

NUTRITIONAL QUESTIONNAIRE

Simply put a check mark beside any symptom that applies to you.

Section 1 • Gastrointestinal

Part A (Stomach, Pancreas, Small Intestine)

- Indigestion/gas after eating
- Feel too full after eating, bloating
- Sleepy or low energy after eating
- Uncomfortable or adverse reactions after eating
- Diet consists of mostly processed and cooked food
- The need to eliminate soon after eating
- Diarrhea after eating
- Difficulty breathing after eating
- Food passes through undigested
- Three or more large bowel movements daily

Total

Part B (Colon)

- Hard, small stool
- Mucus in stool
- Constipation or straining during bowel movement
- Rectal pain, itching, burning
- Thin, pencil-like bowel movements
- No urge to move bowels
- Almost continued urge to have bowel movement
- Hemorrhoids or rectal fissure
- Diarrhea/loose stool
- Cramping in lower abdomen

Total

Part C (Microbe, Yeast, Para)

- Repeated use of antibiotics, steroids or birth control pills
- Cravings for sugars, bread, alcohol
- Severe reactions to perfume, tobacco or chemical odors
- Hyper-sensitivity to certain foods (gluten?)
- Teeth grinding
- Recurrent Bladder infections
- Coated or sore tongue
- Feel bad all over without apparent cause
- Hives, psoriasis or skin rash
- Tiredness, feelings of being drained

Total

Section 2 • Liver and Gallbladder

- Fats/greasy foods cause nausea, headaches
- High cholesterol
- Stool appears yellow, clay-colored, foul odor
- Skin oily on nose and forehead
- Constipation
- Bad breath/bad taste in mouth, excess body odor
- Pain/tenderness behind the right lower rib area
- Brown spots on the skin
- History of gallstones
- General poor health

Total

Section 3 • Endocrine

Part A (Thyroid)

- Heart seems to miss beats or turn "flip flops"
- Cold hands or feet/Sensitivity to cold, prefer warm climate
- Hair scanty, dry, brittle, dull, lusterless, lifeless
- Flaky, dry, rough, skin
- High cholesterol
- Constipation, less than one bowel movement a day
- "Go to pieces" easily, cry easily
- Diminished sex drive
- Gain weight easily, fail to lose on diets
- Depression

Total

Part B (Adrenal)

- Eyes sensitive to bright lights, headlights, sunlight
- Fatigue, especially between 2-6pm
- Dizzy when rising or standing up from a kneeling position
- Form "gooseflesh" easily or "cold sweats"
- Prefer being alone, uneasy when center of attention
- Blood pressure fluctuates, sometimes too low
- Allergies, such as skin rash, dermatitis, hay fever, asthma, etc
- Emotional upsets cause complete exhaustion, must go and lie down when under heavy stress
- Unusual craving for salt
- more than usual neck, head, shoulder tension

Total

Section 4 • Glucose

Part A (Glucose High)

- Frequent urination
- Unusual thirst
- Unusual hunger
- Vision blurs
- Sense of drowsiness, lethargy during the day not associated with missing meals or not sleeping
- Loss of hair on your legs
- Slow healing of wounds, cuts, abrasions
- Breath smells sweet or of acetone
- Peculiar sensations in hands or feet – tingling, burning, sharp jabs, numbness, etc.
- Urine contains sugar

Total

Part B (Glucose Low)

- Nervousness, shaky feelings or headaches relieved by eating sweets
- Irritable if late for a meal or miss a meal
- Irritable before breakfast
- Sudden strong craving for sweets, coffee or alcohol
- Get hungry soon after eating
- Wake up at night feeling hungry
- Wake up in the middle of the night and can't go back to sleep
- Mind goes blank at times
- Feel best after a good meal
- Agitation, easily upset, nervous

Total

Section 5 • Cardio

- High blood pressure
- Pain, pressure, tightness or heaviness around the chest
- Exhaustion with minor exertion
- Difficulty catching breath, especially during exercise
- Heart pounding, sensation of heart beating too quickly, too slowly or irregularly
- Swelling in feet, ankles and/or legs comes and goes for no apparent reason
- Fingers and/or toes go cold
- Arms and/or legs "go to sleep"
- Numbness or heaviness in arms or legs
- Sharp, diagonal crease in earlobe

Total

Section 6 • Mood

- Family, friends, work, hobbies or activities you hold dear are no longer of interest
- Cry frequently
- Feeling miserable, sad, unhappy or blue
- Sleep problems – too much or too little sleep
- Does every little thing get on your nerves and wear you out
- Do you feel easily agitated
- Often feel "Butterflies in your stomach,"
- Are you easily upset or irritated
- Go to pieces if you don't control yourself
- Little annoyances get on your nerves and make you angry

Total

Section 7 • Immune

- Allergies
- Frequent colds or flu-like symptoms
- Frequent sore throats
- Swollen lymph nodes
- Mucus in eyes when waking up in morning
- Tonsils removed
- Cough up lots of phlegm
- Plugged ears/discharge from ears
- Sinus congestion/problems
- Lung congestion/issues

Total

Section 8 • Urinary

- Cramping or pain on either side of lower back
- Restricted urine flow
- Puffiness around eyes
- Frequent urinary tract infections
- Burning upon urination
- High diastolic blood pressure (above 90)
- Rarely feel the urge to urinate
- Strong smelling urine
- Urine is a rose color
- Generalized sense of water retention throughout your body

Total

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Section 9 • Musculoskeletal

- Bones ache, feel tender or sore
- Upper or lower back pain
- Pain when sitting down or walking
- Teeth are prone to decay
- Joint swelling, pain or stiffness involving one or more areas (fingers, hands, wrists, elbows, shoulders, toes, arches, feet, ankles, knees or ankles)
- A routine exercise program, like daily walking, causes your knees to swell or hurt
- Injure, strain or sprain easily
- Muscles stiff, sore, tense and/or achy
- Muscle cramps or spasms/twitches
- Specific points on the body feel sore when pressed

Total

Section 10 • CNS Brain

- Tremors in hands and feet
- Eyesight, sense of smell and taste or ability to hear not as sharp as it used to be
- Irritability or impatience
- Loss of stamina while doing physical work
- Speaking and forming words does not feel automatic
- Difficulty absorbing new information
- Tend to forget things
- Trouble thinking or concentrating
- Easily distracted
- Inability to sit still for any length of time, even at mealtime

Total

Section 11 • Prostate (Male Only)

- Difficulty urinating – starting, burning
- Above associated with back or leg pains
- Have to urinate more than twice during night
- Sensation of not emptying your bladder completely
- Find yourself needing to start and stop again several times while urinating
- Find it difficult to postpone urinating
- Need to push or strain to begin urinating
- Lost or diminished sex drive
- Impotence
- Premature ejaculation

Total

Section 12 • Hormones (Female Only)

Part A (PMS)

Indicate which conditions apply only if they occur within 14 days prior to and two days after menstrual period. (Menopausal women skip to Part B)

- Anxiety, nervous tension
- Irritability, restlessness
- Depression
- Mood swings, emotional outbursts, crying spells
- Headache
- Backache, cramps
- Bloating, weight gain
- Craving for sweets
- Breast tenderness
- Swelling of hands, feet, edema

Total

Part B (Hormones)

- Vaginal discharge
- Vaginal dryness
- Sexual intercourse is uncomfortable
- Interest in having sex is low
- Difficulty with orgasm
- Sense of well-being fluctuates throughout the day for no apparent reason
- Sudden hot flashes
- Chills
- Mental foginess, forgetful or distracted
- Difficulty sleeping

Total

Section 13 • Specific Nutrients

Part A (Essential Fatty Acids)

- Dry, flaky skin
- Dryness or cracks behind the ears
- Brittle hair and/or fingernails
- Acne
- Dry or oily hair
- Eczema/psoriasis/dermatitis
- Alopecia (patchy hair loss)
- Dry patches of scaly skin on the face and/or nose
- Patches of hair which are unmanageable (stick up on end)
- Split ends

Total

Part B (Protein, Aminos)

- Excess fluid retention (edema) in hands or feet
- Nausea or dizziness
- Poor coordination
- General, overall weakness
- Anemia
- Cataracts
- Catch colds, flu, infections easily
- Muscle wasting
- Premature aging
- Hair dull, dry, sparse, loose and falling out

Total

Part C (CoQ10)

- Muscular weakness
- Heart rhythm disturbances
- Enlarged heart
- Chronic unrelenting fatigue
- Bleeding gums
- Receding gums
- High blood pressure
- History of angina and/or coronary artery disease
- History of congestive heart failure
- Experience severe muscle pain, particularly after exercising

Total

Part D (Vitamin C)

- Skin bruises easily, "black & blue" marks
- Gums bleed easily, especially when brushing teeth
- Loose teeth, loss of dental fillings
- Cuts, sores or wounds heal slowly
- "Fleeting" pains in joints or legs, joint tenderness
- Catch infections, colds, flu or viruses easily
- Nosebleeds
- Broken capillaries, hemorrhages or little pink spots on skin
- Anemia
- Fragile bones

Total

Part E (Vitamin D)

- Poor bone development
- Abnormal number of dental cavities
- Osteoporosis (demineralized bones)
- Osteomalacia (softening of bones)
- Rickets (bowlegs, knock-knees)
- Joint pains
- Muscular cramps
- Nearsightedness, myopia
- Nervousness
- Insomnia

Total

Part F (Iodine)

- Dry hair
- Brittle nails
- Slow mental reactions
- High cholesterol in blood
- Enlargement of thyroid gland, goiter
- Heart palpitations
- Irritability
- Overweight, obese
- Sluggish metabolism
- Constipation

Total

Please list any problems, symptoms or conditions that have not been covered in this questionnaire:
