

Liver and Gallbladder Assessment Questionnaire Taken From NutriQ

Name: _____ Date: ____/____/____

Birth Date: _____ Gender: _____

Please list your five major health concerns in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

Notes:

- | | | | | | |
|-----|---|---|---|---|---|
| 1. | 0 | 1 | 2 | 3 | Pain between shoulder blades |
| 2. | 0 | 1 | 2 | 3 | Stomach upset by greasy foods |
| 3. | 0 | 1 | 2 | 3 | Greasy or shiny stools |
| 4. | 0 | 1 | 2 | 3 | Nausea |
| 5. | 0 | 1 | 2 | 3 | Sea, car, airplane or motion sickness |
| 6. | 0 | 1 | | | History of morning sickness (0 = no, 1 = yes) |
| 7. | 0 | 1 | 2 | 3 | Light or clay colored stools |
| 8. | 0 | 1 | 2 | 3 | Dry skin, itchy feet or skin peels on feet |
| 9. | 0 | 1 | 2 | 3 | Headache over eyes |
| 10. | 0 | 1 | 2 | 3 | Gallbladder attached (0 = never, 1 = years ago, 2 = within last year, 3 = within past 3 months) |
| 11. | 0 | 1 | | | Gallbladder removed (0 = never, 1 = yes) |
| 12. | 0 | 1 | 2 | 3 | Bitter taste in mouth, especially after meals |
| 13. | 0 | 1 | | | Become sick if you were to drink wine (0 = no, 1 = yes) |
| 14. | 0 | 1 | | | Easily intoxicated if you were to drink wine (0 = no, 1 = yes) |
| 15. | 0 | 1 | | | Easily hung over if you were to drink wine (0 = no, 1 = yes) |
| 16. | 0 | 1 | 2 | 3 | Alcohol per week (0 = <3, 1 = <7, 2 = <14, 3 =>14) |
| 17. | 0 | 1 | | | Recovering alcoholic (0 = no, 1 = yes) |
| 18. | 0 | 1 | | | History of drug or alcohol abuse (0 = no, 1 = yes) |
| 19. | 0 | 1 | | | History of hepatitis (0 = no, 1 = yes) |
| 20. | 0 | 1 | | | Long term use of prescription/recreational drugs (0 = no, 1 = yes) |
| 21. | 0 | 1 | 2 | 3 | Sensitive to chemicals (perfume, cleaning agents, etc.) |
| 22. | 0 | 1 | 2 | 3 | Sensitive to tobacco smoke |
| 23. | 0 | 1 | 2 | 3 | Exposure to diesel fumes |
| 24. | 0 | 1 | 2 | 3 | Pain under right side of rib cage |
| 25. | 0 | 1 | 2 | 3 | Hemorrhoids or varicose veins |
| 26. | 0 | 1 | 2 | 3 | NutraSweet (aspartame) consumption |
| 27. | 0 | 1 | 2 | 3 | Sensitive to NutraSweet (aspartame) |
| 28. | 0 | 1 | 2 | 3 | Chronic fatigue or Fibromyalgia |

Total Points _____

KEY:

- | | |
|---|--|
| 0 = No, symptom does not occur | 2 = Moderate symptom, occurs occasionally (weekly) |
| 1 = Yes, minor or mild symptom, rarely occurs (monthly) | 3 = Severe symptom, occurs frequently (daily) |

Liver and Gallbladder Assessment

Laboratory Assessment

Blood: Taken from “More Than Just a Bunch of Numbers - Making Sense of Blood Chemistry Results,” sixth edition, Balancing Body Chemistry With Nutrition, August 2007.

GGT or Serum Gamma Glutamyl Transferase... Different labs use different ranges based, the most common ranges are 5-35 U/L or 0-65 U/L. If under 10, consider a need for B6. **Optimal Range 10-30 U/L. If over 30, treat with liver support.**

ALT (Alanine Aminotransferase) or older texts refer to it as “SGPT” (Serum Glutamic Pyruvic transaminase). Different labs use different ranges based, the most common ranges are 0-55 U/L or 8-45 U/L. **Optimal Range 10-30 U/L. If under 10, consider a need for B6. If over 30, treat with liver support.**

AST (Aspartate Aminotransferase) or older tests refer to it as “SGOT” (Serum Glutamic Oxalocetic Transaminase). Different labs use different ranges based, the most common ranges are 0-40 U/L or 8-45 U/L; in decreasing order, AST/SGOT is found primarily in the heart, skeletal muscle, brain, liver and kidneys. **Optimal Range 10-30 U/L. If under 10, consider a need for B6. If over 30, rule out heart, skeletal muscle brain and kidney as well as liver.**

Urine: By testing the amount of mercapturic acid and D-glutaric acid in the urine, you can determine whether there is excessive chemical exposure and if the body is handling that level of chemical exposure. Other tests that may be valuable are the urinary indican test and urinary sulfite.

Physical Exam Tests

Blanching between the shoulder blades: Press on the area between the shoulder blades. If you can see a white fingerprint for a few seconds, it is a good sign that liver congestion is present.

Tenderness under the right ribcage (Murphy’s sign).

Tenderness in the web of the right hand is a possible indication of a gall bladder problem.

The Chapman Reflex for the liver is in the 6th intercostal space. Tenderness is an indication of liver problems.

Yellowness in the sclera of the eye is a slightly more serious sign.

Weakness of the pectoralis major, sternal division, is used by applied kinesiologists to determine problems with the liver.

Liver and Gallbladder - Nutrient Support

Specific Nutrients That May Be Helpful

You can use the neurolingual response to find which supplements will help improve liver function. Have the client hold the substance in his or her mouth and see if the tenderness of the Chapman reflex decreases.

MCS-2® (Metabolic Clearing Support): Contains nutrients and herbs designed to improve Phase I and II detoxification pathways. Vitamins B1, B2, B3, B5, B6, C, and E, mixed carotenoids, choline bitartrate, L-glutathione, NAC, L-methione, taurine, magnesium, zinc, copper, molybdenum, selenium, parotid tissue, quercetin, trifolium pratense, peumus boldus, arctium lappa, leptandra virginica, and eupatorium purpureum. 2-4 capsules twice per day with meals. **MCS-2®** should always be taken with meals and with **Beta-TCP™** and/or **Beta-Plus™**.

Beta-TCP™ (Digestive/Biliary Support): Beet extract, taurine, vitamin C, and pancreatic lipase. Designed to thin bile, relieve liver congestion and to assist with cholesterol to bile acid conversion. Use with biliary stasis where there is no constipation or light colored stools and the gallbladder has not been removed. Subjective indications for use include - pain over the eyes, pain when pressure is applied to the webbing between the right thumb and forefinger, pain between the shoulder blades, gas, bloating, inability to tolerate fats or fried foods or a history of gallbladder attacks where stones were detected or suspected. 2-4 tablets, 3 times a day with meals. If gall stones are suspected, or known to be present use with **Liquid Iodine Forte™**, **Mg-Zyme™**, **B6 Phosphate**, **Phosphatidylcholine** and **Super Phosphozyme™**.

Beta Plus™ (Digestive/Biliary Support): Beet extract with added bile salts to improve fat emulsification, but no taurine or vitamin C. Clients who are not absorbing essential fatty acids or fat-soluble vitamins are sometimes helped by this product (a good example is a client who can't stand fish oil tablets because of the after taste—the bile salts in will decrease the aftertaste and improve absorption of the oil). Use with constipation, biliary insufficiency (light colored stools) or where the gallbladder has been removed and the symptoms of gallbladder dysfunction are still present (pain over the eyes, pain when pressure is applied to the webbing between the right thumb and forefinger, pain between the shoulder blades, gas, bloating, inability to tolerate fats or fried foods, etc.). Unless the patient has had their gallbladder removed and an on-going support is needed, insure the dose is cycled to prevent biliary dependence upon the bile salts content; ie 1 tid first day, 2 tid second day 3 tid third day and 1 tid fourth day etc. etc. In some cases where biliary stasis is present as well as a need for bile salts, this product should be considered with **Beta-TCP™**.

Livotrit Plus® (Ayurvedic Hepatic Support): Herbal preparation based on ayurvedic principles with milk thistle and the trace minerals from raw sugar cane juice (The Wulzen Anti-Stiffness Factor). Use with liver disease, alcoholism, heavy metal body burdens, chemical or radiation damage to the liver, virus (hepatitis, mono, EBV, CMV, etc.) and cirrhosis. Use with **Nutri-Clear®**, **Beta-TCP™** and **IPS®** for gastric inflammatory problems. Begin with 2 tablets daily with meals and increase by 1 tablet every seven days until a maximum of 8 tablets daily is reached. Product should always be used with **Beta-TCP™** or **Beta-Plus™** (insure bile viscosity is thin to allow toxins a route out of the system.) Product is not recommended during pregnancy or lactation. If an increase in liver enzymes is noted with the use of this product the addition of selenium at 200 mcg per day (**Se-Zyme Forte™**) will generally return the liver enzymes to normal.

Liver and Gallbladder - Nutrient Support

Cytozyme-LV™: Source of toxin-free neonatal bovine liver. Use with portal congestion, decreased serum albumin, general liver dysfunction, virus, and edema and as a source of B vitamins and iron. 2-3 tablet, 3 times a day with meals.

Phosphatidylcholine: Each capsule supplies 430 mg of phosphatidyl choline and 36 mg of phosphatidyl inositol. Use with Alzheimer's, Parkinson's, senility, neuro-muscular disorders, synaptic dysfunction, elevated blood fats, fatty liver, gall bladder symptoms, gallstones, migraine headaches and adrenal hypo-function. 1-2 capsules, 3 times a day with meals.

BioProtect™ (Full Spectrum Antioxidant Supplement): Antioxidant protection. - A multiple nutrient formula designed to provide broad-spectrum antioxidant support. Unlike the synthetic beta carotene or mixed carotenoids found in other products, **BioProtect™** provides a full spectrum blend of the natural carotenoids (beta-carotene, alpha carotene, lycopene, zeaxanthin, cryptoxanthin and lutein). Helps prevent free radical damage from pollution, tobacco smoke, synthetic building materials, electromagnetic radiation, psychological and physical stress. 1-2 capsules, 3 times a day with meals. When higher levels of anti-oxidant protection is required use with **GSH-Plus™** and **Bio-FCTS™**.