently do you consume fried foods?

There's a major concern here with inflammation, toxicity, poor diet, and weight gain. Provide diet and advise the Detox Pack and likely someone that needs gut testing.

Do you feel you get all your needed nutrients from food, and therefore pass on supplements including multivitamins and fish oil?

If they do not supplement, explain that they are not getting the nutrients needed to thrive or survive. Start with a minimum of the Edison Pack and Omega-3 and ideally Vit D3K as well.

Do you eat sweets or candy?

There's a major concern here with inflammation, toxicity, poor diet, and weight gain. Provide diet and advise the Detox Pack and likely someone that needs gut testing.

How frequently do you consume sweets or candy?

For daily or weekly, there's a major concern here with inflammation, toxicity, poor diet, and weight gain. Provide diet and advise the Detox Pack and likely someone that needs gut testing.

Energy Levels:

Evaluating for adrenals, thyroid, diet, and supplementation. Specifically, issues with sleep, drowsiness during the day, and feeling wired and tired indicate the need for the Adrenal – Sleep/Stress test and care protocols.

How many hours per night do you sleep on average?

Looking for the impending danger of reduced sleep, negative epigenetics, and with current or developing adrenal issues.

Do you feel drowsy during the day?

Yes - the need to investigate adrenals

How often do you experience feelings of drowsiness during the day?

Daily or weekly is an issue and requires adrenal investigation.

Do you have episodes of feeling faint or dizzy or a poor sense of balance?

Potentially connected to stress, lack of sleep, and the over-use of stimulants as well as nutrient deficiency. If stress/sleep related than run the adrenals – stress/sleep tests. Otherwise evaluate diet and the need for the Edison Pack if not adequately supplementing.

How often do you feel faint or dizzy or a poor sense of balance?

If daily, weekly, or monthly potentially connected to stress, lack of sleep, and the over-use of stimulants as well as nutrient deficiency. If stress/sleep related than run the adrenals – stress/sleep tests. Otherwise evaluate diet and the need for the Edison Pack if not adequately supplementing.

Do you have anemia (low iron)?

If yes, make necessary diet and supplementation recommendations. Women's Edison pack and adding grass-fed red meat generally work as a recommendation. Vegans or those that are severely depleted may need additional iron supplementation.

Hair, Skin, and Nails. Often an issue with Thyroid and Gut. Other issues related to thyroid are sluggishness/fatigue and weight gain. The gut is involved with inflammation, digestive problems, skin issues, colds and infections, mental health, and auto-immune conditions. If someone has one or more of the problems assessed in this category, particularly with associated issues, testing and care are essential as these problems spiral downward overtime and can become less and less recoverable. If problems are accompanied by difficulties sleeping, stress, and nervousness; perform adrenal testing as well.

Do you have hair loss, not resulting in baldness (i.e. noticing more hair on the pillow when you wake, hair loss in shower etc.)?

Address thyroid and gut through testing and protocols.

Do you suffer from acne, eczema, or psoriasis?

Signs of intestinal issues and potentially auto-immune disease. Address the gut through testing and protocols.

Do you suffer from dry skin or dermatitis?

Address thyroid and gut through testing and protocols.

Do your nails have ridges, spots or do they split easily?

Address thyroid and gut through testing and protocols

Do you have difficulty sleeping, have nervousness or hyperactivity?

Test adrenal function alone or along with any tests required that are related to thyroid and gut conditions.

How often do you experience these symptoms?

Weekly or monthly problems indicate a chronic issue.

Lifestyle Diseases:

Do you feel you are aging quickly?

This is generally a sign of inflammation and nutrient deficiency. Running DNA at a minimum and ideally Vit D and CRP, and Foods are all base areas that this patient should begin to investigate in order to slow down or reverse aging.

Do you have silver amalgams in your mouth?

Yes - would mean heavy metals toxicity. Discuss safe removal and follow a Modified Mediterranean Food Plan or Anti-inflammatory keto, take the Detox Pack, and recommend IR Sauna. If they already removed, they likely never detoxed, and the mercury is unequivocally still circulating throughout their brain and body.

Additionally – the dysbiosis testing is important. Chemicals are a primary way that the gut lining and flora are badly disrupted.

Do you receive the flu vaccine annually?

Yes - would mean heavy severe toxicity. The heavy metals and other toxins in these drugs are not naturally metabolized. Follow a Modified Mediterranean Food Plan or Anti-inflammatory keto, take the Detox Pack, and recommend IR Sauna.

Additionally – the dysbiosis testing is important. Chemicals are a primary way that the gut lining and flora are badly disrupted.

Do you have a history of exposure to mold?

Yes – utilized the Detox Pack. The charcoal neutralized the mold and the product supports the required cellular detoxification process. Additionally – the dysbiosis testing is important. Chemicals are a primary way that the gut lining and flora are badly disrupted.

Do you have irregular blood sugar, diabetes or pre-diabetes?

Run the full cardiometabolic test!

Do you have heart disease (i.e. high blood pressure [over 115/75] or high cholesterol), circulatory problems or slow wound healing?

Run the full cardiometabolic test

Do you have metabolic syndrome: obesity, blood pressure over 115/75, diabetes mellitus and high cholesterol?

Run the full cardiometabolic test

Have a history of cancer?

Yes – run DNA and Vit D w/CRP.

Immunity:

It's well established that immunity starts in the gut. Nutrient deficiency, particularly related to core vitamins such as D and B along with antioxidants A, C, E, Se, and Mg, and Zn can also diminish immune function. A major area to focus immunity both long and short term is inflammation. Inflammation over-burdens the immune system. This undoubtedly leads to chronic illness over time. When you see chronic, immune related issues, it should trigger testing D, CRP, and the gut for testing and to quickly address diet and supplementation.

Do you suffer from sinus issues, asthma, or allergies?

Yes - When you see chronic, immune related issues, it should trigger testing D, CRP, and the gut for testing and to quickly address diet and supplementation.

How often do you experience these symptoms?

Daily/weekly/monthly - Yes - When you see chronic, immune related issues, it should trigger testing D, CRP, and the gut for testing and to quickly address diet and supplementation.

Do you get frequent colds and flus?

Yes - When you see chronic, immune related issues, it should trigger testing D, CRP, and the gut for testing and to quickly address diet and supplementation.

Do you have an autoimmune condition?

Yes - to auto-immune is always thinking a full gut evaluation.
Pain – Generally an indication of inflammation. This can be related to diet, gut, omega-3 status, Vitamin D and other nutrient deficiencies, and potentially severe infection or other underlying illness. Testing Vit D/CRP, the gut, and omega-3 status are all potential options based on presentation and any other accompanying factors.

Do you suffer from joint pain or muscle aches?

Yes - Testing Gut as a cause of inflammation, Vit D/CRP, and omega-3 status are all potential options based on presentation and any other accompanying factors.

How often do you suffer from joint pain or muscle aches?

Daily, weekly, or monthly - Testing Gut as a cause of inflammation, Vit D/CRP, and omega-3 status are all potential options based on presentation and any other accompanying factors.

Do you have headaches or migraines?

Yes - Testing Gut as a cause of inflammation, Vit D/CRP, and omega-3 status are all potential options based on presentation and any other accompanying factors.

How often do your headaches or migraines occur?

Daily, weekly, or monthly - Testing Gut as a cause of inflammation, Vit D/CRP, and omega-3 status are all potential options based on presentation and any other accompanying factors.

Have you had a history of whiplash or a concussion?

Yes – Chiropractic, the Edison Pack, and Omega-3. Severe pain, E-flamX for 6-8 weeks.

Have you received treatment/correction for your whiplash and/or concussion?

Looking into old accidents that did not have complete care. Vit D/CRP testing along with the chiropractic care.

Do you have chronic pain including fibromyalgia or arthritis?

Yes - Auto-immune testing starts with advanced Gut and Vit D/CRP testing.

Digestion:

Primarily will revolve around Gut testing and protocols and potentially cortisol or full adrenal testing if we suspect stress and lack sleep as part of the problem.

Do you have any digestive concerns?

Yes - Gut testing and protocols and potentially cortisol or full adrenal testing if we suspect stress and lack sleep as part of the problem.

How often do you experience these digestive symptoms?

Daily, weekly, or monthly - Gut testing and protocols and potentially cortisol or full adrenal testing if we suspect stress and lack sleep as part of the problem.

Do you have diarrhea?

Yes - Gut testing and protocols and potentially cortisol or full adrenal testing if we suspect stress and lack sleep as part of the problem.

Are you constipated?

Yes - Hydration and a plant-based diet should be discussed. Additionally, looking for the need to test Gut and potentially cortisol or full adrenal testing if we suspect stress and lack sleep as part of the problem.

Do you have heartburn and/or excessive burping?

Yes - Gut testing and protocols. It's very possible in this case that cortisol or full adrenal testing is necessary due to stress and/or lack sleep.

How often does your heartburn/excessive burping occur?

Chronic - Gut testing and protocols. It's very possible in this case that cortisol or full adrenal testing is necessary due to stress and/or lack sleep.

Lungs and Extremities – For lungs: immune strength and managing inflammation are key factors. This will bring us back to gut testing and protocols, Vit D/CRP testing, and immune nutrients such as A, C, E, Se, Mg, and Zn or nutrients such as Vit D and omega-3 known to directly influence the health of the respiratory system.

If extremities are linked to potential neurological conditions such as neuropathy, then the Edison Pack contains key nutrients found in both components of the product such as B6, B12, and ALA critical to restoring function to damaged nerves. A Class IV, 60W laser is also a strong recommendation when dealing with damage, degenerated, or pathological nerve issues.

Do you have a history of asthma or COPD?

Yes - For lungs: immune strength and managing inflammation are key factors. This will bring us back to gut testing and protocols, Vit D/CRP testing, and immune nutrients such as A, C, E, Se, Mg, and Zn or nutrients such as Vit D and omega-3 known to directly influence the health of the respiratory system.

Do you have shooting or tingling in your hands, arms, legs or feet?

Yes - If suspect that this is a neuropathy, then the Edison Pack contains key nutrients found in both components of the product such as B6, B12, and ALA critical to restoring function to damaged nerves. A Class IV, 60W laser is also a strong recommendation when dealing with damage, degenerated, or pathological nerve issues.

How often do you experience these shooting or tingling symptoms?

Chronic - If suspect that this is a neuropathy, then the Edison Pack contains key nutrients found in both components of the product such as B6, B12, and ALA critical to restoring function to damaged nerves. A Class IV, 60W laser is also a strong recommendation when dealing with damage, degenerated, or pathological nerve issues.

Do you have a hot or burning sensation in your feet or tender heels?

Yes - If suspect that this is a neuropathy, then the Edison Pack contains key nutrients found in both components of the product such as B6, B12, and ALA critical to restoring function to damaged nerves. A Class IV, 60W laser is also a strong recommendation when dealing with damage, degenerated, or pathological nerve issues.

How often do you experience these hot or burning symptoms?

Chronic - If suspect that this is a neuropathy, then the Edison Pack contains key nutrients found in both components of the product such as B6, B12, and ALA critical to restoring function to damaged nerves. A Class IV, 60W laser is also a strong recommendation when dealing with damage, degenerated, or pathological nerve issues.



VITALLEO

Do you have muscle cramps, tremors or spasms?

Yes - If suspect that this is a neuropathy, then the Edison Pack contains key nutrients found in both components of the product such as B6, B12, and ALA critical to restoring function to damaged nerves. A Class IV, 60W laser is also a strong recommendation when dealing with damage, degenerated, or pathological nerve issues.

How often do you experience these cramps, tremors, or spasms?

Chronic - If suspect that this is a neuropathy, then the Edison Pack contains key nutrients found in both components of the product such as B6, B12, and ALA critical to restoring function to damaged nerves. A Class IV, 60W laser is also a strong recommendation when dealing with damage, degenerated, or pathological nerve issues.

I am...

Female...

Questions for Women-

Problems in these responses are an indication we should do the Women's Health testing, often with adrenal testing as well. DHEA is the precursor to both male and female hormones. If there is adrenal fatigue leading to lowered DHEA production, then estrogen and testosterone will not be produced in adequate and balanced amounts.

Do you take synthetic estrogen medication?

Yes – Women's Health and Adrenal – stress/sleep testing.

Have you had difficulties in conceiving or experienced miscarriages?

Yes – Women's Health and Adrenal – stress/sleep testing.

Do you have Pre-menstrual Syndrome (PMS)?

Yes – Women's Health and Adrenal – stress/sleep testing.

Do you or have you had fibrocystic breasts, uterine fibroids, or cervical dysplasia?

Yes – Women's Health and Adrenal – stress/sleep testing.

Are you peri-menopausal or menopausal?

Yes – Women's Health and Adrenal – stress/sleep testing.

I am...

Male...

Questions for Men-

Verbally inquire as to any concerns with libido, prostate, a loss of energy, a feeling of advanced aging, and diminishing muscle mass. If yes, recommend Men's Health testing.

Solutions for these types of issues would be Sleep/Stress & Adrenal Test as well as Men's Health testing.