

# 7 Day Food Evaluation



The 7-day food evaluation allows us to look closely at the foods that are consumed and what might be causing a reaction in you or your child's body. We also encourage you to include the things that you use ON your body or your child's body. Essentially everything you or your child will touch, taste, and smell. Many of the reactions we see are just that - reactions. They are not "allergies", but sensitivity to particular foods or chemicals creating a wide variety of symptoms including: fuzzy thinking, generalized gut sensitivity, behavior changes, mood changes, reading and writing difficulties, and many others. We use what is called an Occipital Drop evaluation to check the body for what it is reacting to. These checks allow us to generate the list of things that need to be cleared with Allergy Clearing Technique.

We encourage you to be as specific as possible with what you put in your mouth. Include drinks, gum, mints, toothpaste, vitamins and supplements, etc. Parents filling this out for their child should be aware of items that they are putting on themselves and then touching their child, i.e. perfume, lotions, aftershave, etc. Please also list any air fresheners and cleaning supplies that may be found in your home. If you are having something like a casserole, list the ingredients you put in rather than just listing "casserole". If it is a packaged food, we do not need the ingredient list as that is a set or known idea. If it registers as an issue, it can be looked at in depth to see if it is a particular ingredient within that product.

There is no judgment in this evaluation. What I mean by that is, I personally don't care if you eat cookies and milk all day. We just need to know WHAT you are REALLY eating to find out what may be causing the problems. Based on the evaluation, general suggestions to improve your overall nutrition may be included with your specific evaluation.

The charge for this service is included in your initial Allergy Clearing Technique (ACT) appointment. This completed form is vital to have at your appointment. If you prefer to record this information electronically, you can submit your completed food journal via e-mail to:



**Name:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Date submitted:** \_\_\_\_\_

<b>TO BEGIN:</b>
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Please list your known food or environmental allergies and foods you avoid due to these allergies:

Are you (or your child, if this diary is for them) a "picky" eater? Please list foods that you "don't like" or have an aversion to as there may be an allergy connection!

**Current Food Diary**

**Day 1**

Items put IN the body

Items put ON the body

**Day 2**

Items put IN the body

Items put ON the body

### **Day 3**

Items put IN the body

Items put ON the body

### **Day 4**

Items put IN the body

Items put ON the body

## **Day 5**

Items put IN the body

Items put ON the body

## **Day 6**

Items put IN the body

Items put ON the body

## **Day 7**

Items put IN the body

Items put ON the body

Please list any other products you use/consume frequently but maybe less than once a week (i.e. not in the last 7 days):

Additional Comments:

\*Nutritional Informed Consent According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201(g) (1), the term "DRUG" is defined to mean: "Articles intended for use in the Diagnosis, Cure, Mitigation, Treatment or Prevention of disease." A Vitamin is not a drug, NEITHER is a Mineral, Trace Element, Amino Acid, Herb, or Homeopathic Remedy. Although these may have an effect on any disease process or symptoms, this does not mean that it can be misrepresented, or be classified as a drug by anyone. Therefore, please be advised that any suggested nutritional advice or dietary advice is not intended as a primary treatment and/or therapy for any disease or particular bodily symptom. Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunctive schedule of nutrition is provided solely to upgrade the quality of foods in the patient's diet in order to supply good nutrition supporting the physiological and biomechanical processes of the human body. Nutritional advice and nutritional intake may also enhance the stabilization of chiropractic adjustments.