

**GENERAL HEALTH EVALUATION FORM AT BEGINNING OF TREHALOSE NUTRITIONAL PILOT SURVEY:**

Complete the checklist and fax, scan & e-mail, or mail to The Endowment for Medical Research

**#1**

**#1 BASELINE REPORT is to be completed at the beginning of the Six Month Pilot Survey**

Name: \_\_\_\_\_ My health challenge is: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

FAX: \_\_\_\_\_ Additional phone(s): \_\_\_\_\_ Cell phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

**BASELINE** (my main health challenge is \_\_\_\_\_  none;

mild;  serious;  more serious;  very serious

**GENERAL HEALTH CONDITION**

- Overweight
- Need muscle toning
- Waist is \_\_\_\_\_ inches.
- Low energy level
- Aging faster than desired.
- Have hot flashes
- Have insomnia
- Do not sleep as well as desired.
- Have serious aches & pains
- Have mild aches & pains
- Retain fluid

**BEAUTY CONDITIONS**

- Desire to improve appearance
- Have serious blemishes
- Have mild blemishes
- Acne
- Wrinkles
- Hair not healthy
- Serious dandruff
- Mild dandruff
- Psoriasis
- Scars
- Skin tone need improvement
- Large pores

**NERVOUS SYSTEM** (related)

- PMS
- Menopause
- Stress is a challenge
- Fatigued
- Skin itching
- Skin rash
- Crave sugar
- Smoking crave
- Crave food
- Serious depression
- Mild depression

- Mood swings
- Irritable
- Anxiety
- Hyperactive
- Unable to cope

**SEX LIFE** (if applicable)

- Impotency
- Infertility
- Sex life weak
- Yeast infection

**CIRCULATORY**

- High blood pressure
- Varicose veins
- Feet/hands cold
- High bad cholesterol
- Light headed

**MAJOR CHALLENGES**

- Diabetes reading \_\_\_\_\_
- Liver problems
- White cell count \_\_\_\_\_
- Anemia
- Fibromyalgia
- Vision poor
- Floaters in eyes
- Tumor(s)
- Osteoporosis
- Heart problems
- Arthritis
- Chronic Fatigue Syndrome
- Multiple Sclerosis

**IMMUNE SYSTEM**

- Infections
- Colds and/or flu
- Allergies

- Inflammation
- Sore throat
- Sinus congestion
- Cysts, Tumors
- Bronchial congestion
- Migraine headaches serious
- Migraine headaches mild

**DIGESTIVE SYSTEM**

- Ulcers
- Heart burn serious
- Heart burn mild
- Acid indigestion serious
- Acid indigestion mild
- Constipation serious
- Constipation mild
- Diarrhea serious
- Diarrhea mild
- Upset stomach serious
- Upset stomach mild
- Candida (yeast) serious
- Candida mild

**OTHER HEALTH CHALLENGES**

- \_\_\_\_\_

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# GENERAL HEALTH EVALUATION FORM FOR TREHALOSE NUTRITIONAL PILOT SURVEY: #2

Complete the checklist and fax, scan & e-mail, or mail to The Endowment for Medical Research

**#2 is to be completed at the end of the first month of the Six Month Pilot Survey**

Name: \_\_\_\_\_ My health challenge is: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

FAX: \_\_\_\_\_ Additional phone(s): \_\_\_\_\_ Cell phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

(My main health challenge is \_\_\_\_\_  none;  mild;

serious;  more serious;  very serious

## GENERAL HEALTH BENEFITS

- Fat loss
- Muscle toning
- Lost \_\_\_\_\_ inches in waist
- Higher energy
- Evidence of less aging
- Hot flashes gone
- Overcome insomnia
- Improved sleep
- Aches & pains reduced
- Aches & pains gone
- Fluid loss

## BEAUTY BENEFITS

- Improved appearance
- Blemishes reduced
- Blemishes disappeared
- Acne improved
- Wrinkles leaving
- Hair healthier
- Dandruff reduced
- Dandruff gone
- Psoriasis improved
- Scars disappearing
- Skin tones improved
- Large pores are better

## NERVOUS SYSTEM (related)

- PMS helped
- Menopause relief
- Handle stress better
- Less fatigued
- Skin itching less
- Skin rash gone
- Less sugar craving
- Less smoking craving
- Less food craving
- Depression reduced
- Overcame depression
- Mood swings better

- Less irritable
- Less anxiety
- Not as hyperactive
- Better able to cope

## SEX LIFE (if applicable)

- Impotence reversed
- Infertility reversed
- Improved sex life
- Yeast infection gone

## CIRCULATORY

- Lower blood pressure
- Varicose veins better
- Feet/hands warmer
- Lower bad cholesterol from \_\_\_\_\_ to \_\_\_\_\_
- Not as light headed

## MAJOR BENEFITS

- Diabetes helped from \_\_\_\_\_ to \_\_\_\_\_
- Liver problems helped
- White cell count went from \_\_\_\_\_ to \_\_\_\_\_ in \_\_\_\_\_ period of time.
- Anemia helped
- Fibromyalgia helped
- Vision improved
- Floaters in eyes improved
- Tumor(s) reduced
- Tumor(s) gone
- Osteoporosis improved
- Heart problems better
- Arthritis improved
- Chronic Fatigue Syndrome improved
- Multiple Sclerosis better

## IMMUNE SYSTEM

- Infections disappearing
- Less colds and/or flu

- Allergies improved
- Inflammation gone
- Less sore throat
- Sinus congestion gone
- Cysts, Tumors gone
- Bronchial congestion improved
- Migraine headaches improved
- Migraine headaches gone

## DIGESTIVE SYSTEM

- Ulcers improved
- Heart burn helped
- Heart burn gone
- Acid indigestion helped
- Acid indigestion gone
- Constipation better
- No constipation now
- Diarrhea helped
- Diarrhea gone
- Upset stomach improved
- No upset stomach now
- Candida (yeast) improved
- Candida gone

## OTHER BENEFITS

\_\_\_\_\_

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# GENERAL HEALTH EVALUATION FORM FOR TREHALOSE NUTRITIONAL PILOT SURVEY: #3

Complete the checklist and fax, scan & e-mail, or mail to The Endowment for Medical Research

**#3 is to be completed at the end of the second month of the Six Month Pilot Survey**

Name: \_\_\_\_\_ My health challenge is: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

FAX: \_\_\_\_\_ Additional phone(s): \_\_\_\_\_ Cell phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

(My main health challenge is \_\_\_\_\_  none;  mild;

serious;  more serious;  very serious

## GENERAL HEALTH BENEFITS

- Fat loss
- Muscle toning
- Lost \_\_\_\_\_ inches in waist
- Higher energy
- Evidence of less aging
- Hot flashes gone
- Overcome insomnia
- Improved sleep
- Aches & pains reduced
- Aches & pains gone
- Fluid loss

## BEAUTY BENEFITS

- Improved appearance
- Blemishes reduced
- Blemishes disappeared
- Acne improved
- Wrinkles leaving
- Hair healthier
- Dandruff reduced
- Dandruff gone
- Psoriasis improved
- Scars disappearing
- Skin tones improved
- Large pores are better

## NERVOUS SYSTEM (related)

- PMS helped
- Menopause relief
- Handle stress better
- Less fatigued
- Skin itching less
- Skin rash gone
- Less sugar craving
- Less smoking craving
- Less food craving
- Depression reduced
- Overcame depression
- Mood swings better

- Less irritable
- Less anxiety
- Not as hyperactive
- Better able to cope

## SEX LIFE (if applicable)

- Impotence reversed
- Infertility reversed
- Improved sex life
- Yeast infection gone

## CIRCULATORY

- Lower blood pressure
- Varicose veins better
- Feet/hands warmer
- Lower bad cholesterol from \_\_\_\_\_ to \_\_\_\_\_
- Not as light headed

## MAJOR BENEFITS

- Diabetes helped from \_\_\_\_\_ to \_\_\_\_\_
- Liver problems helped
- White cell count went from \_\_\_\_\_ to \_\_\_\_\_ in \_\_\_\_\_ period of time.
- Anemia helped
- Fibromyalgia helped
- Vision improved
- Floaters in eyes improved
- Tumor(s) reduced
- Tumor(s) gone
- Osteoporosis improved
- Heart problems better
- Arthritis improved
- Chronic Fatigue Syndrome improved
- Multiple Sclerosis better

## IMMUNE SYSTEM

- Infections disappearing
- Less colds and/or flu

- Allergies improved
- Inflammation gone
- Less sore throat
- Sinus congestion gone
- Cysts, Tumors gone
- Bronchial congestion improved
- Migraine headaches improved
- Migraine headaches gone

## DIGESTIVE SYSTEM

- Ulcers improved
- Heart burn helped
- Heart burn gone
- Acid indigestion helped
- Acid indigestion gone
- Constipation better
- No constipation now
- Diarrhea helped
- Diarrhea gone
- Upset stomach improved
- No upset stomach now
- Candida (yeast) improved
- Candida gone

## OTHER BENEFITS

\_\_\_\_\_

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# GENERAL HEALTH EVALUATION FORM FOR TREHALOSE NUTRITIONAL PILOT SURVEY: #4

Complete the checklist and fax, scan & e-mail, or mail to The Endowment for Medical Research

**#4 is to be completed at the end of the third month of the Six Month Pilot Survey**

Name: \_\_\_\_\_ My health challenge is: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

FAX: \_\_\_\_\_ Additional phone(s): \_\_\_\_\_ Cell phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

(My main health challenge is \_\_\_\_\_  none;  mild;

serious;  more serious;  very serious

## GENERAL HEALTH BENEFITS

- Fat loss
- Muscle toning
- Lost \_\_\_\_\_ inches in waist
- Higher energy
- Evidence of less aging
- Hot flashes gone
- Overcome insomnia
- Improved sleep
- Aches & pains reduced
- Aches & pains gone
- Fluid loss

## BEAUTY BENEFITS

- Improved appearance
- Blemishes reduced
- Blemishes disappeared
- Acne improved
- Wrinkles leaving
- Hair healthier
- Dandruff reduced
- Dandruff gone
- Psoriasis improved
- Scars disappearing
- Skin tones improved
- Large pores are better

## NERVOUS SYSTEM (related)

- PMS helped
- Menopause relief
- Handle stress better
- Less fatigued
- Skin itching less
- Skin rash gone
- Less sugar craving
- Less smoking craving
- Less food craving
- Depression reduced
- Overcame depression
- Mood swings better

- Less irritable
- Less anxiety
- Not as hyperactive
- Better able to cope

## SEX LIFE (if applicable)

- Impotence reversed
- Infertility reversed
- Improved sex life
- Yeast infection gone

## CIRCULATORY

- Lower blood pressure
- Varicose veins better
- Feet/hands warmer
- Lower bad cholesterol from \_\_\_\_\_ to \_\_\_\_\_
- Not as light headed

## MAJOR BENEFITS

- Diabetes helped from \_\_\_\_\_ to \_\_\_\_\_
- Liver problems helped
- White cell count went from \_\_\_\_\_ to \_\_\_\_\_ in \_\_\_\_\_ period of time.
- Anemia helped
- Fibromyalgia helped
- Vision improved
- Floaters in eyes improved
- Tumor(s) reduced
- Tumor(s) gone
- Osteoporosis improved
- Heart problems better
- Arthritis improved
- Chronic Fatigue Syndrome improved
- Multiple Sclerosis better

## IMMUNE SYSTEM

- Infections disappearing
- Less colds and/or flu

- Allergies improved
- Inflammation gone
- Less sore throat
- Sinus congestion gone
- Cysts, Tumors gone
- Bronchial congestion improved
- Migraine headaches improved
- Migraine headaches gone

## DIGESTIVE SYSTEM

- Ulcers improved
- Heart burn helped
- Heart burn gone
- Acid indigestion helped
- Acid indigestion gone
- Constipation better
- No constipation now
- Diarrhea helped
- Diarrhea gone
- Upset stomach improved
- No upset stomach now
- Candida (yeast) improved
- Candida gone

## OTHER BENEFITS

\_\_\_\_\_

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# GENERAL HEALTH EVALUATION FORM FOR TREHALOSE NUTRITIONAL PILOT SURVEY: #5

Complete the checklist and fax, scan & e-mail, or mail to The Endowment for Medical Research

**#5 is to be completed at the end of the fourth month of the Six Month Pilot Survey**

Name: \_\_\_\_\_ My health challenge is: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

FAX: \_\_\_\_\_ Additional phone(s): \_\_\_\_\_ Cell phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

(My main health challenge is \_\_\_\_\_  none;  mild;  
 serious;  more serious;  very serious

## GENERAL HEALTH BENEFITS

- Fat loss
- Muscle toning
- Lost \_\_\_\_\_ inches in waist
- Higher energy
- Evidence of less aging
- Hot flashes gone
- Overcome insomnia
- Improved sleep
- Aches & pains reduced
- Aches & pains gone
- Fluid loss

## BEAUTY BENEFITS

- Improved appearance
- Blemishes reduced
- Blemishes disappeared
- Acne improved
- Wrinkles leaving
- Hair healthier
- Dandruff reduced
- Dandruff gone
- Psoriasis improved
- Scars disappearing
- Skin tones improved
- Large pores are better

## NERVOUS SYSTEM (related)

- PMS helped
- Menopause relief
- Handle stress better
- Less fatigued
- Skin itching less
- Skin rash gone
- Less sugar craving
- Less smoking craving
- Less food craving
- Depression reduced
- Overcame depression
- Mood swings better

- Less irritable
- Less anxiety
- Not as hyperactive
- Better able to cope

## SEX LIFE (if applicable)

- Impotence reversed
- Infertility reversed
- Improved sex life
- Yeast infection gone

## CIRCULATORY

- Lower blood pressure
- Varicose veins better
- Feet/hands warmer
- Lower bad cholesterol  
from \_\_\_\_\_ to \_\_\_\_\_
- Not as light headed

## MAJOR BENEFITS

- Diabetes helped  
from \_\_\_\_\_ to \_\_\_\_\_
- Liver problems helped
- White cell count went  
from \_\_\_\_\_ to \_\_\_\_\_ in  
\_\_\_\_\_ period of time.
- Anemia helped
- Fibromyalgia helped
- Vision improved
- Floaters in eyes improved
- Tumor(s) reduced
- Tumor(s) gone
- Osteoporosis improved
- Heart problems better
- Arthritis improved
- Chronic Fatigue  
Syndrome improved
- Multiple Sclerosis better

## IMMUNE SYSTEM

- Infections disappearing
- Less colds and/or flu

- Allergies improved
- Inflammation gone
- Less sore throat
- Sinus congestion gone
- Cysts, Tumors gone
- Bronchial congestion  
improved
- Migraine headaches  
improved
- Migraine headaches gone

## DIGESTIVE SYSTEM

- Ulcers improved
- Heart burn helped
- Heart burn gone
- Acid indigestion helped
- Acid indigestion gone
- Constipation better
- No constipation now
- Diarrhea helped
- Diarrhea gone
- Upset stomach improved
- No upset stomach now
- Candida (yeast) improved
- Candida gone

## OTHER BENEFITS

\_\_\_\_\_

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# GENERAL HEALTH EVALUATION FORM FOR TREHALOSE NUTRITIONAL PILOT SURVEY: #6

Complete the checklist and fax, scan & e-mail, or mail to The Endowment for Medical Research

**#6 is to be completed at the end of the fifth month of the Six Month Pilot Survey**

Name: \_\_\_\_\_ My health challenge is: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

FAX: \_\_\_\_\_ Additional phone(s): \_\_\_\_\_ Cell phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

(My main health challenge is \_\_\_\_\_  none;  mild;

serious;  more serious;  very serious

## GENERAL HEALTH BENEFITS

- Fat loss
- Muscle toning
- Lost \_\_\_\_\_ inches in waist
- Higher energy
- Evidence of less aging
- Hot flashes gone
- Overcome insomnia
- Improved sleep
- Aches & pains reduced
- Aches & pains gone
- Fluid loss

## BEAUTY BENEFITS

- Improved appearance
- Blemishes reduced
- Blemishes disappeared
- Acne improved
- Wrinkles leaving
- Hair healthier
- Dandruff reduced
- Dandruff gone
- Psoriasis improved
- Scars disappearing
- Skin tones improved
- Large pores are better

## NERVOUS SYSTEM (related)

- PMS helped
- Menopause relief
- Handle stress better
- Less fatigued
- Skin itching less
- Skin rash gone
- Less sugar craving
- Less smoking craving
- Less food craving
- Depression reduced
- Overcame depression
- Mood swings better

- Less irritable
- Less anxiety
- Not as hyperactive
- Better able to cope

## SEX LIFE (if applicable)

- Impotence reversed
- Infertility reversed
- Improved sex life
- Yeast infection gone

## CIRCULATORY

- Lower blood pressure
- Varicose veins better
- Feet/hands warmer
- Lower bad cholesterol  
from \_\_\_\_\_ to \_\_\_\_\_
- Not as light headed

## MAJOR BENEFITS

- Diabetes helped  
from \_\_\_\_\_ to \_\_\_\_\_
- Liver problems helped
- White cell count went  
from \_\_\_\_\_ to \_\_\_\_\_ in  
\_\_\_\_\_ period of time.
- Anemia helped
- Fibromyalgia helped
- Vision improved
- Floaters in eyes improved
- Tumor(s) reduced
- Tumor(s) gone
- Osteoporosis improved
- Heart problems better
- Arthritis improved
- Chronic Fatigue  
Syndrome improved
- Multiple Sclerosis better

## IMMUNE SYSTEM

- Infections disappearing
- Less colds and/or flu

- Allergies improved
- Inflammation gone
- Less sore throat
- Sinus congestion gone
- Cysts, Tumors gone
- Bronchial congestion  
improved
- Migraine headaches  
improved
- Migraine headaches gone

## DIGESTIVE SYSTEM

- Ulcers improved
- Heart burn helped
- Heart burn gone
- Acid indigestion helped
- Acid indigestion gone
- Constipation better
- No constipation now
- Diarrhea helped
- Diarrhea gone
- Upset stomach improved
- No upset stomach now
- Candida (yeast) improved
- Candida gone

## OTHER BENEFITS

\_\_\_\_\_

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# GENERAL HEALTH EVALUATION FORM FOR TREHALOSE NUTRITIONAL PILOT SURVEY: #7

Complete the checklist and fax, scan & e-mail, or mail to The Endowment for Medical Research

**#7 is to be completed at the end of the sixth month of the Six Month Pilot Survey**

Name: \_\_\_\_\_ My health challenge is: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

FAX: \_\_\_\_\_ Additional phone(s): \_\_\_\_\_ Cell phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

(My main health challenge is \_\_\_\_\_  none;  mild;

serious;  more serious;  very serious

## GENERAL HEALTH BENEFITS

- Fat loss
- Muscle toning
- Lost \_\_\_\_\_ inches in waist
- Higher energy
- Evidence of less aging
- Hot flashes gone
- Overcome insomnia
- Improved sleep
- Aches & pains reduced
- Aches & pains gone
- Fluid loss

## BEAUTY BENEFITS

- Improved appearance
- Blemishes reduced
- Blemishes disappeared
- Acne improved
- Wrinkles leaving
- Hair healthier
- Dandruff reduced
- Dandruff gone
- Psoriasis improved
- Scars disappearing
- Skin tones improved
- Large pores are better

## NERVOUS SYSTEM (related)

- PMS helped
- Menopause relief
- Handle stress better
- Less fatigued
- Skin itching less
- Skin rash gone
- Less sugar craving
- Less smoking craving
- Less food craving
- Depression reduced
- Overcame depression
- Mood swings better

- Less irritable
- Less anxiety
- Not as hyperactive
- Better able to cope

## SEX LIFE (if applicable)

- Impotence reversed
- Infertility reversed
- Improved sex life
- Yeast infection gone

## CIRCULATORY

- Lower blood pressure
- Varicose veins better
- Feet/hands warmer
- Lower bad cholesterol from \_\_\_\_\_ to \_\_\_\_\_
- Not as light headed

## MAJOR BENEFITS

- Diabetes helped from \_\_\_\_\_ to \_\_\_\_\_
- Liver problems helped
- White cell count went from \_\_\_\_\_ to \_\_\_\_\_ in \_\_\_\_\_ period of time.
- Anemia helped
- Fibromyalgia helped
- Vision improved
- Floaters in eyes improved
- Tumor(s) reduced
- Tumor(s) gone
- Osteoporosis improved
- Heart problems better
- Arthritis improved
- Chronic Fatigue Syndrome improved
- Multiple Sclerosis better

## IMMUNE SYSTEM

- Infections disappearing
- Less colds and/or flu

- Allergies improved
- Inflammation gone
- Less sore throat
- Sinus congestion gone
- Cysts, Tumors gone
- Bronchial congestion improved
- Migraine headaches improved
- Migraine headaches gone

## DIGESTIVE SYSTEM

- Ulcers improved
- Heart burn helped
- Heart burn gone
- Acid indigestion helped
- Acid indigestion gone
- Constipation better
- No constipation now
- Diarrhea helped
- Diarrhea gone
- Upset stomach improved
- No upset stomach now
- Candida (yeast) improved
- Candida gone

## OTHER BENEFITS

\_\_\_\_\_

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