

**Sierra Acupuncture & Healing Arts**  
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18. Do you eat when feeling: sad\_\_\_\_, fearful\_\_\_\_, angry\_\_\_\_, happy\_\_\_\_, worried\_\_\_\_?  
(please check appropriate items)

19. Do you usually eat in a relaxed manner, or on the run? \_\_\_\_\_

20. Is there anything else you would like to add? \_\_\_\_\_

\_\_\_\_\_

21. Are there any specific areas in which you would like Nutritional/Dietary Guidance? \_\_\_\_\_

\_\_\_\_\_

List amounts and kinds of foods eaten on an average day – and on occasion:

Whole grain: \_\_\_\_\_

Grain products: \_\_\_\_\_

Vegetables (note cooked or raw): \_\_\_\_\_

\_\_\_\_\_

Fruit (note cooked or raw): \_\_\_\_\_

Beans and tofu: \_\_\_\_\_

Sea vegetables: \_\_\_\_\_

Soup: \_\_\_\_\_

Nuts, seeds, and their butters: \_\_\_\_\_

Fish: \_\_\_\_\_

Meat: \_\_\_\_\_

Eggs: \_\_\_\_\_

Dairy: \_\_\_\_\_

Salt and salty condiments (in cooking and at the table): \_\_\_\_\_

Spices: \_\_\_\_\_

Beverages: \_\_\_\_\_

Water: \_\_\_\_\_

Desserts: \_\_\_\_\_

Snack foods: \_\_\_\_\_

Seasonal changes: \_\_\_\_\_

immediately. Ear seeds should be stimulated at least 8x a day.

**DETOX FROM TREATMENT:**

With any healing treatment, one may experience a “detox effect”, the most common is an increase in urination and/or bowel movement, occasionally one can experience slight headache, minor to severe emotional upset, rash, dizziness, nausea or an increase in pain for hours to days.

Most patients will feel much better after the detoxification than before they had the treatment. If one is trying to detox from drugs, is on a lot of medication or has had history of any physical or mental abuse, one can expect this.

A warm “De-tox” bath with 1 to 2 cups of Epson Salt or Apple Cider vinegar can help the release of excess toxins.