

Connie Berner

Info for Medical Intuitive Body Scan

Name of Client: Connie Berner

Date: 10/29/15

Age: 58

Address: 20611 104th St SE
Snohomish, WA 98290

Current Supplements:

1. Armour Thyroid, 150 MG daily – for low thyroid
2. Hydrochlorothiazide, 25mg daily – for high blood pressure (I could probably stop this)
3. Progesterone (M), 75MG once daily (cream)
4. BIEST(T), 1.25MG, twice daily (this is estrogen cream)

Note: I started bioidentical hormones earlier this year to see if a hormonal imbalance was causing the headaches I've had for 8 years. Soon after starting them, the headaches left. I rarely have them anymore, and I'm sleeping at night again. WhooHoo!!

5. Isagenix Weight Loss Program
 - a. IsaLean Shake (protein shake twice a day)
 - b. Ionix Supreme (nutrient rich fruit drink)
 - c. Natural Accelerator (supplement)
 - d. Cleanse for Life (I do this twice per week, but sometimes I take a week off)

Note: I've dropped 40 lbs this past year while using this. At times I've stayed on the program really well, but then I'll take a few months off. The good thing is that the weight has stayed off. I think that's because of the cleanse. My body feels great while on program. However, I've eaten sugar this week, and I can tell it. I'm feeling a bit sluggish.

6. Lotion: Bath & Body Works 24/7 moisture boost body lotion
7. I randomly take a probiotic: Trunature Digestive Probiotic, one capsule

Presenting Symptoms:

1. My right forearm, from just above the elbow to below my wrist has been hurting on and off for almost a year. I look inside at it, and it feels dry and like it's being pulled. It feels like it's starving for nutrients and needs to be fed. It also feels like it needs to be oiled, just as the Tin Man's arm needed oil to get moving in the Wizard of Oz - it was all stiff. It feels muscular. I feel it pretty much all the time I'm moving my right

arm. Note: I'm a pianist and flutist, and I have 27 private students I see each week. My right arm gets a lot of usage. It also flared up this last time when I started using The Isagenix program again (no sugar). I took the summer off from the program.

2. My lower back (right side) has had a pinch in it, on and off for about 3 years. The pain has been sharper lately...since spring, maybe? It feels tight and stiff in the muscles in that area. I've tried to stretch it out, but it hasn't gone away.

NOTE: I've got a couple of things going on in the left side of my body. We didn't talk about them in class, but I think it's all related. I'm going to go ahead and list them, to keep it all together. I figure you guys can choose to work on what feels right for you. Thanks so much for doing the scan! Ü

3. The joint on my right big toe has been kind of crunching when I bend it. It feels out of alignment almost. Sometimes it's painful when I walk. It's unsettling to me. (This is the joint closest to the end of the toe)
4. The same thing as #3 has been happening to my right thumb joint (closest to the end of the thumb). This isn't painful here. It's a bit unsettling to me because it's just not normal for these joints to move that way (crunching).
5. I twisted my left leg while playing frisbee earlier this year. I had an adjustment from my chiropractor, but I've felt a sharp pain (randomly) up where my leg attaches to my body, in the groin area. It's when I put pressure onto my leg as I step down. It hurts! I find myself side stepping a little, to take the pressure off that area. This also feels like an alignment issue to me.