

Health Questionnaire (Page 1 of 7)

Name: _____ **Date** ___/___/___ **Test #:** _____

Digestion Problems

1	Bad breath	0	1	2	3
2	Loss of appetite for high-protein foods (meat, etc.)	0	1	2	3
3	Eating relieves an acid stomach	0	1	2	3
4	Gas shortly after eating	0	1	2	3
5	Indigestion ½-1 hour after eating	0	1	2	3
6	Difficulty digesting fruits & vegetables; undigested food in stool	0	1	2	3
7	Acid or spicy foods upset stomach	0	1	2	3

Liver/Gall Bladder

8	Lower bowel gas and/or bloating several hours after eating	0	1	2	3
9	Feet burn	0	1	2	3
10	Whites of eyes (sclera) yellow	0	1	2	3
11	Dry skin; itchy skin; skin peels on feet	0	1	2	3
12	Brown spots or bronzing of skin	0	1	2	3
13	Bitter metallic taste in mouth	0	1	2	3
14	Blurred vision	0	1	2	3
15	Headache over eyes	0	1	2	3
16	Feel nauseous, get queasy and/or gag easily	0	1	2	3
17	Color of stools light brown or yellow	0	1	2	3
18	Greasy or high-fat foods cause distress	0	1	2	3
19	Pain between shoulder blades	0	1	2	3
20	Dark circles under eyes	0	1	2	3
21	Acid breath	0	1	2	3
22	History of gall bladder attacks or gall bladder removed	N	—	—	Y
23	Appetite reduced	0	1	2	3

Large Intestine

24	Coated tongue or fuzzy debris on tongue	0	1	2	3
25	Pass large amounts of foul-smelling gas	0	1	2	3
26	Irritable bowel or mucous colitis	0	1	2	3
27	Alternating constipation and diarrhea	0	1	2	3
28	Bowel movements painful or difficult; constipation	0	1	2	3
29	Burning or itching anus	0	1	2	3

Allergies

30	Head congestion/sinus fullness	0	1	2	3
31	Sneezing attacks	0	1	2	3
32	Nightmares and bad dreams	0	1	2	3
33	Milk products and/or wheat products cause distress	0	1	2	3
34	Eyes and nose watery	0	1	2	3
35	Eyes swollen and puffy	0	1	2	3
36	Pulse speeds after meals and/or heart pounds after retiring	0	1	2	3

Immune System

37	Chronic or recurrent infections	0	1	2	3
38	Constant lung congestion	0	1	2	3
39	Heal slowly from infections	0	1	2	3
40	Autoimmune disease (rheumatoid arthritis, MS, etc.)	0	1	2	3
41	Chronic fatigue syndrome and/or fibromyalgia syndrome	0	1	2	3

Blood Sugar Problems

42	Crave sugar, sodas, or coffee in mid-morning or early afternoon	0	1	2	3
43	Hungry between meals, excessive appetite, or always hungry	0	1	2	3
44	Eating sweets upsets	0	1	2	3
45	Eat compulsively when nervous, anxious, or stressed	0	1	2	3
46	Irritable before meals	0	1	2	3
47	Shaky, weak, irritable, or light-headed between meals	0	1	2	3
48	Fatigue; eating relieves	0	1	2	3
49	Heart palpitates if meals are missed/delayed	0	1	2	3
50	Wake at night; hard to get back to sleep	0	1	2	3
51	Frequent unrealistic fears or worries	0	1	2	3
52	Often have to eat in the middle of the night	0	1	2	3
53	Often hard to concentrate or have trouble remembering things	0	1	2	3
54	Become anxious without reason	0	1	2	3
55	Excessively weak for no apparent reason	0	1	2	3
56	Often moody or depressed	0	1	2	3
57	Frequently feel drowsy	0	1	2	3
58	Difficulty making decisions	0	1	2	3
59	Often have blurred vision	0	1	2	3
60	Feel you lack sex drive	0	1	2	3
61	Often have muscle twitching or jerking	0	1	2	3
62	Feel better after eating	0	1	2	3
63	Get sleepy/drowsy after lunch	0	1	2	3

Vitamin B Deficiency

64	Enlarged heart and/or heart failure	0	1	2	3
65	Pulse slow (below 65) or irregular pulse	0	1	2	3
66	Low blood pressure	0	1	2	3
67	Varicose veins (spider veins) and/or hemorrhoids	0	1	2	3
68	Slow reflexes	0	1	2	3
69	Irregular heart beat	0	1	2	3
70	Worry, anxiety, insecurity, or highly emotional state	0	1	2	3
71	Sensitive to noises and/or smells	0	1	2	3
72	Have trouble with concentration (foggy-headed)	0	1	2	3
73	Weak digestion (gas, bloating, indigestion)	0	1	2	3
74	Feel drowsy after eating	0	1	2	3
75	Sore and achy muscles after little exercise	0	1	2	3
76	Constantly fatigued	0	1	2	3
77	Wake up at night to urinate	0	1	2	3
78	Wake up at night and can't get back to sleep	0	1	2	3
79	Back pain when in one position (i.e., in bed at night)	0	1	2	3
80	Headband-like headache (like a tight band around head)	0	1	2	3
81	Itchy skin	0	1	2	3
82	Sensitive to insect bites	0	1	2	3
83	Shortness of breath (can't hold breath very long)	0	1	2	3
84	No stamina (get winded easily)	0	1	2	3
85	Frequently yawn	0	1	2	3
86	Low body temperature	0	1	2	3
87	Muscles feel weak (body feels heavy)	0	1	2	3

Vitamin G Deficiency

88	High blood pressure	0	1	2	3
89	Fast heart rate (pulse)	0	1	2	3
90	Muscles feel tense & tight	0	1	2	3
91	Tic-tac rhythm to heart beat (no rest between heart beats)	0	1	2	3
92	Worry excessively (mind races)	0	1	2	3
93	Always tense can't relax	0	1	2	3
94	Tend to be suspicious by nature	0	1	2	3
95	Moody	0	1	2	3
96	Depressed	0	1	2	3
97	Tend to have cold hands & feet	0	1	2	3
98	Weak digestion (gas, bloating, indigestion)	0	1	2	3
99	Muscles restless always moving	0	1	2	3
100	Body jerks when falling asleep	0	1	2	3
101	Aware of muscle twitching	0	1	2	3
102	Feel tight; not flexible	0	1	2	3
103	Trouble digesting fats (indigestion after eating fatty foods)	0	1	2	3
104	Can hear heartbeat in ears (especially lying in bed at night)	0	1	2	3
105	Cracking at the corners of mouth (cheilosis)	0	1	2	3
106	Friable, easily irritated skin (especially after shaving)	0	1	2	3
107	Red, irritated tongue (sometimes purple color to tongue)	0	1	2	3
108	Irritated mucous membranes (sinus, lungs, rectum, etc.)	0	1	2	3
109	Loss of upper lip (thin upper lip)	0	1	2	3
110	Burning or itching of eyes	0	1	2	3
111	Bloodshot eyes	0	1	2	3
112	Eyes sensitive to light (photophobia)	0	1	2	3
113	See only part of printed words (like looking through a fishbowl)	0	1	2	3

Fatty Acids Deficiency

114	Joint or muscle pain	0	1	2	3
115	Glaucoma	0	1	2	3
116	Autoimmune disease (of any kind)	0	1	2	3
117	Cold-sensitive; always feel cold	0	1	2	3
118	Chronic headaches	0	1	2	3
119	Parasthesias (abnormal sensations in body) or neuralgia	0	1	2	3
120	Muscle cramping	0	1	2	3
121	Abrupt changes in visual acuity	0	1	2	3
122	Popping or cracking in ears or tinnitus	0	1	2	3
123	Problems swallowing	0	1	2	3
124	Depression and/or anxiety	0	1	2	3
125	Learning disabilities (ADD, ADHD, etc.)	0	1	2	3
126	Epilepsy or narcolepsy	0	1	2	3
127	Dry or scaling skin (elbows, knees, forearms, shins)	0	1	2	3
128	Phyrdoderma (roughness of upper arms, thighs, buttocks)	0	1	2	3
129	Dandruff or flaking skin, in general	0	1	2	3
130	Psoriasis or eczema	0	1	2	3
131	Dyspigmentation (aging spots, vitiligo)	0	1	2	3
132	Dry or brittle hair	0	1	2	3
133	Acne	0	1	2	3

High Autonomic

134	High blood pressure	0	1	2	3
135	Fast heart rate (pulse)	0	1	2	3
136	Dilated pupils	0	1	2	3
137	Tend toward dry mouth (may have difficulty swallowing)	0	1	2	3
138	Cold, clammy hands and feet	0	1	2	3
139	Excess muscle tension	0	1	2	3
140	Quick reflexes	0	1	2	3
141	Anxious, mind races, and can't relax	0	1	2	3
142	Excessive sweating	0	1	2	3
143	Lots of energy, but poor stamina or nervous exhaustion	0	1	2	3
144	Tendency toward constipation	0	1	2	3
145	Feel like food sits in stomach; queasiness or nausea	0	1	2	3
146	Tendency toward a strong body odor	0	1	2	3
147	Women: Difficult to become sexually aroused	0	1	2	3
148	Men: Difficulty getting an erection or weak erections	0	1	2	3

Low Autonomic

149	Low blood pressure	0	1	2	3
150	Slow heart rate (pulse)	0	1	2	3
151	Constricted pupils	0	1	2	3
152	Tendency toward increased saliva	0	1	2	3
153	Warm, dry skin (warm hands and feet)	0	1	2	3
154	Family history of diabetes or low thyroid	0	1	2	3
155	Slow reflexes	0	1	2	3
156	Unmotivated or lackadaisical	0	1	2	3
157	Calm, even disposition	0	1	2	3
158	Low energy but good endurance	0	1	2	3
159	Get stiff/achy after being in one position (sleeping/sitting)	0	1	2	3
160	Tendency toward laziness or undisciplined behavior	0	1	2	3
161	Women: Strong sex drive; easily aroused	0	1	2	3
162	Men: Easily achieve strong erections; strong sex drive	0	1	2	3

High Pituitary

163	Increased sex drive	0	1	2	3
164	Splitting headaches	0	1	2	3
165	Failing memory	0	1	2	3
166	Working excessively until exhausted	0	1	2	3
167	Feeling keyed up; unable to relax	0	1	2	3
168	Reduced tolerance for sugar	0	1	2	3

Low Pituitary

169	Reduced or absent sex drive	0	1	2	3
170	Abnormal thirst	0	1	2	3
171	Weight gain around hips or waist	0	1	2	3
172	Tendency toward ulcers or colitis	0	1	2	3
173	Ability to eat sugar without symptoms	0	1	2	3
174	Menstrual disorders (women)	0	1	2	3
175	Lack of menstruation (teenage girls)	0	1	2	3

High Thyroid

176	Hard to gain weight despite large appetite	0	1	2	3
177	Heart palpitations	0	1	2	3
178	Nervous, emotional and/or can't work under pressure	0	1	2	3
179	Insomnia	0	1	2	3
180	Inward trembling	0	1	2	3
181	Night sweats	0	1	2	3
182	Fast pulse at rest	0	1	2	3
183	Intolerant of high temperatures	0	1	2	3
184	Easily flushed	0	1	2	3

Low Thyroid

185	Difficulty losing weight	0	1	2	3
186	Reduced initiative and/or mental sluggishness	0	1	2	3
187	Easily fatigued; sleepy during the day	0	1	2	3
188	Sensitive to cold, poor circulation, cold hands and feet	0	1	2	3
189	Dry or scaly skin	0	1	2	3
190	Ringing in ears or noises in head	0	1	2	3
191	Hearing impaired	0	1	2	3
192	Constipation	0	1	2	3
193	Excessive hair loss and/or coarse hair	0	1	2	3
194	Headache upon waking; wears off during day	0	1	2	3

High Adrenal

195	Elevated blood pressure	1	2	3	
196	Headaches	0	1	2	3
197	Hot flashes	0	1	2	3
198	Hair growth on face or body (females)	0	1	2	3
199	Masculine tendencies (females)	0	1	2	3

Low Adrenal

200	Low blood pressure	0	1	2	3
201	Crave salt	0	1	2	3
202	Chronic fatigue or drowsiness	0	1	2	3
203	Afternoon yawning	0	1	2	3
204	Feeling tired upon waking	0	1	2	3
205	Weakness or dizziness	0	1	2	3
206	Weakness after colds or slow recovery	0	1	2	3
207	Poor circulation	0	1	2	3
208	Muscular and nervous exhaustion	0	1	2	3
209	Susceptible to colds, asthma, or bronchitis	0	1	2	3
210	Allergies and/or hives	0	1	2	3
211	Difficulty holding chiropractic adjustments	0	1	2	3
212	Arthritic tendencies	0	1	2	3
213	Nails weak and/or ridged	0	1	2	3
214	Perspire easily	0	1	2	3
215	Slow starter in the morning	0	1	2	3
216	Afternoon headaches	0	1	2	3

Nutritional Deficiency

217	Frequent skin rashes and/or hives	0	1	2	3
218	Muscle cramping of leg or foot when at rest or sleeping	0	1	2	3
219	Fevers easily raised or frequent	0	1	2	3
220	Crave chocolate	0	1	2	3
221	Feet have bad odor	0	1	2	3
222	Frequent hoarseness	0	1	2	3
223	Difficulty swallowing	0	1	2	3
224	Joint stiffness upon arising	0	1	2	3
225	Frequent vomiting	0	1	2	3
226	Tendency to anemia	0	1	2	3
227	Whites of eyes (sclera) blue	0	1	2	3
228	Lump in throat	0	1	2	3
229	Dryness of eyes, mouth, and/or nose	0	1	2	3
230	White spots on fingernails	0	1	2	3
231	Cuts heal slowly and/or scar easily	0	1	2	3
232	Reduced/lost sense of taste and/or smell	0	1	2	3
233	Susceptible to colds, fevers, and/or infections	0	1	2	3
234	Strong light irritates eyes	0	1	2	3
235	Noises in head or ringing in ears	0	1	2	3
236	Burning sensations in mouth	0	1	2	3
237	Numbness in hands and feet	0	1	2	3
238	Intolerant to MSG	0	1	2	3
239	Cannot recall dreams	0	1	2	3
240	Frequent nosebleeds	0	1	2	3
241	Bruise easily	0	1	2	3
242	Muscle cramping; worse with exercise	0	1	2	3

Heart Function

243	Aware of heavy and/or irregular breathing	0	1	2	3
244	Discomfort at high altitude	0	1	2	3
245	"Air hunger"; sigh frequently	0	1	2	3
246	Swollen ankles, worse at night	0	1	2	3
247	Shortness of breath with exertion	0	1	2	3
248	Dull pain in chest or radiating into arm, worse with exertion	0	1	2	3

Female Hormonal

249	Premenstrual tension	0	1	2	3
250	Painful menses (cramping, etc.)	0	1	2	3
251	Menstruation excessive or prolonged	0	1	2	3
252	Painful or tender breasts	0	1	2	3
253	Menstruate too frequently	0	1	2	3
254	Acne, worse at menses	0	1	2	3
255	Depressed feeling before menstruation	0	1	2	3
256	Vaginal discharge	0	1	2	3
257	Menses scanty or missed	0	1	2	3
258	Hysterectomy or ovaries removed	0	1	2	3
259	Menopausal hot flashes	0	1	2	3
260	Depression	0	1	2	3

Male Hormonal

261	Prostate trouble	0	1	2	3
262	Urination difficult or dribbling	0	1	2	3
263	Frequent night urination	0	1	2	3
264	Pain on inside of legs or heels	0	1	2	3
265	Feeling of incomplete bowel movement	0	1	2	3
266	Leg nervousness at night	0	1	2	3
267	Tire easily; avoid activity	0	1	2	3
268	Reduced sex drive	0	1	2	3
269	Depression	0	1	2	3
270	Migrating aches and pains	0	1	2	3