

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 |
| | | Strawberry | Watermelon | Pinto Bean | | Montmorillonite Clay | Grape |
| | | Apple | | Pistachio | Chondroitin | Nutrasweet | Leek |
| | | Apricot | Milks / Dairy | | Glucosamine | Salt | Macadamia Nut |
| Cod ² | Salmon ² | Banana | Dairy Milk ⁴ | Sesame Seed / Oil | | Yeast Culture | Onion |
| Fish Meal ² | Sardine | Blackberry | Goat Milk ⁴ | Soy - Lecithin ² | | | Wine |
| Haddock | Shark | Blueberry | Sheep Milk ⁴ | Sunflower Seed / Oil | | | Xylitol |
| Herring / Anchovy ² | Shellfish ³ | Boysenberry | Cheese | Walnut | | | |
| Mackerel | Trout | Cantalope | Cottage Cheese | | | | |
| Menhaden fish ² | Tuna | Coconut ² | Whey | | | | |
| Pollock | | | 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 | | | | | | | |

***Disclaimer** - The information provided by this scan is intended for educational and nutritional purposes only and is not intended to diagnose, treat, cure, or prevent any disease. It is not intended as conventional veterinary medical practice advice or to replace the advice or attention of certified veterinarians. You may wish to consult your holistic veterinarian before beginning or making changes in your pets' diet, nutritional supplementation or exercise program. The statements on this scan have not been evaluated by the Food and Drug Administration nor are they approved by the Board of Veterinary Medicine. If you do not have a Holistic Veterinarian, you can find one in your area by visiting <http://www.ahvma.org/>

* 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

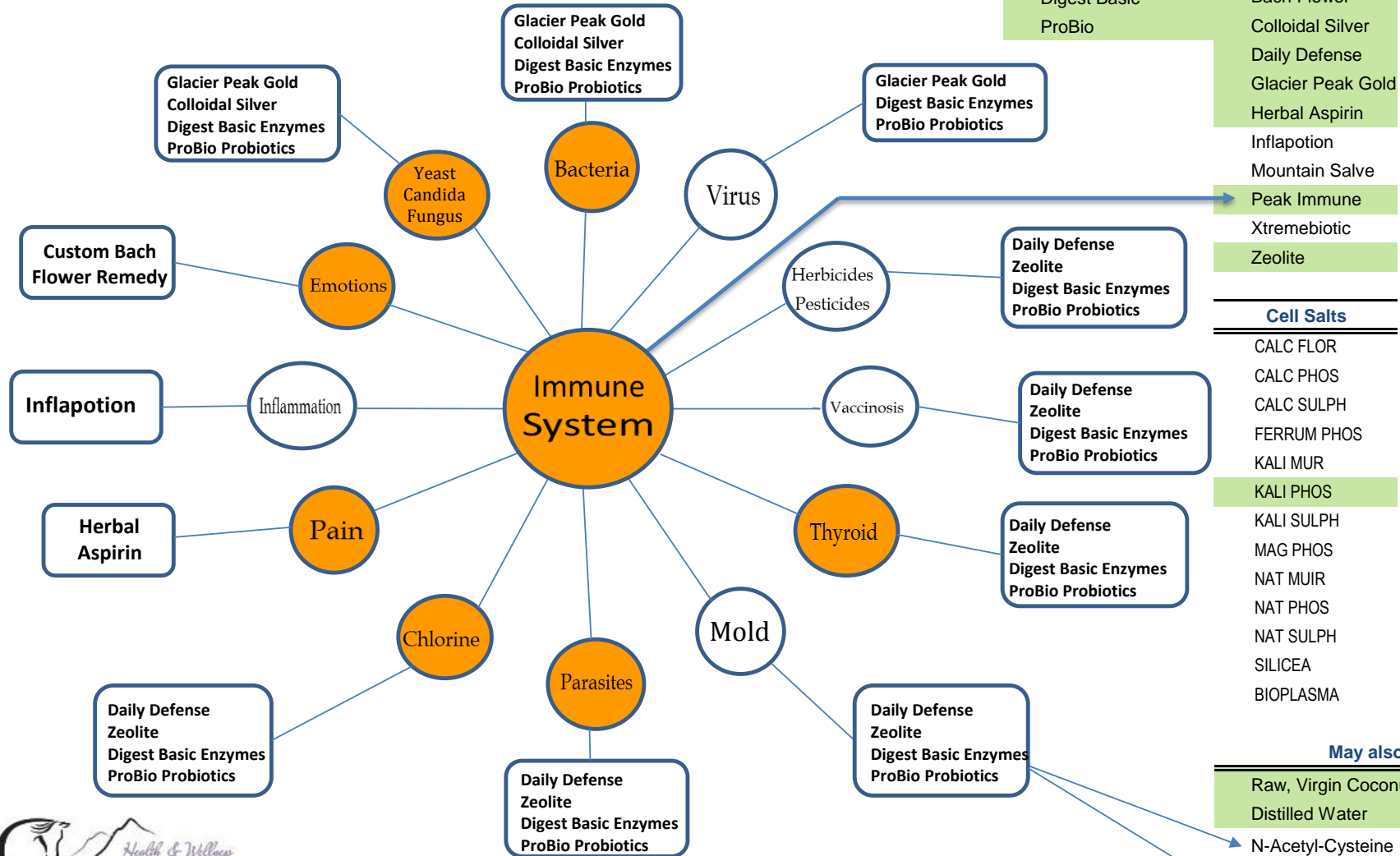
⁶ Cell Phones/Portable Phones, Computers, Home Theaters, Microwaves, Stereo Systems, Televisions, etc.



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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