

OWNER: Delena Stout
 PET NAME: Lotus
 DATE: 11/3/2016

Glacier Peak Holistics Pet Wellness Life Stress Scan

Items Highlighted in **RED**
 are Stressors and Triggers

Veterinarian: N/A			Store: Brookside Barkery & Bath			Specie: Dog	Breed: Terrier Mix
Pet's Current Diet:	Kibble	Raw	Home-Cooked	Canned	Other / Unknown	Sex: Female	Age: 10 yrs

Food Panel - Some items on this panel can be toxic for pets. We encourage you to research toxic foods for pets before feeding raw, home-cooked or other "people" food.

Proteins	Vegetables	Fruits	Beans,Nuts,Seeds	Grains	Spices	Misc. Items	
Beef	Artichoke	Lettuce	Cranberry	Adzuki Bean	Amaranth	Allspice	Bakers Yeast
Bison / Buffalo	Asparagus	Mushroom	Currant	Almond ²	Barley	Anise	Beet Pulp
Elk	Avocado ²	Mustard Greens	Date	Black Turtle Bean	Buckwheat	Cinnamon	Brewers Yeast
Goat	Beet	Napa Cabbage	Fig	Black-eyed Pea	Corn	Coriander	Carob
Kangaroo	Bok Choy	Okra	Grapefruit	Brazil Nut	Millet	Curry	Coffee
Lamb	Broccoli	Olive ²	Honeydew	Cashew	Oat	Ginger	Garlic
Llama	Brussels Sprouts	Parsnip	Kiwi	Chia Seed	Quinoa	Hops	Gluten
Pork / Ham	Cabbage	Potato	Lemon	Dill Seed	Rice / White ²	Mint	Honey
Rabbit	Carrot	Pumpkin / Seed	Lime	Fava Bean	Rice / Brown ²	Mustard	Malt
Venison	Cauliflower	Radish	Mango	Filbert / Hazelnut	Rye	Nutmeg	Molasses
Yak	Celery	Red Pepper	Nectarine	Flax seed / Oil	Spelt	Paprika	Nutritional Yeast
Poultry		Spinach	Orange	Garbanzo / Chickpea	Wheat	Rosemary	Parsley
Chicken / Egg	Collard Greens	Sprouts (bean)	Papaya	Great Northern Bean	Oils		Sage
Duck / Egg	Cucumber	Squash (summer)	Peach	Hemp	Canola	Additives	Sugar
Emu	Dandi Greens	Squash (winter)	Pear	Kidney Bean	Cottonseed	Black Pepper	Tapioca
Goose	Eggplant	Sweet Potato	Pineapple	Lentils	Fish	Casein	Tea
Ostrich	Green Beans	Tomato	Plum	Lima Bean	Krill	Distilled Vinegar	Tobacco
Quail / Pheasant	Green Pea / Split Pea	Turnip	Quince	Navy Bean	Menhaden Fish	Ethoxyquin	Vanilla
Turkey	Green Pepper	Zucchini	Raspberry	Peanut / Oil	Safflower	Food Colorings	Toxic Foods
	Jicama		Rhubarb	Pecan	Salmon	Food Preservatives	Beer
	Kale / Chard	Fruits		Pine Nut	Vegetable	Gelatin	Chocolate
		Agumi	Watermelon	Pinto Bean		Montmorillonite Clay	Grape
Fish		Apple		Pistachio	Chondroitin	Nutrasweet	Leek
Cod ²	Salmon ²	Apricot	Milks / Dairy		Glucosamine	Salt	Macadamia Nut
Fish Meal ²	Sardine	Banana	Dairy Milk ⁴	Soy - Lecithin ²		Yeast Culture	Onion
Haddock	Shark	Blackberry	Goat Milk ⁴	Sunflower Seed / Oil			Wine
Herring / Anchovy ²	Shellfish ³	Blueberry	Sheep Milk ⁴	Walnut			Xylitol
Mackerel	Trout	Boysenberry	Cheese				
Menhaden fish ²	Tuna	Cantalope	Cottage Cheese				
Pollock		Coconut ²	Whey				
			Yogurt				

² Describes the food source including oils, waters, milks
³ Clam, Crab, Lobster, Mussels, Oysters, Shrimp
⁴ Pasteurized

Environmental Stressors and Triggers

Petro Chemical	Enviro Chems	Insects	Weeds/ Flowers	Grasses	Trees	Pollens	Dust
Alcoloid	Alcohol (rubbing)	Ants	Burdock	Alfalfa	Ash	Alfalfa	Chalk dust
Benzol	Ammonia	Bee	Dill Weed	Bermuda	Aspen	Cocklebur	Dust (airborne)
Chloroflor	Asbestos	Cockroach	Dock Sorrel	Brome	Beech	Dandelion flower	Dust (carpet / upholstery)
Dry cleaning	Benzene (Cosmetics)	Flea	Foxtail	Centipede	Birch	Flower	Flock dust
Exhaust Fumes	Borax	Mites	Lupine	Crabgrass	Cedar / shavings	Hazel	Straw/Hay dust
Furniture stripping	Chlorine	Mosquito	Plantain	Fescue	Cottonwood	Heather	
Hexane*	Cleaning products	Spider	Rag Weed	Goldenrod	Cypress	Honeysuckle	<u>Misc.</u>
Industrial	Cleaning solvents	Tick	Red Clover	Kent. Blue Grass	Elder	Laburnum	Cigarette smoke
Methylene/Chloride	Construction	Wasp	Sagebrush	Johnson	Elm	Mugwort	Coal - Asphalt
Methlethyl Ketone	Cosmetics	Black fly	Thistle	Privet	Hawthorn	Nettle	Down / Feathers
Motor oil	Formaldehyde			Orchard	Hickory	Oleander	Horse
Natural gas	Kapok / Stuffing			Red Top	Juniper	Plane	Mouse fur
Paint	Laundry soap			Rye	Maple	Prickly Pear	Wood smoke
Phosphorous	Perfume			Bear Grass	Marshelder	Pussy Willow	Wool
Plastic	Sulfate			Sweet grass	Mesquite	Red Clover	
Polypropyl	Toluene***			Sweet Vernal	Mulberry		<u>Noxious Energy</u>
Polyurethane				Timothy	Oak		Electronics ⁶
Propylene glycol**					Olive		
Porphyrin					Palm		
Sterol					Pine		
Sulfyl					Poplar		
Tetra Chloride					Redwood		
Vinyl					Walnut		
Wood alcohol							
Xylene							

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* Used as a solvent in the extraction of oil from seeds (soybean, cottonseed, flaxseed, safflower seed and others)
 ** Used as a humectant, solvent and preservative in food and shampoo
 *** most common in paint thinners

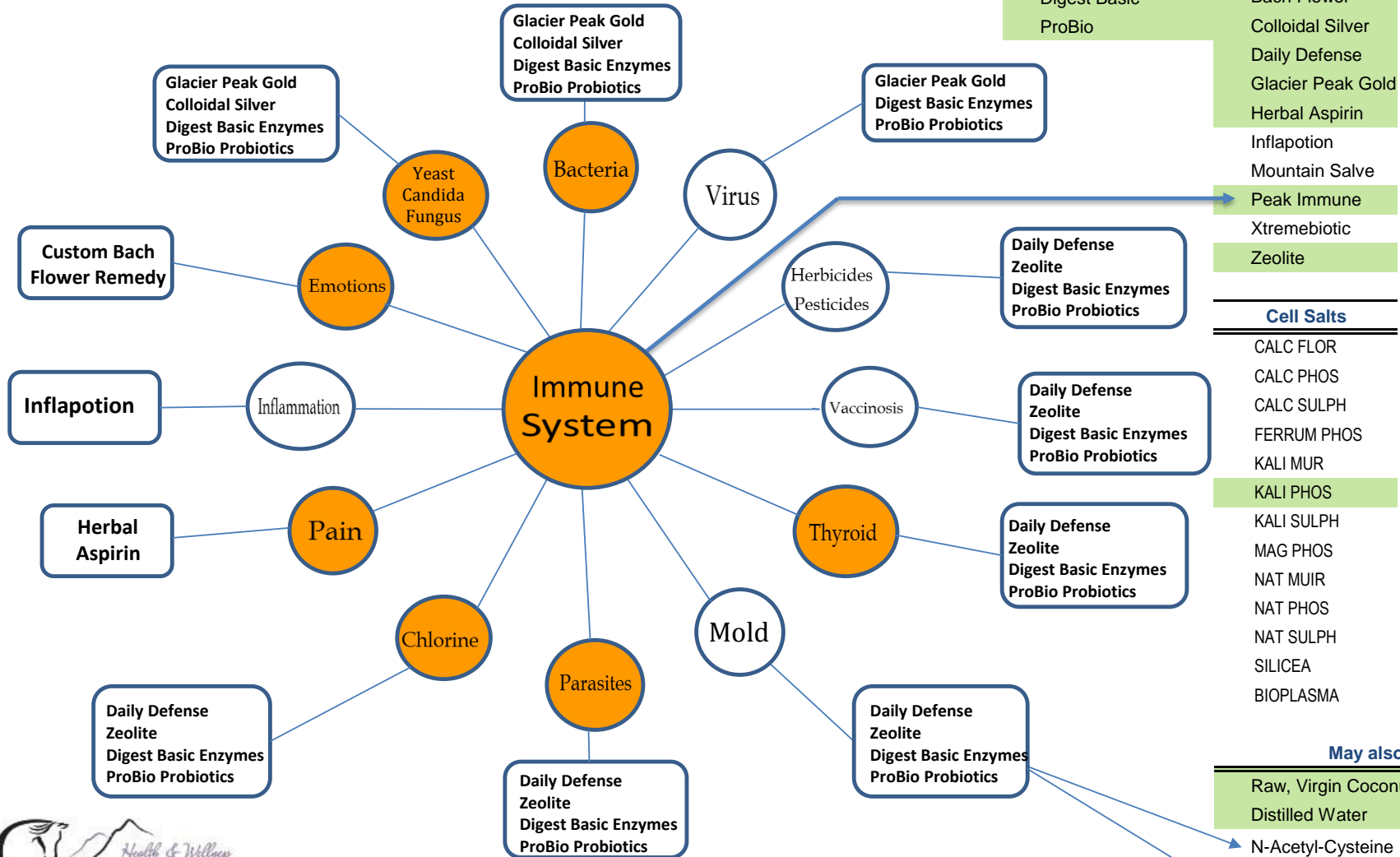
⁶ Cell Phones/Portable Phones, Computers, Home Theaters, Microwaves, Stereo Systems, Televisions, etc.



Energetic Imbalances

Circles highlighted in orange are current imbalances that may require help to eliminate.

Items highlighted in green are beneficial



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