



# **GUT HEALTH SYMPTOMS QUESTIONNAIRE**

Are you seeking  
assistance in improving  
your gut health?





# Gut Health Symptoms Questionnaire

STARTS HERE

This questionnaire will help you get a better understanding of your symptoms and where to start with your gut health journey.

We will be going deeper into this during the Common Digestive Conditions section.

Print the following pages off and fill them out the best you can.

We will discuss your answers further on our live calls/1:1 consultations...



SYMPTOMS	YES / NO	
Constipated and don't have regular bowel movements		
Bloated after eating		
Nauseated after eating		
I get full really quickly and can only eat small amounts		
I suffer with burning in my throat, heartburn and acid reflux		
I have a lump in my throat and my voice can sound hoarse		
I take heartburn medication or antacids frequently		
I have Hashimoto's		
I suffer with anxiety and often feel in a low mood		
I have seasonal allergies		
I have developed food allergies		
I regularly take Ibuprofen or tylenol		
I was prescribed antibiotics a lot in my younger years		
I've been prescribed antibiotics in the last 5 years		
I can have stomach cramps and diarrhoea after eating meals		
I have PCOS, PMS		
I find it difficult to lose weight		
I have acne, skin irritations, skin breakouts		
Sensitivities to certain foods		

SYMPTOMS	YES / NO	
I have diarrhoea but still feel constipated		
I occasionally have undigested food in my stools		
I am exhausted in the afternoons		
I feel anxious after drinking coffee		
I've been diagnosed with group B Strep in pregnancy		
I suffer with yeast infections		
I have frequent urine infections (UTI's)		
I crave sugar and carbs		
I have eczema or skin rashes		
I have been diagnosed with IBS		
I take digestive enzymes before eating		
I suffer with migraines		
I have insulin resistance		
I am diagnosed with type 2 diabetes		
I have gestational diabetes		
My mood is all over the place and I get irritated easily		
I can't maintain my healthy weight		
I get gassy if I eat legumes, lentils, beans, or a lot of fibre		
Food poisoning in the past & my stomach has never been the same		



## Disclaimer

This whole foods gut health program has been developed by drawing on our background, training, skills, and life experiences, as a qualified Naturopath and Nutritionist. I am not a Medical Doctor, and this content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY.

Please consult with your doctor or contact me directly if you have any questions regarding your suitability for this nutritional program, and then make your own well-informed decisions based on what is best for your unique situation.

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