



A Hair Loss Solution - A Trichology Clinic - c/o Body, Soul and Spirit Salon
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LIFESTYLE ANALYSIS

Client Name _____ ID# _____

PHYSICAL/EMOTIONAL ISSUE		YES
1	Lack of Energy	
2	Illness more than twice a year	
3	Body odor and/or bad breath	
4	Difficulty digesting certain foods	
5	Eat meat more than 3 times a week	
6	Monthly female concerns	
7	Recent or frequent use of antibiotics	
8	Regular consumption of alcohol	
9	Frequent mood swings	
10	Food Allergies	
11	Bags or puffiness under eyes	
12	Smoking	
13	Poor concentration or memory	
14	Poor resistance to disease	
15	Belching or gas after meals	
16	Stressful lifestyle	
17	Skin/complexion problems	
18	Cravings for sweets, salt or junk foods	
19	Daily or regular consumption of dairy products	
20	Feeling low, down, uninterested, moody or depressed	
21	Too little sleep or restless sleep	
22	Menopausal concerns	
23	Frequent urination or urinary concerns	
24	Hair Loss	
25	Sore or painful joints	
26	Difficulty in maintaining ideal weight	
27	Low endurance/stamina	
28	Lack of a balanced diet	
29	Slow recovery from illness	
30	Less than 2 bowel movements per day	

PHYSICAL/EMOTIONAL ISSUE		YES
31	Lack of appetite	
32	Low sex drive	
33	Brittle or easily broken fingernails	
34	Dry, damaged or dull hair	
35	High-fat diet	
36	Unsettled, apprehensive, pressured	
37	Low-fiber diet	
38	Muscle cramps or spasms	
39	Exposure to air pollution daily	
40	Caffeinated beverages daily	
41	Feeling out of control	
42	Food/chemicals sensitivities	
43	Recurrent yeast/fungal infections	
44	Weak bones, teeth or cartilage	
45	Suffer from anxiety or worry	
46	Easily irritated or angered	
47	Don't exercise regularly	
48	Respiratory, sinus or allergy problems	
49	Heavy coating on tongue	
50	Less than 3 servings of fruit and veggies daily	
51	Gum problems or redness on nose	
52	Difficulty getting to sleep, lack of sleep	
53	Age-related health problems	
54	Diet high in meat and grains	
55	Frequently feeling fearful or timid	
56	Heavy mucus production or feeling congested	
57	Weak knees, ankles or back	
58	Daily consumption of fried food	
59	Cold hands and feet	
60	Shallow or difficult breathing	