

ERE Assessment “Thought Process”
Use in conjunction with your ERE key found in your WA Packet

Score Evaluation: Over 60 is high-risk. Over 90 shows the need for testing has reached a crisis level.

Part 1: Food and exercise

- Areas such as exercise and nutrition, if answered poorly, indicate we need to get this person on some kind of plan immediately. Adjustments give you your best chance to survive an unhealthy lifestyle, but only to a certain degree.

Does not exercise

- Trouble losing weight: (Thyroid, hormones, or just lifestyle? We will see as we go.
- Stimulant craving and daily caffeine intake. Have (or can be causing) adrenal issues and depleting neurotransmitters (Neurotransmitters would require Edison Pack and E+). Check sleep and stress issues below for adrenal problems.
- **Bad diet?** Soda, flour, boxed foods, fried foods, candy?
Yes – 1) Requires a diet consult and they are nutrient deficient, needing supplementation (Generally, Edison Pack, Vitamin D, and E+). *These foods are “anti-nutrients.” Not only do they not provide nutritional value, but they also actually put stress on the digestive system and block the absorption of important macro and micronutrients.*
Yes - 2) They are causing gut issues requiring a Food Sensitivity Panel and potential gut protocol.
- 5 servings of vegetables and fruits: No: nutrient deficient and in need of supplementation (Edison, Vit D, E+).
- Alcohol, cigarettes, boxed foods, and poor diet: Toxic: Requires Detox Pack and lifestyle modification.

Part 2: Energy

- Less than 8 hours: deficient and at or leading towards adrenal fatigue
- Trouble getting up: adrenal insufficiency
- Tired/drowsy: adrenal insufficiency
- Dizzy and imbalanced without anemia: adrenal insufficiency or nutrient deficiencies from above.
- Sleep/Stress testing required for adrenal insufficiency.

Part 4: Hair, Skin, Nails:

- Issues here are most commonly from nutrient deficiencies, poor diet, and gut issues. Can also be a thyroid and/or hormone problem. If accompanied by other thyroid symptoms such as sluggishness, weight gain, inability to lose weight, cramps, and extremity issues than could be thyroid. If also accompanied by hormone issues below, may need to test thyroid and hormones.

Part 5: Lifestyle

- Aging quickly sounds like adrenals, thyroid, or hormones.
- Amalgam fillings – more toxicity. Detox Pack and suggest removal using safety protocols.
- Flu vaccine – more toxicity. Detox Pack and educate
- Blood sugar/diabetes – diet and cardiometabolic testing
- Heart disease – cardiometabolic testing
- Metabolic syndrome - diet and metabolic testing
 If have been through heart testing, find out if they’ve checked HbA1C, Vitamin D, Cortisol, and CRP; all part of our test.

Part 6: Immunity

- Regular immune issues. Think inflammation, Vit D, and food sensitivity
- Autoimmune. Think gut, inflammation, and Vitamin D. Test food sensitivity, CRP/Vitamin D.
- 4 E+/day and Edison Pack

Part 7: Pain

- Think inflammation. CRP/Vitamin D and food sensitivities need to be tested. Food sensitivity is considered a key cause of chronic inflammation.
- Diet: Modified Mediterranean or anti-inflammatory diet. DNA testing is the best way to determine.
- E-FlamX and 4 E+/day

Part 8: Digestion

- Gut issues are foundational to virtually every health problem, pain, or condition above.
- Issues here require food sensitivity testing. Particularly if found with auto-immune, immune, heart disease, or pain conditions.

Part 9: Lungs

- Immune issues and inflammation: Regular immune issues. Think inflammation and Vitamin D, and food sensitivity.
- Take 4 E+/day

Part 10: Hormone

- Test hormones, usually in conjunction with adrenals or thyroid.