



Brain Function Assessment Form (BFAF)

Name:

Age:

Sex:

Date:

Please choose the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

SECTION 1

- A decrease in attention span
- Mental fatigue
- Difficulty learning new things
- Difficulty staying focused and concentrating for extended periods of time
- Experiencing fatigue when reading sooner than in the past
- Experiencing fatigue when driving sooner than in the past
- Need for caffeine to stay mentally alert
- Overall brain function impairs your daily life

SECTION 2

- Twitching or tremor in your hands and legs when resting
- Handwriting has gotten smaller and more crowded together
- A loss of smell to foods
- Difficulty sleeping or fitful sleep
- Stiffness in shoulders and hips that goes away when you start to move
- Constipation
- Voice has become softer
- Facial expression that is serious or angry
- Episodes of dizziness or light-headedness upon standing
- A hunched over posture when getting up and walking

SECTION 3

- Memory loss that impacts daily activities
- Difficulty planning, problem solving, or working with numbers
- Difficulty completing daily tasks
- Confusion about dates, the passage of time, or place
- Difficulty understanding visual images and spatial relationships (addresses and locations)
- Difficulty finding words when speaking
- Misplacement of things and inability to retrace steps
- Poor judgment and bad decisions
- Disinterest in hobbies, social activities, or work
- Personality or mood changes

SECTION 4

- Reduced function in overall hearing
- Difficulty understanding language with background or scatter noise
- Ringing or buzzing in the ear
- Difficulty comprehending language without perfect pronunciation
- Difficulty recognizing familiar faces
- Changes in comprehending the meaning of sentences, written or spoken
- Difficulty with verbal memory and finding words
- Difficulty remembering events
- Difficulty recalling previously learned facts and names
- Inability to comprehend familiar words when read
- Difficulty spelling familiar words
- Monotone, unemotional speech
- Difficulty understanding the emotions of others when they speak (nonverbal cues)
- Disinterest in music and a lack of appreciation for melodies
- Difficulty with long-term memory
- Memory impairment when doing the basic activities of daily living
- Difficulty with directions and visual memory
- Noticeable differences in energy levels throughout the day

SECTION 5

- Difficulty coordinating visual inputs and hand movements, resulting in an inability to efficiently reach for objects
- Difficulty comprehending written text
- Floaters or halos in your visual field
- Dullness of colors in your visual field during different times of the day
- Difficulty discriminating similar shades of color



SECTION 6

- Difficulty with detailed hand coordination
- Difficulty with making decisions
- Difficulty with suppressing socially inappropriate thoughts
- Socially inappropriate behavior
- Decisions made based on desires, regardless of the consequences
- Difficulty planning and organizing daily events
- Difficulty motivating yourself to start and finish tasks
- A loss of attention and concentration

SECTION 7

- Hypersensitivities to touch or pain
- Difficulty with spatial awareness when moving, laying back in a chair, or leaning against a wall
- Frequently bumping into the wall or objects
- Difficulty with right-left discrimination
- Handwriting has become sloppier
- Difficulty with basic math calculations
- Difficulty finding words for written or verbal communication
- Difficulty recognizing symbols, words, or letters

SECTION 8

- Difficulty swallowing supplements or large bites of food
- Bowel motility and movements slow
- Bloating after meals
- Dry eyes or dry mouth
- A racing heart
- A flutter in the chest or an abnormal heart rhythm
- Bowel or bladder incontinence, resulting in staining your underwear

SECTION 9

- A decrease in movement speed
- Difficulty initiating movement
- Stiffness in your muscles (not joints)
- A stooped posture when walking
- Cramping of your hand when writing

SECTION 10

- Abnormal body movements (such as twitching legs)
- Desires to flinch, clear your throat, or perform some type of movement
- Constant nervousness and a restless mind
- Compulsive behaviors
- Increased tightness and tone in specific muscles

SECTION 11

- Difficulty with balance, or balance that is noticeably worse on one side
- A need to hold the handrail or watch each step carefully when going down stairs
- Episodes of dizziness
- Nausea, car sickness, or seasickness
- A quick impact after consuming alcohol
- A slight hand shake when reaching for something
- Back muscles that tire quickly when standing or walking
- Chronic neck or back muscle tightness



Brain Health and Nutrition Assessment For (BHNAF)

Name:

Age:

Sex:

Date:

Please choose the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

SECTION 1

- Low brain endurance for focus and concentration
- Cold hands and feet
- Must exercise or drink coffee to improve brain function
- Poor nail health
- Fungal growth on toenails
- Must wear socks at night
- Nail beds are white instead of pink
- The tip of the nose is cold

SECTION 2

- Irritable, nervous, shaky, or light-headed between meals
- Feel energized after meals
- Difficulty eating large meals in the morning
- Energy level drops in the afternoon
- Crave sugar and sweets in the afternoon
- Wake up in the middle of the night
- Difficulty concentrating before eating
- Depend on coffee to keep going

SECTION 3

- Fatigue after meals
- Sugar and sweet cravings after meals
- Need for a stimulant, such as coffee, after meals
- Difficulty losing weight
- Increased frequency of urination
- Difficulty falling asleep
- Increased appetite

SECTION 4

- Always have projects and things that need to be done
- Never have time for yourself
- Not getting enough sleep or rest
- Difficulty getting regular exercise
- Feel that you are not accomplishing your life's purpose

SECTION 5

- Dry and unhealthy skin
- Dandruff or a flaky scalp
- Consumption of processed foods that are bagged or boxed
- Consumption of fried foods
- Difficulty consuming raw nuts or seeds
- Difficulty consuming fish (not fried)
- Difficulty consuming olive oil, avocados, flax seed oil, or natural fats

SECTION 6

- Difficulty digesting foods
- Constipation or inconsistent bowel movements
- Increased bloating or gas
- Abdominal distention after meals
- Difficulty digesting protein-rich foods
- Difficulty digesting starch-rich foods
- Difficulty digesting fatty or greasy foods
- Difficulty swallowing supplements or large bites of food
- Abnormal gag reflex

SECTION 7

- Brain fog (unclear thoughts or concentration)
- Pain and inflammation
- Noticeable variations in mental speed
- Brain fatigue after meals
- Brain fatigue after exposure to chemicals, scents, or pollutants
- Brain fatigue when the body is inflamed

SECTION 8

- Grain consumption leads to tiredness
- Grain consumption makes it difficult to focus and concentrate
- Feel better when bread and grains are avoided
- Grain consumption causes the development of any symptoms
- A 100% gluten-free diet



SECTION 9

- A diagnosis of celiac disease, gluten sensitivity, hypothyroidism, or an autoimmune disease
- Family members who have been diagnosed with an autoimmune disease
- Family members who have been diagnosed with celiac disease or gluten sensitivity
- Changes in brain function with stress, poor sleep, or immune activation

SECTION 10

- A loss of pleasure in hobbies and interests
- Feel overwhelmed with ideas to manage
- Feelings of inner rage or unprovoked anger
- Feelings of paranoia
- Feelings of sadness for no reason
- A loss of enjoyment in life
- A lack of artistic appreciation
- Feelings of sadness in overcast weather
- A loss of enthusiasm for favorite activities
- A loss of enjoyment in favorite foods
- A loss of enjoyment in friendships and relationships
- Inability to fall into deep, restful sleep
- Feelings of dependency on others
- Feelings of susceptibility to pain

SECTION 11

- Feelings of worthlessness
- Feelings of hopelessness
- Self-destructive thoughts
- Inability to handle stress
- Anger and aggression while under stress
- Feelings of tiredness, even after many hours of sleep
- A desire to isolate yourself from others
- An unexplained lack of concern for family and friends
- An inability to finish tasks
- Feelings of anger for minor reasons

SECTION 12

- A decrease in visual memory (shapes and images)
- A decrease in verbal memory
- Occurrence of memory lapses
- A decrease in creativity
- A decrease in comprehension
- Difficulty calculating numbers
- Difficulty recognizing objects and faces
- A change in opinion about yourself
- Slow mental recall

SECTION 13

- A decrease in mental alertness
- A decrease in mental speed
- A decrease in concentration quality
- Slow cognitive processing
- Impaired mental performance
- An increase in the ability to be distracted
- Need coffee or caffeine sources to improve mental function

SECTION 14

- Feelings of nervousness or panic for no reason
- Feelings of dread
- Feelings of a “knot” in your stomach
- Feelings of being overwhelmed for no reason
- Feelings of guilt about everyday decisions
- A restless mind
- An inability to turn off the mind when relaxing
- Disorganized attention
- Worry over things never thought about before
- Feelings of inner tension and inner excitability