



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Kidney Health Evaluation

Name: _____	Date: _____	Age: _____
Address: _____	Telephone: _____	
	Cell: _____	
	E-Mail: _____	

Part A: History

Questions		Yes	Points	No
1.	I drink 3-6 servings of soda-pop per day.	Y	60	N
2.	I drink 3-6 servings of soda-pop per week.	Y	40	N
3.	I drink 2-6 servings of coffee per day.	Y	60	N
4.	I drink 2-6 servings of coffee per week.	Y	40	N
5.	I take 3-4 non-steroidal anti-inflammatory drugs (NSAIDs) per day. (Advil, Aleve, Ibuprofen, Aspirin, Motrin, Naproxen, Tylenol, etc.)	Y	60	N
6.	I take 5 or more non-steroidal anti-inflammatory drugs (NSAIDs) per day.	Y	100	N
7.	I take diuretics or other medications that are known to cause kidney damage. (nephrotoxicity)	Y	60	N
8.	I eat fast food or processed food 4 or more times per week.	Y	60	N
9.	I eat fast food or processed food 2-3 times per week.	Y	30	N
10.	I strictly avoid fast food or processed foods, soda-pop, and coffee.	Y	-60	N
11.	I have diabetes 0-6 years.	Y	30	N
12.	I have diabetes 7+ years.	Y	60	N
13.	My urinalysis test has elevated albumin (over 30mg/gram).	Y	60	N
14.	My urinalysis test has diminished eGFR (below 60 ml/min).	Y	60	N
15.	I am often fearful, worried, or afraid to take action.	Y	40	N
16.	I am typically calm, relaxed, and confident.	Y	-40	N
17.	I regularly take 2 of the following: Goldenrod, Burdock, Buchu, Cilantro, Dandelion, Pipsissewa, Uva Ursi, Vitamin C complex, Potassium, Magnesium, L-glutamine, a doctor-recommended kidney support formula	Y	-40	N
18.	I regularly take 4 of the above list.	Y	-80	N
19.	I often experience two or more of the following: Abnormal Lack of Thirst, Abnormal Urinary Frequency or Urgency, Ankle Pain, Arthritis or Swelling, Back Weakness, Backache, Dehydration, Dry Mouth, Foot Pain (ball of foot, heel, arch, or top of foot), Hemorrhoids, Hernias (current or past), Knee Pain, Pain over Kidneys, Pain over Tailbone, Proneness to Injury, Proneness to Knee Injury, Repeated Sprain, Swollen Feet, Urinary Incontinence	Y	40	N
Total Points				