

# Gut Health & U

Cure your  
Constipation

Sample Report

# Sneha

My symptoms had been controlling my life for years. I am so thankful to Dr Nasr's team for shedding light upon 18 years of suffering, giving me my life back and handing back the key to my wellbeing. Thank you so much!

- DNA client





1.

**About Us**

Meet your team

2.

**Your Gut & U**

Your gut feeling

The facts

What's going on inside?

3.

**How it Works**

Your steps to better health

4.

**Our Findings from Your Tests**

Your test results

5.

**Your Gut Recovery Plan**

Diagnosis and recommendations

Bespoke gut recovery plan

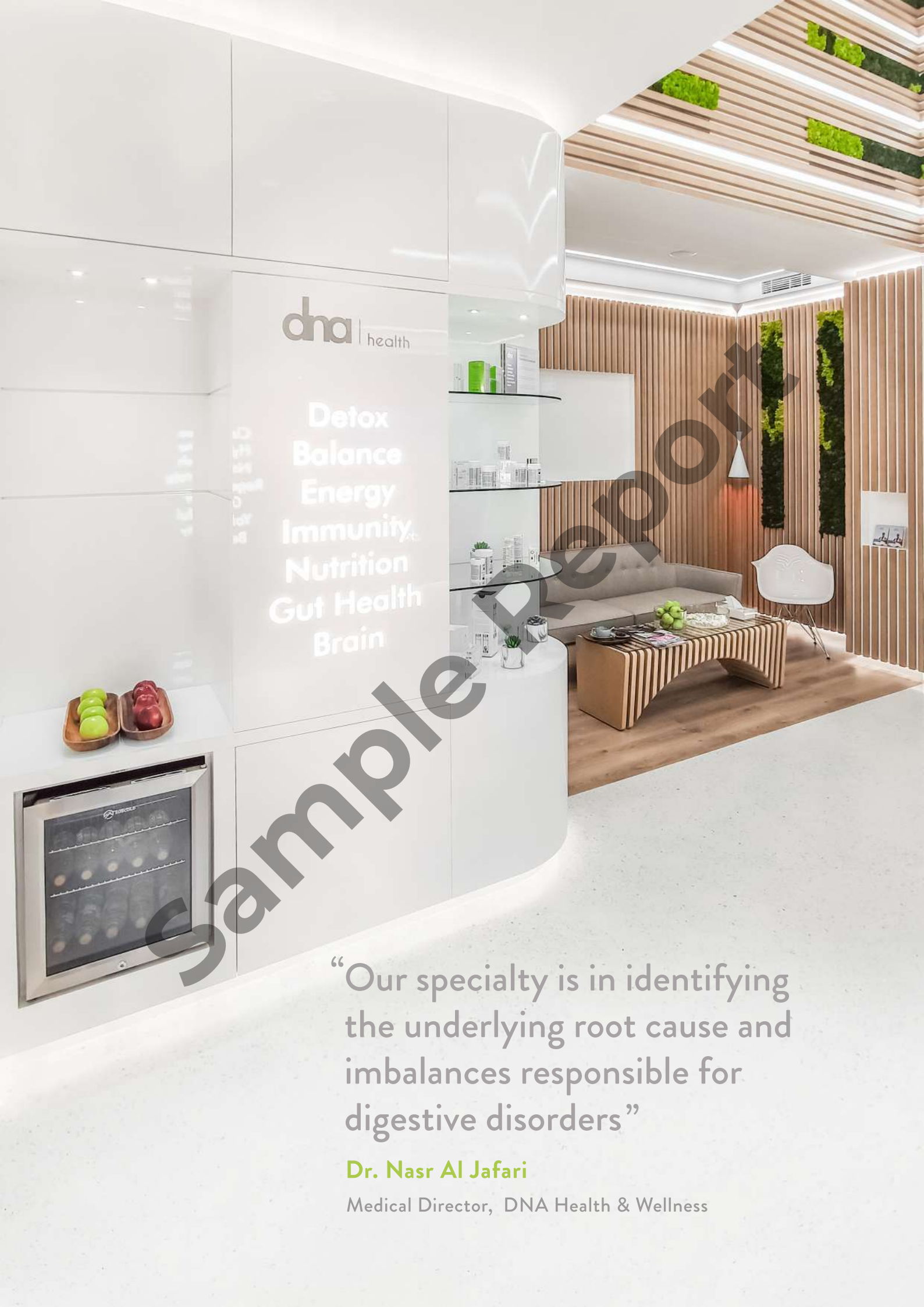
Your lifestyle guide

6.

**Medical History**

Your health questionnaire

Sample Report



dna | health

Detox  
Balance  
Energy  
Immunity  
Nutrition  
Gut Health  
Brain

“Our specialty is in identifying the underlying root cause and imbalances responsible for digestive disorders”

**Dr. Nasr Al Jafari**

Medical Director, DNA Health & Wellness

**dna** | health

## About Us



Your gut healing journey  
starts here

dna

# Tired of being alone on your gut healing journey?

Practitioners who care about you, want you to get back to enjoying your life again and who have the education, skills and experience to make it happen.



**Dr. Nasr Al Jafari**  
*Medical Director*

Dr Nasr Al Jafari, MD, is a Dubai-based Functional Medicine Practitioner and renowned functional gut health specialist. He has applied over 20 years of experience to develop a comprehensive scientifically-based program to help people heal their gut. He specializes in Irritable Bowel Syndrome (IBS), small intestinal bacterial overgrowth, chronic constipation, leaky gut and many more chronic digestive complaints.



**Dr. Yosef Alsaieq**  
*General Practitioner*



**Dr. Ivica Djupovac**  
*General Practitioner*



**Christine Choueiri**  
*Clinical Dietitian*

# Your Gut & U

Sample Report



## Your gut feeling

More than 2000 years ago, Hippocrates said ‘all disease begins in the gut’. But only now are we beginning to understand why the gut is so central to health and wellness.

We cannot under-estimate the impact on digestion of the shift in our eating habits and lifestyle.

As many as 85% of adults in the western world suffer with some form of gut problem annually. Irritable Bowel Syndrome (IBS) is becoming a significant healthcare burden worldwide, affecting around 11% of the global population.

Apart from the ever increasing incidence of primary gut disorders, an unhealthy gut can contribute to a wide range of diseases including obesity, diabetes, autoimmune disorders, hormonal imbalances, chronic fatigue, autism, depression and cardiovascular disease.

Therefore, not only is identifying the underlying root cause critical to eradicating symptoms, it is also critical to improving your long-term health.



# The facts

Constipation is one of the most common symptom we see in our clinic - **affects up to 25% of the population (and mostly women)** - And whilst most people think of constipation as just an annoying symptom, it can also be the root cause of other symptoms and conditions, including fatigue, weight gain, low mood, and many more.

## Side effects of constipation

Constipation can wreak havoc with your insides, stemming from one of three main issues

- 1. Toxin reabsorption in the colon**, Blastocystis hominis, Entamoeba histolytica, Giardia lamblia, Cryptosporidium parvum, Dientamoeba fragilis
- 2. Imbalance of intestinal flora**, Helicobacter pylori, Citrobacter, Campylobacter, Clostridium difficile, Klebsiella pneumoniae
- 3. Structural and physical effects** of large hard stools and the straining that commonly accompanies them

## Constipation is a symptom, not a diagnosis

Many clients come to us having been labelled for many years as having IBS or functional constipation and encouraged not to look any further. We almost always find an underlying and treatable condition.

## Constipation mistakes

Chronic constipation is often not resolved with simple, conventional remedies like drinking more water and eating more fibre. This does not work for those people who have more going on in their gut, much to the confusion of patients and their family.

Here are the most common mistakes we've encountered that we want to help you avoid whilst trying to clear and heal from whatever is causing your chronic constipation.

- Relying on laxatives as a long-term solution
- Expecting a full recovery in 30 days
- Expecting diet changes alone to solve chronic constipation
- Not realising the importance of psychology and stress

# What's going on inside?

## What exactly is the root cause?

If you only know the symptom, you can only focus on suppressing those symptoms in the short-term. Using laxatives is a great example of only temporarily suppressing the constipation symptom.

## Gut infection

While most people associate a GI bug with diarrhoea, constipation is a common symptom that is less noticeable but tends to last a lot longer and cause more chronic side-effects. Pathogenic bacteria can give off neurotoxins to 'paralyse' the muscles around the intestines, slowing peristalsis (intestinal movement) so that the organisms don't get removed with the stool as easily as they may have before.

## Small intestinal Bacteria Overgrowth (SIBO)

SIBO is characterised by an increased number and/or abnormal type of bacteria in the small intestine. Because these bacteria generally live in the large intestine, they are mostly species that ferment carbohydrate produce a by-product of their own; methane. As with hydrogen, methane gas in the small intestine will cause abdominal bloating, plus a much bigger problem – slowed transit time and ultimately, constipation.

## Food sensitivities and inflammation

A common presentation of food sensitivities can be IBS symptoms, including constipation. The most prevalent food triggers for IBS sufferers we see include reactions to gluten, dairy, eggs and nuts, amongst others. These include true allergies (IgE-mediated immune response) or more mild intolerances (IgG-mediated immune response) as well as enzyme deficiencies that can lead to conditions like lactose or fructose malabsorption

## So what next?

Healing constipation is a journey. Our Functional Medicine Team will work with you to help identify and treat your specific underlying causes, and put you on a nutritional & lifestyle plan to optimal health & wellness.

# How Does it Work?

Sample Report



# Your steps to better health

Get to the root cause of your constipation and other digestive symptoms through our personalized process designed to bridge the gap between functional medicine and clinical nutrition for clients with imbalances beyond the reach of diet and exercise alone

The typical client healing journey takes anywhere from 3 to 12+ months and follows our personalized process. For a more detailed breakdown of each step in the process,

## 1. Initial consultation

- Review your medical history
- Identify testing required
- Initial diet, lifestyle & supplement recommendations



## 2. Testing

- Advanced GI Functional testing (either in-clinic or home kit)
- Return (home) kit to clinic
- Kit is analysed at a specialised laboratory

## 3. Results & recommendations

- Follow-up consultation to review and interpret your test results
- A personalised gut healing protocol detailing diet and lifestyle
- Comprehensive supplement protocol
- Detailed written report with summary of results, recommendations and next steps

## 4. On-going support

- Regular consultations with one of our team to review your progress and update your protocol
- Access to further supplements and follow-up testing
- Email and tele-conferencing support available



**Note :** Tests, consultations and follow-ups depends on package purchased.

# Your Test Results

Sample Report

Food	Calories	Protein	Carbohydrates	Fat
Apple	52	0.5	13	0.2
Banana	105	1.1	27	0.3
Broccoli	34	2.6	7	0.3
Carrot	41	0.7	10	0.1
Chicken	165	31	0	3.6
Cheese	113	25	1	9.3
Egg	70	6	0.6	5
Fish	147	20	0	10.1
Grape	69	0.3	18	0.2
Ham	129	20	1	6.3
Ice cream	207	2.3	33	11.7
Orange	47	0.9	12	0.1
Peanut butter	188	7	14	16.3
Rice	111	2.3	23	0.4
Salmon	142	20	0	5
Spinach	23	2.9	3.6	0.4
Strawberry	49	0.7	12	0.2
Tomato	18	0.9	3.9	0.2
Wheat	117	2.3	23	0.4
Yogurt	159	10	14	4.7
Zucchini	20	1.1	3.1	0.2
Almond	57	1.6	21.6	3.3
Avocado	160	2	12.7	10.7
Beef	250	26	0	12
Butter	884	0.1	0	21.5
Carrot	41	0.7	10	0.1
Cheese	113	25	1	9.3
Egg	70	6	0.6	5
Fish	147	20	0	10.1
Grape	69	0.3	18	0.2
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**TEST NUMBER:** TN123456  
**PATIENT NUMBER:** PN123456  
**GENDER:** XXXXXXX  
**AGE:** 37  
**DATE OF BIRTH:** mm/dd/yyyy

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**TESTED:** mm/dd/yy

**PRACTITIONER: Nordic Laboratories**
**TEST NAME: GI MAP + ZONULIN**
**Pathogens**
**Bacterial Pathogens**

	Result		Normal
<i>Campylobacter</i>	<dl		<1.00e3
<i>C. difficile</i> , Toxin A	<b>1.21e5</b>	<b>High</b>	<1.00e3
<i>C. difficile</i> , Toxin B	<b>2.27e5</b>	<b>High</b>	<1.00e3
<i>Enterohemorrhagic E. coli</i>	<dl		<1.00e3
<i>E. coli</i> O157	<b>8.60e0</b>		<1.00e3
<i>Enteroinvasive E. coli/Shigella</i>	<dl		<1.00e2
<i>Enterotoxigenic E. coli</i> LT/ST	<dl		<1.00e3
Shiga-like Toxin <i>E. coli</i> stx1	<dl		<1.00e3
Shiga-like Toxin <i>E. coli</i> stx2	<dl		<1.00e3
<i>Salmonella</i>	<dl		<1.00e4
<i>Vibrio cholerae</i>	<dl		<1.00e5
<i>Yersinia enterocolitica</i>	<b>4.46e1</b>		<1.00e5

**Parasitic Pathogens**

	Result		Normal
<i>Cryptosporidium</i>	<dl		<1.00e6
<i>Entamoeba histolytica</i>	<dl		<1.00e4
<i>Giardia</i>	<dl		<5.00e3

**Viral Pathogens**

	Result		Normal
Adenovirus 40/41	<dl		<1.00e10
Norovirus GI/II	<dl		<1.00e7

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**PRACTITIONER: Nordic Laboratories**
**TEST NAME: GI MAP + ZONULIN**
**H. pylori**

	Result		Normal
<i>Helicobacter pylori</i>	<b>2.9e3</b>	<b>High</b>	<1.0e3
Virulence Factor, babA	<b>Positive</b>		Negative
Virulence Factor, cagA	<b>Positive</b>		Negative
Virulence Factor, dupA	<b>Negative</b>		Negative
Virulence Factor, iceA	<b>Negative</b>		Negative
Virulence Factor, oipA	<b>Negative</b>		Negative
Virulence Factor, vacA	<b>Negative</b>		Negative
Virulence Factor, virB	<b>Positive</b>		Negative
Virulence Factor, virD	<b>Positive</b>		Negative

**Normal Bacterial Flora**

	Result		Normal
<i>Akkermansia mucinophila</i>	<b>3.1e4</b>		1.0e1 - 1.0e5
<i>Bacteroides spp.</i>	<b>1.1e11</b>		1.6e9 - 2.5e11
<i>Bifidobacterium spp.</i>	<b>2.4e10</b>		>6.7e7
<i>Clostridia (class)</i>	<b>8.3e6</b>		1.2e3 - 1.0e7
<i>Enterococcus spp.</i>	<b>4.9e7</b>		1.9e5 - 2.0e8
<i>Escherichia spp.</i>	<b>6.1e5</b>	<b>Low</b>	3.7e6 - 3.5e9
<i>Faecalibacterium prausnitzii</i>	<b>1.1e7</b>	<b>High</b>	1.8e4 - 2.0e6
<i>Lactobacillus spp.</i>	<b>6.25e6</b>		8.6e5 - 6.2e8
<i>Enterobacter spp.</i>	<b>9.16e6</b>		1.0e6 - 5.0e7

**Phyla Microbiota**

	Result		Normal
<i>Bacteroidetes</i>	<b>4.33e11</b>	<b>Low</b>	8.61e11 - 3.31e12
<i>Firmicutes</i>	<b>1.25e11</b>		5.70e10 - 3.04e11
<i>Firmicutes:Bacteroidetes Ratio</i>	<b>0.29</b>		<1.00

**TEST NAME: GI MAP + ZONULIN**
**Opportunistic Bacteria**

<b>Additional Dysbiotic/Overgrowth Bacteria</b>	<b>Result</b>		<b>Normal</b>
<i>Bacillus spp.</i>	<b>8.30e4</b>		<1.50e5
<i>Enterococcus faecalis</i>	<b>2.56e3</b>		<1.00e4
<i>Enterococcus faecium</i>	<b>1.11e3</b>		<1.00e4
<i>Methanobacteriaceae</i> (family)	<b>8.1e6</b>	<b>High</b>	<1.00e4
<i>Morganella spp.</i>	<dl		<1.00e3
<i>Pseudomonas spp.</i>	<b>7.37e4</b>	<b>High</b>	<1.00e4
<i>Pseudomonas aeruginosa</i>	<dl		<5.00e2
<i>Staphylococcus spp.</i>	<b>1.93e4</b>	<b>High</b>	<1.00e4
<i>Staphylococcus aureus</i>	<b>1.23e1</b>		<5.00e2
<i>Streptococcus spp.</i>	<b>1.34e3</b>	<b>High</b>	<1.00e3

**Potential Autoimmune Triggers**

	<b>Result</b>		<b>Normal</b>
<i>Citrobacter spp.</i>	<dl		<5.00e6
<i>Citrobacter freundii</i>	<dl		<5.00e5
<i>Fusibacterium spp.</i>	<b>1.41e3</b>		<1.00e4
<i>Klebsiella spp.</i>	<b>2.48e4</b>	<b>High</b>	<5.00e3
<i>Klebsiella pneumoniae</i>	<b>1.41e4</b>		<5.00e4
<i>M. avium subsp. paratuberculosis</i>	<dl		<5.00e3
<i>Prevotella copri</i>	<dl		<1.00e7
<i>Proteus spp.</i>	<dl		<5.00e4
<i>Proteus mirabilis</i>	<dl		<1.00e3

**Fungi/Yeast**

	<b>Result</b>		<b>Normal</b>
<i>Candida spp.</i>	<dl		<5.00e3
<i>Candida albicans</i>	<dl		<5.00e2
<i>Geotrichum spp.</i>	<dl		<3.00e2
<i>Microsporidium spp.</i>	<dl		<5.00e3
<i>Rodotorula spp.</i>	<dl		<1.00e3

**Viruses**

	<b>Result</b>		<b>Normal</b>
<i>Cytomegalovirus</i>	<dl		<1.00e5
<i>Epstein Barr Virus</i>	<dl		<1.00e7



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**TEST NAME: GI MAP + ZONULIN**
**Parasites**

Protozoa	Result	Normal
<i>Blastocystis hominis</i>	<dl	<2.00e3
<i>Chilomastix mesnili</i>	<dl	<1.00e5
<i>Cyclospora spp.</i>	<dl	<5.00e4
<i>Dientamoeba fragilis</i>	<dl	<1.00e5
<i>Endolimax nana</i>	<dl	<1.00e4
<i>Entamoeba coli</i>	<dl	<5.00e6
<i>Pentatrichomonas hominis</i>	<dl	<1.00e2

Worms	Result	Normal
<i>Ancylostoma duodenale</i>	Not Detected	Not Detected
<i>Ascaris lumbricoides</i>	Not Detected	Not Detected
<i>Necator americanus</i>	Not Detected	Not Detected
<i>Trichuris trichiura</i>	Not Detected	Not Detected
<i>Taenia spp.</i>	Not Detected	Not Detected

**Intestinal Health**

Digestion	Result	Normal
Elastase-1	<b>388</b>	>200 ug/g
Steatocrit	<b>6</b>	<15 %
GI Markers	Result	Normal
b-Glucuronidase	<b>2584</b> <b>High</b>	<2486 U/mL
Occult Blood - FIT	<b>4</b>	<10 ug/g
Immune Response	Result	Normal
Secretory IgA	<b>1873</b>	510 - 2010 ug/g
Anti-gliadin IgA	<b>15</b>	0 - 157 U/L
Inflammation	Result	Normal
Calprotectin	<b>22</b>	<173 ug/g
Add-on Test	Result	Normal
Zonulin	<b>186.4</b> <b>High</b>	<107 ng/g

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**PRACTITIONER: Nordic Laboratories**
**TEST NAME: GI MAP + ZONULIN**
**Antibiotic Resistance Genes, phenotypes**
**Helicobacter Result Expected Result**
**Amoxicillin Negative Absent**

A926G Absent AGA926-928TTC Absent

**Clarithromycin Positive Absent**

A2142C Absent A2142G Absent A2143G Present

**Fluoroquinolones Negative Absent**

gyrA N87K Absent gyrA D91N Absent gyrA D91G Absent

gyrB S479N Absent gyrB R484K Absent

**Tetracycline Positive Absent**

PBP1A S414R Present PBP1A T556S Absent PBP1A N562Y Absent

**Antibiotic Resistance Genes, genotypes**
**Universal Microbiota Resistance Genes**
**b-lactamase Positive Absent**

TEM-70 Absence CTXM3 Presence SHV-24 Presence

VEB-1 Absence OXA-30 Absence CTXM35 Absence

toho-3 Absence CTXM63 Absence PER-1 Absence

PER-2 Presence GES-3 Absence NDM-1 Absence

**Fluoroquinolones Negative Absent**

qnrA2 Absence qnrB Absence

**Macrolides Positive Absent**

ermA Absence ermB Presence ermC Absence

mefE Absence

**Vancomycin Negative Absent**

vanA1 Absence vanA2 Absence vanB Absence

vanC Absence

# Your Gut Recovery Plan



Sample Report

## Cure your Constipation

Dear SAMPLE REPORT,

It has been a pleasure to welcome you to our Clinic. The entire DNA Health team feels privileged to be a part of your journey to wellness and longevity.

### 1. Personal Goals and Tests

During your time with us you have highlighted the following personal goals;

- ✓ Find out Root Cause of Gut Issues
- ✓ Lose Weight
- ✓ Improve Energy & productivity

To help us assess and provide a basis to attain your goals we have carried out the following tests;

Test Performed
Comprehensive GI Map

*Note: Please refer to Laboratory Tests section for full test results. If you would like your test results sent to you electronically please do let us know.*

The multidisciplinary team at DNA Health has thoroughly reviewed your test results. This data, along with the information you have provided, has enabled us to produce this highly specialised holistic management plan.

### 2. Key Findings of Test Results

We have highlighted certain tests results below, which we believe should be brought to your attention and may need further investigation.

Selected Test Results	Summary	Comments
Virulent H Pylori Present	Inflammatory Marker	Needs eradicating
Low Commensal Bacteria	Fat Controller	Re-balancing required
High Dysbiotic Bacteria	High Insulin	Overgrowth
Increased Toxins	Sign of chronic stress	Due to bacterial Imbalance
High Zonulin	Gut Permeability	Elevated

*Note: Please refer to Laboratory Tests section for full test results. If you would like your test results sent to you electronically please do let us know.*

**Dr Nasr Al Jafari: Medical Director and Functional Medicine Practitioner**

**Summary**

**Recommendations**

**Nutritional**

- 1.
- 2.
- 3.

**Exercise**

- 1.
- 2.
- 3.

**Stress Control**

- 1.
- 2.
- 3.

**Sleep**

- 1.
- 2.
- 3.

Sample Report

### Supplements

- 1.
- 2.
- 3.

### Attachments

- Guide to Prebiotics & Probiotics
- Guide to Anti-inflammatory Foods
- Guide to Intermittent Fasting
- Guide to Meditation
- Guide to Sleep

### Further Investigations

### Follow-up

Kind regards

Dr Nasr Al Jafari

Tina Choueiri



# Your Lifestyle Guide

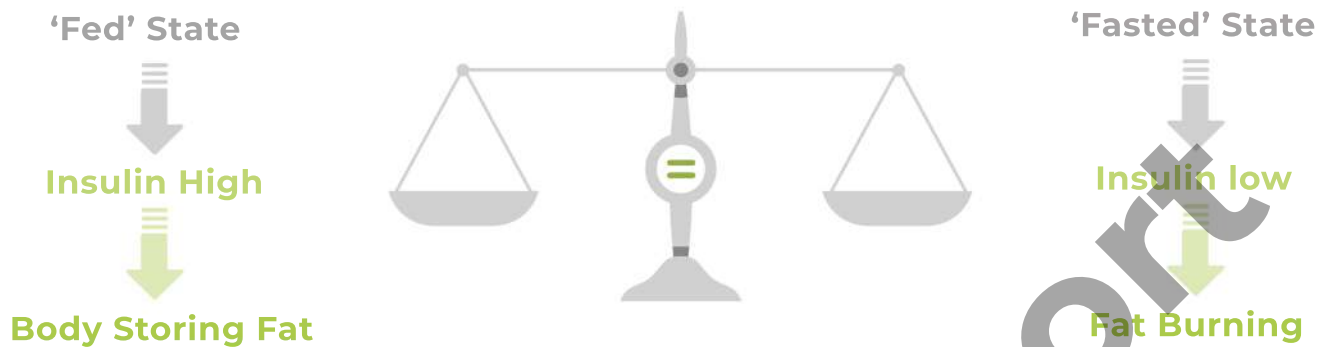
We Put  
U  
at the  
Center  
of Your  
Health &  
Wellness



Sample Report

# Intermittent Fasting

To maintain an ideal weight, we need to balance 'eating' and 'fasting' periods during the day. Compressing the time we spend eating (eating window) and extending the time spent fasting allows our bodies to use up stored calories and lose body fat.



## Which is why we recommend at 16:8 schedule

For example, if we only eat between 11:00 am to 7:00 pm, we spend 8 hours eating and 16 hours fasting.



## Our Top 10 Fasting Tips

### 1. Always be safe

If you are not feeling well, then stop fasting. There will always be another day to fast. Don't push yourself and get into trouble.

### 2. Try to stay busy

Choose to fast on a busy day at work. It keeps your mind off food.

### 3. Ride the waves

Hunger comes in waves – it's not continuous. Hunger does not keep going up and up if you don't eat. When you're hungry drink a glass of water or a cup of coffee or tea. It will help you move on.

### 4. Drink coffee / herbal tea

Both green tea and coffee are mild appetite suppressants and contain caffeine, which helps keep metabolic rate up. Black or herbal teas are also acceptable.

### 5. Don't be tempted to snack or graze

If you are eating, then eat a full meal and do not 'graze'.

### 6. Give your body a month to adjust

Your body needs time to get used to fasting. The first few times may be difficult, so be prepared. Don't get discouraged because it will get easier.

### 7. Fit it into your life

Don't limit yourself socially because you're fasting. Arrange your fasting schedule to fit into your lifestyle.

### 8. Intermittent fasting is not an excuse to eat whatever you want

During non-fasting days, results will be best if you stick to a nutritious diet low in sugars and refined carbohydrates.

### 9. When you're finished, act like it never happened

Fasting is not an excuse to binge. It can slow down your progress and discourage you.



# Nourish Your Gut

Prebiotics and Probiotics



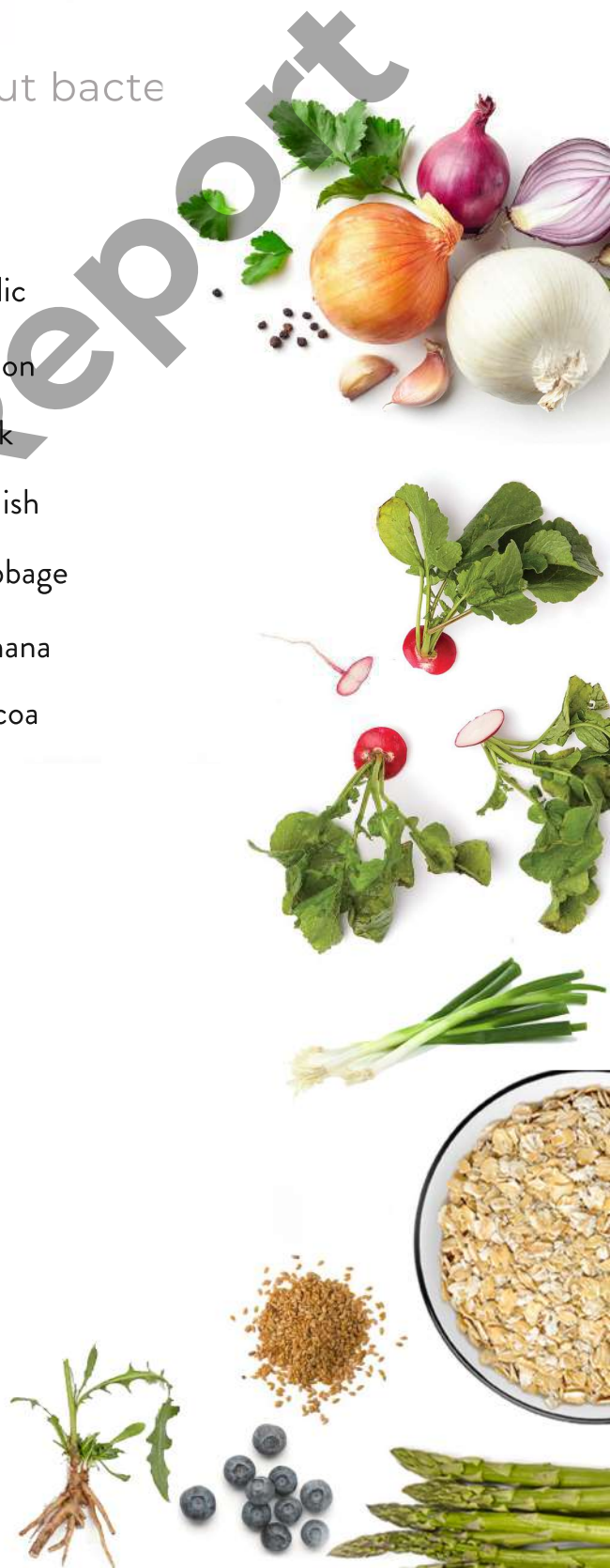
# What are Prebiotics?

They are a type of natural soluble fiber that only our gut can digest; prebiotics promote the growth of good bacteria in the intestines.

They are basically food for our good gut bacteria

## Examples of Prebiotics

- Chicory Root
- Dandelion Greens
- Coconut
- Wheat Bran
- Jerusalem Artichoke
- Asparagus
- Seaweed
- Sweet Potato
- Oats
- Flaxseed
- Apple
- Berries
- Kiwi
- Barley
- Berries
- Raw Honey
- Garlic
- Onion
- Leek
- Radish
- Cabbage
- Banana
- Cocoa



# What are Probiotics?

They are foods that contain live healthy bacteria that support healthy gut.

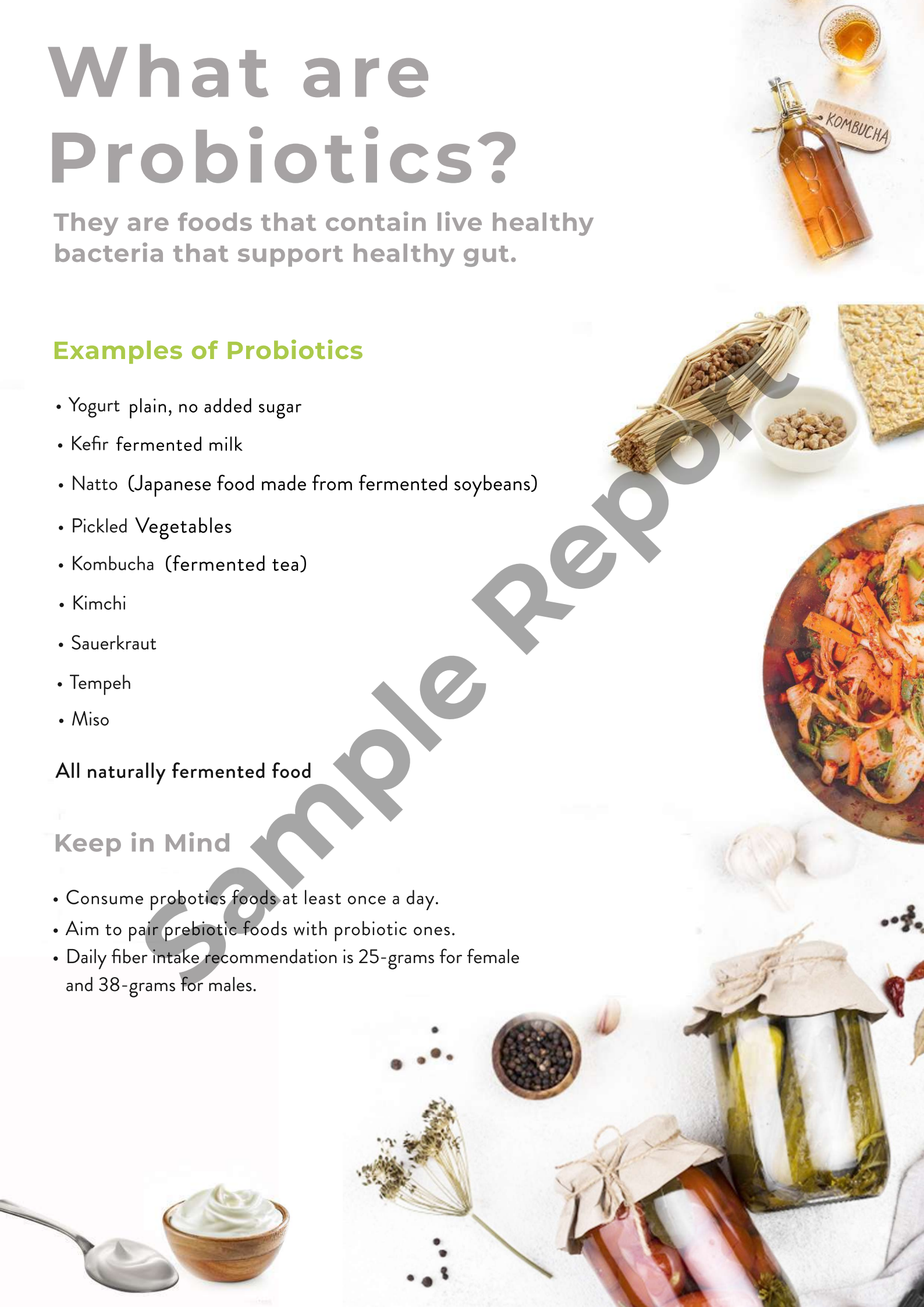
## Examples of Probiotics

- Yogurt plain, no added sugar
- Kefir fermented milk
- Natto (Japanese food made from fermented soybeans)
- Pickled Vegetables
- Kombucha (fermented tea)
- Kimchi
- Sauerkraut
- Tempeh
- Miso

All naturally fermented food

## Keep in Mind

- Consume probiotics foods at least once a day.
- Aim to pair prebiotic foods with probiotic ones.
- Daily fiber intake recommendation is 25-grams for female and 38-grams for males.



# Anti Inflammatory

We have created an anti-inflammatory food pyramid to help you make optimal food choice every day



LESS EAT MORE



## Foods to Avoid



# Meditate your way to a healthier gut

There is simply no way to avoid stress in normal, everyday life, so dealing with it is important and a great way to do this is to incorporate mindfulness meditation. Make mindfulness your first and last activity of the day.

**We recommend the following Apps to help get you going**

- [www.headspace.com](http://www.headspace.com)

- [www.calm.com](http://www.calm.com)

## How to Meditate

Meditation is simpler than most people think. Read these steps, make sure you're somewhere where you can relax into this process, set a timer, and give it a shot.

### 1. Take a seat

Find a place to sit, stand or lie down that feels calm and quiet to you.

### 2. Set a time limit of between 5 -10 minutes

If you're just beginning, it can help to choose a short time, such as five or 10 minutes. Pay attention to the environment, listening to the sounds, smelling what is around you, and feeling the temperature of the room.

### 3. Notice your body

You can sit in a chair with your feet on the floor, you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and in a position you can stay in for a while.

### 4. Feel your breath

Follow the sensation of your breath as it goes in and as it goes out.

### 5. Notice when your mind has wandered

Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds, a minute, five minutes simply return your attention to the breath.

### 6. Be kind to your wandering mind

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

### 7. Close with kindness

When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.



# Your Health Questionnaire



## Functional Medical Intake Form

### Your Details

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**Name**

Sample Report

**Email**

nas@dnahealthcorp.com

**Gender**

Female

### Current Health Concerns

---

Please rank current and ongoing health concerns in order of priority

Bloating

Constipation

Fatigue

Brain fog

### Your Medical History

---

The biggest challenge(s) to reaching nutrition and/or health goals

Limited time to prepare

Not sure what my underlying issues is

Google is confusing and everyone has an opinion

Nothing seems to work

If you could change 3-things about your health and nutritional habits, what would they be:

Erratic

### Medical History: Illnesses/Conditions

---

**Gastro-intestinal**

Yes

As described - last 3 yrs

**Musculoskeletal**

No

**Neurological**

Yes

BRAIN FOG

**Respiratory**

No

**Skin**

No

**Immune**

No



## Medical History: Illnesses/Conditions

---

### Urinary

No  
BRAIN FOG

### Cardiovascular

No

### Endocrine/Metabolic

YesYes

### Eyes, Ears, Nose and throat

No

### Mental Health

Yes  
Low Mood

### Cancer

No

### Do you take any medications and /or supplements?

Vitamin B-Complex  
Zinc  
Vitamin D3  
Probiotics

### For Women Only

---

#### Are you pregnant?

Weeks

#### Are you breastfeeding?

How often do you breastfeed?

### Dental History

---

Check if you have any of the following, and provide number if applicable:

None of the Above

### Nutritional Habits

---

What diets, behaviors, etc. have been tried in the past?

Low Carb, Low Calorie, Keto-Diet





**On average, how many meals do you eat everyday?**

1 - 2 Meals

**In the past 30 days, how many times did you eat out at restaurants?**

10 or more times

**Average percentage of Home Cooked Meals**

50 %

**Average percentage of Ready Made/Delivery Meals**

50%

**Do you suffer with any food allergies or intolerances?**

Do not know what though

**Do you follow any of these dietary restrictions? (Please select all that apply)**

I do not follow any dietary restrictions

**Smoking Habits? If yes. how many cigarettes and what type?**

No

**On average, how many cups of the following do you drink daily?**

**Vegetable Juices**

Zero

**Black Tea**

1 - 3

**Green Tea**

Zero

**Others**

**Fruit Juices**

Zero

**Milk**

Less than 1

**Soft Drinks (reg/diet)**

Zero

**Alcohol**

Less than 1

**Coffee**

1 - 3

**Herbal Tea**

1 - 3



## **Diet**

---

Please record what you eat on a typical day:

### **Breakfast**

Skip

### **Lunch**

Salad, rice or bread, Meat/fish

### **Dinner**

Lighter version of above

### **Snacks**

chocolate at night

### **Fluids**

water, tea, coffee

## **Exercise Routine**

---

What type of exercise or activity do you do?

Yoga / Pilates

Cardio or Aerobics - What's the duration of the exercise?

How many days a week?



**Strength Training - What's the duration of the exercise?**

**How many days a week?**

**Yoga / Pilates - What's the duration of the exercise?**

45 **How many days a week?** 3

**Other Leisure Sports - What's the duration of the exercise?**

**How many days a week?**

**What time of day do you exercise?**

Early Morning (5 AM to 7 AM), Morning (7 AM - 11 AM)

**Any reason for not being able to be active?**

work busy

**On a scale of 1 (low) to 10 (high), how would you describe your energy levels?**

6

## **Sleep & Stress**

---

**How many hours do you sleep on average?**

7

**What time do you go to sleep on weekdays?**

10:00 PM

**What time do you go to sleep on weekends?**

10:00 PM

**Do you have trouble sleeping?**

Yes, I wake up many times at night

**Have you experienced any major physical or emotional trauma in the past 5 years?**

No

**On a scale of 1 to 10, what level of stress do you feel you are experiencing at this time?**

7

**Do you use any coping mechanism?**

No but open for suggestions



## **Your Environment**

---

**Are you married? if yes How many kids? (ages)**

Yes

Do you have Kids ?

Yes

Ages

3, 3, and 6 monthd

**Do you have any pets or farm animals?**

No

**Do your pets or farm animals live:**

**In your work or home environment are you regularly exposed to:**

None

**Share any thoughts or questions you would like to discuss during our meeting**

No particularly above and beyond the aforementioned



# “Eat Better Live More”

DNA Health & Wellness

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Cleanse  
Hydrate  
Nourish  
Regenerate  
Glow  
Youthful  
Beauty

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