

 **Energy Concepts & Holistic Education**
Self Assessment Instructions

For your 2nd and 3rd appointment please provide the following information and submit to our office at least two days prior to your scheduled appointment.

You will need:

1. thermometer (digital is ok)
2. pH strip paper (available at most health food stores)
3. home blood pressure monitor that includes pulse reading (available at pharmacies)
4. stop watch timer or a clock face with a second hand

1. Basal temperature and pulse: (see attached handout for more education)

	Morning temp/pulse	Afternoon temp/pulse
Day 1		
Day 2		
Day 3		

2. First morning's fasting saliva and urine pHs: (see attached handout for more education)

	Morning saliva pH	Morning urine pH
Day 1		
Day 2		
Day 3		

3. Orthostatic blood pressure and pulse: (only need to do this once)

	Lying down at rest	Immediately upon standing
Blood pressure		
Pulse		

4. Breath hold: (only need to do this once)

Breathe in deeply and then hold your breath. Begin the timer at the instant you hold your breath and document how long you can hold it.

Breath hold in seconds