

Healthy Living & Longevity Medical Center

Function Higher—Physically, Mentally, Sexually®

PATIENT: _____

DATE: ____/____/____

DEFINING YOUR DEFICIENCIES

Instructions: Answer each question by *checking the box for a True statement*. This assessment will determine if you are deficient in any of four neurotransmitters. Many of the questions relate to symptoms you might be experiencing. Answer the questions in terms of *how you feel right now*; it doesn't matter how long you've been experiencing these symptoms, or even if they occurred today for the first time.

1.

MEMORY AND ATTENTION

- I have trouble paying consistent attention and concentrating
- I need caffeine to wake up.
- I can not think quickly enough.
- I do not have a good attention span.
- I have trouble getting through a task even when it is interesting to me.
- I am slow in learning new ideas.

_____ TOTAL NUMBER OF TRUE STATEMENTS

PHYSICAL

- I crave sugar.
- I crave salt.
- I have decreased libido.
- I sleep too much.
- I have a history of alcohol abuse or addiction.
- I have recently felt worn out for no apparent reason.
- I sometimes experience total exhaustion without even exerting myself.
- I have always battled weight problems.
- I have little motivation for sexual experiences.
- I have trouble getting out of bed in the morning.
- I have a craving for cocaine, amphetamines, or Ecstasy.

_____ TOTAL NUMBER OF TRUE STATEMENTS

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PERSONALITY

- I feel fine just following others.
- People seem to take advantage of me.
- I am feeling very down or depressed.
- People have told me that I am too mellow.
- I have little urgency.
- I let people criticize me.
- I always look to others to lead me.
- I have lost my reasoning skills.
- I can't make good decisions.

_____ TOTAL NUMBER OF TRUE STATEMENTS

2.

MEMORY AND ATTENTION

- I lack imagination.
- I have difficulty remembering names when I first meet people.
- I have noticed that my memory ability is decreasing.
- My significant other tells me I don't have romantic thoughts.
- I can't remember my friends' birthdays.
- I have lost some of my creativity.

_____ TOTAL NUMBER OF TRUE STATEMENTS

PHYSICAL

- I don't exercise anymore.
- I crave fatty foods.
- I have experimented with hallucinogens or other illicit drugs.
- I feel like my body is falling apart.
- I can't breathe easily.

_____ TOTAL NUMBER OF TRUE STATEMENTS

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PERSONALITY

- I don't feel joy very often.
- I feel despair.
- I protect myself from being hurt by others by never telling much about myself.
- I find it more comfortable to do things alone rather than in a large group.
- Other people get angrier about bothersome things than I do.
- I give in easily and tend to be submissive.
- I rarely feel passionate about anything.
- I like routine.

_____ TOTAL NUMBER OF TRUE STATEMENTS

CHARACTER

- I don't care about anyone's stories but mine.
- I don't pay attention to people's feelings.
- I don't feel buoyant.
- I'm obsessive with my deficiencies.

_____ TOTAL NUMBER OF TRUE STATEMENTS

3.

MEMORY AND ATTENTION

- I find it difficult to concentrate because I'm nervous and jumpy.
- I can't remember phone numbers.
- I have trouble finding the right word.
- I have trouble remembering things when I am put on the spot.
- I know I am intelligent, but it is hard to show others.
- My ability to focus comes and goes.
- When I read, I find I have to go back over the same paragraph a few times to absorb the information.
- I am a quick thinker, but can't always say what I mean.

_____ TOTAL NUMBER OF TRUE STATEMENTS

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PHYSICAL

- I feel shaky.
- I sometimes tremble.
- I have frequent backaches or headaches.
- I tend to have shortness of breath.
- I tend to have heart palpitations.
- I tend to have cold hands.
- I sometimes sweat too much.
- I am sometimes dizzy.
- I often have muscle tension.
- I tend to get butterflies in my stomach.
- I am often nervous.
- I like yoga because it helps relax me.
- I often feel fatigued when I have had a good night's sleep.
- I overeat.

_____ TOTAL NUMBER OF TRUE STATEMENTS

PERSONALITY

- I have mood swings.
- I enjoy doing many things at one time, but I find it difficult to decide what to do first.
- I tend to do things just because I think they'd be fun.
- When things are dull, I always try to introduce some excitement.
- I tend to be fickle, changing my mood and thoughts frequently.
- I tend to get overly excited about things.
- My impulses tend to get me into a lot of trouble.
- I tend to be theatrical and draw attention to myself.
- I speak my mind no matter what the reaction of others may be.
- I sometimes have fits of rage and then feel terribly guilty.
- I often tell lies to get me out of trouble.
- I have always had less interest than the average person in sex.

_____ TOTAL NUMBER OF TRUE STATEMENTS

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CHARACTER

- I don't play by the rules anymore.
- I have lost many friends.
- I can't sustain romantic relationships.
- I consider the law arbitrary and without reason.
- I now consider the rules that I used to follow ridiculous.

_____ TOTAL NUMBER OF TRUE STATEMENTS

4.

MEMORY AND ATTENTION

- I am not very perceptive.
- I can't remember things that I have seen in the past.
- I have a slow reaction time.
- I have a poor sense of direction.

_____ TOTAL NUMBER OF TRUE STATEMENTS

PHYSICAL

- I have night sweats.
- I have insomnia .
- I tend to sleep in many different positions in order to feel comfortable.
- I always awake early in the morning.
- I can't relax.
- I wake up at least two times a night.
- It is difficult for me to fall back asleep when I am awakened.
- I crave bread or pasta.
- I have less energy to exercise.
- I am sad.

_____ TOTAL NUMBER OF TRUE STATEMENTS

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PERSONALITY

- I have chronic anxiety.
- I am easily irritated.
- I have thoughts of self destruction.
- I have had suicidal thoughts in my life.
- I tend to dwell on ideas too much.
- I am sometimes so structured that I become inflexible.
- My imagination takes over.
- Fear grips me.

_____ TOTAL NUMBER OF TRUE STATEMENTS

CHARACTER

- I can't stop thinking about the meaning of life.
- I no longer want to take risks.
- The lack of meaning in my life is painful to me.

_____ TOTAL NUMBER OF TRUE STATEMENTS

RESULTS:

1. TOTAL NUMBER OF TRUE RESPONSES: DOPAMINE DEFICIENCY _____
2. TOTAL NUMBER OF TRUE RESPONSES: ACETYLCHOLINE DEFICIENCY _____
3. TOTAL NUMBER OF TRUE RESPONSES: GABA DEFICIENCY _____
4. TOTAL NUMBER OF TRUE RESPONSES: SEROTONIN DEFICIENCY _____

CIRCLE YOUR HIGHEST NUMBER. THIS IS YOUR MOST DEFICIENT NATURE, THE ONE THAT IS MOST LIKELY TO LEAD TO ILLNESS.