



How healthy is your gut?

Respond to the statements below based on your experiences over the past 3 months, or use a longer time period if indicated.

Symptom	Response
I regularly experience diarrhoea or constipation	Yes No
I experience gas and bloating	Yes No
I get heartburn and/or reflux	Yes No
I have been diagnosed with IBS, Ulcerative Colitis, Crohn's or another gastrointestinal complaint	Yes No
I still get skin breakouts even though I'm no longer a teenager	Yes No
I get red blotchy or patchy skin, or have a history of experiencing hives	Yes No
I have experienced or am currently experiencing psoriasis, rosacea, eczema or itchy rashes	Yes No
I feel depressed or anxious at times	Yes No
I get headaches or migraines regularly	Yes No
I experience concentration issues	Yes No
I have short-term or long-term memory issues	Yes No
I have a history of being diagnosed with ADHD/ADD or developmental delays	Yes No
I have been diagnosed with Hashimoto's thyroiditis	Yes No
I experience fatigue or sluggishness	Yes No
I have experienced unexplained weight gain or weight loss in the past	Yes No
I experience moodiness, sadness, fluid retention or breast tenderness pre-menstrually	Yes No N/A
I experience excessive cramping and pain during menstruation	Yes No N/A
I have a history of infertility or miscarriage	Yes No N/A
I have trouble getting to sleep, staying asleep or I wake unrefreshed	Yes No
I need coffee to keep me going during the day	Yes No
I experience pain in my joints, and/or muscles that is unrelated to exercise or injuries	Yes No
I have experienced or currently experience asthma or allergies	Yes No
I experience persistent fungal infections such as tinea, ringworm or nail fungal issues	Yes No
I have been diagnosed in the past with one or more autoimmune conditions	Yes No
I experience colds and flu's more frequently than others around me	Yes No
TOTAL YES'S	

Count up your yes's. The more you have, the more likely it is that your gut is playing a role in your current health challenges. Even if you don't experience any overt signs of gut dysfunction like constipation, diarrhoea, gas, bloating or abdominal pain, many of the symptoms outlined above indicate a degree of gut dysfunction may be present.

While zero yes's would be ideal, it's not all bad news. There are plenty of strategies that can be implemented to unwind the gut dysfunction and simultaneously leverage improvements in many of the symptoms listed above.