

Nutrition Physical

During the Nutrition Physical appointment, you will be evaluated by Nutritionist Keith Bishop for potential nutritional issues by assessing:

- Hair
- Skin
- Eyes
- Fingernails (no artificial nails or fingernail polish if possible)
- Cuticles
- Tongue
- Saliva pH
- Adrenal Energy Blood Pressure & Pupil Reaction
- Zinc Taste Test \$5
- Nitric Oxide Saliva Test \$5
- Iodine Paint \$5

One hour prior to the appointment you should not put anything in your mouth except plain, unflavored water. Please wear a short-sleeved top or shirt to assist in accurately taking the Adrenal Energy Blood Pressure Test.

Please wear a short-sleeved or loose-fitting shirt so I can evaluate the skin on the back of your arms and take your blood pressure.

The Nutrition Physical typically takes 15 minutes and costs \$45.

If you wish, after the Nutrition Physical, Clinical Nutritionist Keith Bishop is available for a consultation for questions and answers, lifestyle, supplement, and food recommendations: 15-45 minutes for \$45-\$135.

Flourish – Feel Well Faster™

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