Please list the 5 major health concerns in your order of importance:
1
2
3
4
5
3 4

Age:

Sex:

Date:

Please circle the appropriate number "0-3" on all questions below. <u>0 as the least/never</u> to <u>3 as the most/always</u>

Category 1					
Lower abdominal pain relief by passing stool or gas	Category 1				
Alternating constipation and diarrhea Diarrhea Constipation Hard, dry or small stool Coated tongue or "fuzzy" debris on tongue Pass large amount of foul smelling gas More than 3 bowel movements daily Do you use laxatives frequently Category 2 Excessive belching, burping or bloating Gas immediately following a meal Offensive breath Difficult bowel movements Sense of fullness during and after meals Difficulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite O 1 2 3 Increased thirst and appetite	Feeling that bowels do not empty completely	0	1	2	3
Diarrhea	Lower abdominal pain relief by passing stool or gas	0	1	2	3
Constipation	Alternating constipation and diarrhea	0	1	2	3
Hard, dry or small stool	Diarrhea	0	1	2	3
Category 2 Excessive belching, burping or bloating Gas immediately following a meal Difficult bowel movements Sense of fullness during or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite O 1 2 3 O 1 2 3 D 1 2 3 D 2 3 D 2 3 D 3 1 2 3 D 3 1 2 3 D 4 2 3 D 5 2 3 D 5 2 3 D 6 1 2 3 D 7 2 3 D 7 2 3 D 7 3 3 D 7 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Constipation	0	1	2	3
Pass large amount of foul smelling gas More than 3 bowel movements daily Do you use laxatives frequently Category 2 Excessive belching, burping or bloating Gas immediately following a meal Offensive breath Difficult bowel movements Sense of fullness during and after meals Difficulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite O 1 2 3	Hard, dry or small stool	0	1	2	3
More than 3 bowel movements daily Do you use laxatives frequently Category 2 Excessive belching, burping or bloating Gas immediately following a meal Offensive breath Difficult bowel movements Sense of fullness during and after meals Difficulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite	Coated tongue or "fuzzy" debris on tongue	0	1	2	3
Category 2 Excessive belching, burping or bloating 0 1 2 3 Gas immediately following a meal 0 1 2 3 Offensive breath 0 1 2 3 Difficult bowel movements 0 1 2 3 Difficulty digesting fruits/vegetables; undigested foods found in stools 0 1 2 3 Category 3 Stomach pain, burning or aching 1-4 hours after eating 0 1 2 3 Do you frequently use antacids 0 1 2 3 Feeling hungry an hour or two after eating 0 1 2 3 Heartburn when lying down or bending forward 0 1 2 3 Temporary relief from antacids, food, milk, carbonated beverages 0 1 2 3 Digestive problems subside with rest and relaxation 0 1 2 3 Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 1 2 3 Nausea and/or vomiting 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Frequent urination 0 1 2 3	Pass large amount of foul smelling gas	0	1	2	3
Category 2 Excessive belching, burping or bloating Gas immediately following a meal Offensive breath Offensive breath Offensive breath Officult bowel movements Officult bowel movements Officulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite O 1 2 3	More than 3 bowel movements daily	0	1	2	3
Excessive belching, burping or bloating Gas immediately following a meal Offensive breath Difficult bowel movements Sense of fullness during and after meals Difficulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite O 1 2 3	Do you use laxatives frequently	0	1	2	3
Gas immediately following a meal Offensive breath Officult bowel movements Officult bowel movements Officulty digesting and after meals Officulty digesting fruits/vegetables; Undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Offensive proper and antacids Officulty digesting fruits/vegetables; Undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Offensive proper antacids Offensive proper and after meals Offensive proper antacids Off	Category 2				
Offensive breath Difficult bowel movements Sense of fullness during and after meals Difficulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite	Excessive belching, burping or bloating	0	1	2	3
Difficult bowel movements Sense of fullness during and after meals Difficulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite	Gas immediately following a meal	0	1	2	3
Sense of fullness during and after meals Difficulty digesting fruits/vegetables; undigested foods found in stools Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite O 1 2 3	Offensive breath	0	1	2	3
Difficulty digesting fruits/vegetables; undigested foods found in stools 0 1 2 3 Category 3 Stomach pain, burning or aching 1-4 hours after eating 0 1 2 3 Do you frequently use antacids 0 1 2 3 Feeling hungry an hour or two after eating 0 1 2 3 Heartburn when lying down or bending forward 0 1 2 3 Temporary relief from antacids, food, milk, carbonated beverages 0 1 2 3 Digestive problems subside with rest and relaxation 0 1 2 3 Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Increased thirst and appetite 0 1 2 3	Difficult bowel movements	0	1	2	3
Category 3 Stomach pain, burning or aching 1-4 hours after eating 0 1 2 3 Do you frequently use antacids 0 1 2 3 Feeling hungry an hour or two after eating 0 1 2 3 Heartburn when lying down or bending forward 0 1 2 3 Temporary relief from antacids, food, milk, carbonated beverages 0 1 2 3 Digestive problems subside with rest and relaxation 0 1 2 3 Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Sense of fullness during and after meals	0	1	2	3
Category 3 Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Do 1 2 3 Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite	Difficulty digesting fruits/vegetables;				
Stomach pain, burning or aching 1-4 hours after eating Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite 0 1 2 3 Increased thirst and appetite	undigested foods found in stools	0	1	2	3
Do you frequently use antacids Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Do you frequently ing down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite	Category 3				
Feeling hungry an hour or two after eating Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination O 1 2 3 Increased thirst and appetite	Stomach pain, burning or aching 1-4 hours after eating	0	1	2	3
Heartburn when lying down or bending forward Temporary relief from antacids, food, milk, carbonated beverages 0 1 2 3 Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite 0 1 2 3 Increased thirst and appetite	Do you frequently use antacids	0	1	2	3
Temporary relief from antacids, food, milk, carbonated beverages 0 1 2 3 Digestive problems subside with rest and relaxation 0 1 2 3 Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 2 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Feeling hungry an hour or two after eating	0	1	2	3
beverages Digestive problems subside with rest and relaxation Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine Category 4 Roughage and fiber cause constipation Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite 0 1 2 3 1 2 3	Heartburn when lying down or bending forward	0	1	2	3
Digestive problems subside with rest and relaxation 0 1 2 3 Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite	Temporary relief from antacids, food, milk, carbonated				
Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	beverages	0	1	2	3
peppers, alcohol and caffeine 0 1 2 3 Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Digestive problems subside with rest and relaxation	0	1	2	3
Category 4 Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Heartburn due to spicy foods, chocolate, citrus,				
Roughage and fiber cause constipation 0 1 2 3 Indigestion and fullness lasts 2-4 hours after eating 0 1 2 3 Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	peppers, alcohol and caffeine	0	1	2	3
Indigestion and fullness lasts 2-4 hours after eating Pain, tenderness, soreness on left side under rib cage Excessive passage of gas Nausea and/or vomiting Stool undigested, foul smelling, mucous-like, greasy or poorly formed Frequent urination Increased thirst and appetite 0 1 2 3 0 1 2 3 0 1 2 3	Category 4				
Pain, tenderness, soreness on left side under rib cage 0 1 2 3 Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Roughage and fiber cause constipation	0	1	2	3
Excessive passage of gas 0 1 2 3 Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Indigestion and fullness lasts 2-4 hours after eating	0	1	2	3
Nausea and/or vomiting 0 1 2 3 Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Pain, tenderness, soreness on left side under rib cage	0	1	2	3
Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Excessive passage of gas	0	1	2	3
Stool undigested, foul smelling, mucous-like, greasy or poorly formed 0 1 2 3 Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Nausea and/or vomiting	0	1	2	3
Frequent urination 0 1 2 3 Increased thirst and appetite 0 1 2 3	Stool undigested, foul smelling, mucous-like, greasy	-		•	•
Increased thirst and appetite 0 1 2 3					
Difficulty loosing weight 0 1 2 3					
	Difficulty loosing weight	0	1	2	3

Name:

Category 5		
Greasy or high fat foods cause distress	0 1	2 3
Lower bowel gas and or bloating several hours		
after eating	0 1	2 3
Bitter metallic taste in mouth, especially in the morning	0 1	2 3
Unexplained itchy skin	0 1	2 3
Yellowish cast to eyes	0 1	2 3
Stool color alternates from clay colored to		
normal brown	0 1	2 3
Reddened skin, especially palms	0 1	2 3
Dry or flaky skin and/or hair	0 1	2 3
History of gallbladder attacks or stones	0 1	2 3
Have you had your gallbladder removed	Yes	No
The state of the s		
Category 6		
Crave sweets during the day	0 1	2 3
Irritable if meals are missed	0 1	
Depend on coffee to keep yourself going or started	0 1	
Get lightheaded if meals are missed	0 1	2 3
Eating relieves fatigue	0 1	2 3
Feel shaky, jittery, tremors	0 1	2 3
Agitated, easily upset, nervous	0 1	2 3
Poor memory, forgetful	0 1	
Blurred vision	0 1	2 3
Biulted vision	0 1	2 3
Category 7		
Fatigue after meals	0 1	2 3
Crave sweets during the day	0 1	2 3
Eating sweets does not relieve cravings for sugar	0 1	2 3
Must have sweets after meals	0 1	2 3
Waist girth is equal or larger than hip girth	0 1	2 3
Increased thirst & appetite	0 1	2 3
Difficulty losing weight	0 1	2 3
Difficulty looking weight	0 1	2 0
Category 8		
Cannot stay asleep	0 1	2 3
Crave salt	0 1	
Slow starter in the morning	0 1	2 3
Afternoon fatigue	0 1	2 3
Dizziness when standing up quickly	0 1	2 3
Afternoon headaches	0 1	2 3
Headaches with exertion or stress	0 1	2 3
Weak nails	0 1	2 3

Category 9				
Cannot fall asleep	0	1	2	3
Perspire easily	0	1	2	3
Under high amounts of stress	0	1	2	3
Weight gain when under stress	0	1	2	3
Wake up tired even after 6 or more hours of sleep	0	1	2	3
Excessive perspiration or perspiration with little or				
no activity	0	1	2	3
,				
Category 10				
Tired, sluggish	0	1	2	3
Feel cold - hands, feet, all over	0	1	2	3
Require excessive amounts of sleep to function				
properly	0	1	2	3
Increase in weight gain even with low-calorie diet	0	1	2	3
Gain weight easily	0	1	2	3
Difficult, infrequent bowel movements	0	1	2	3
Depression, lack of motivation	0	1	2	3
Morning headaches, wear off as the day progresses	0	1	2	3
Outer third of eyebrow thins	0	1	2	3
Thinning of hair on scalp, face or genitals or	·	·	_	Ū
excessive hair falling out	0	1	2	3
Dryness of skin and/or scalp	0	1	2	3
Mental sluggishness	0	1	2	3
Wertar staggistiffess	Ū	٠	_	Ü
Category 11				
Heart palpations	0	1	2	3
Inward trembling	0	1	2	3
Increased pulse even at rest	0	1	2	3
Nervousness and emotional	0	1	2	3
Insomnia	0	1	2	3
Night sweats	0	1	2	3
Difficulty gaining weight	0	1	2	3
Difficulty gaining weight	U	٠	_	J
Category 12				
Diminished sex drive	0	1	2	3
Menstrual disorders or lack of menstruation	0	1	2	3
Increased ability to eat sugars without symptoms	0	1	2	3
moreaded ability to eat augura without symptoms	Ü	٠	_	Ü
Category 13				
Increased sex drive	0	1	2	3
Tolerance to sugars reduced	0		2	3
"Splitting" type headaches	0	1	2	3
opining type redudences	U	'	_	J

Category 14 (Male Only)	
Urination difficulty or dribbling	0 1 2 3
Urination frequent	0 1 2 3
Pain inside of legs or heels	0 1 2 3
Feeling of incomplete bowel evacuation	0 1 2 3
Leg nervousness at night	0 1 2 3
Category 15 (Males Only)	
Decrease in libido	0 1 2 3
Decrease in spontaneous morning erections	0 1 2 3
Decrease in fullness of erections	0 1 2 3
Difficulty in maintaining morning erections	0 1 2 3
Spells of mental fatigue	0 1 2 3
Inability to concentrate	0 1 2 3
Episodes of depression	0 1 2 3
Muscle soreness	0 1 2 3
Decrease in physical stamina	0 1 2 3
Unexplained weight gain	0 1 2 3
Increase in fat distribution around chest and hips	0 1 2 3
Sweating attacks	0 1 2 3
More emotional than in the past	0 1 2 3
more official and in the pact	0 . 2 0
Category 16 (Menstruating Females Only)	
0	
Are vou perimenopausal	Yes No
Are you perimenopausal Alternating menstrual cycle lengths	
Alternating menstrual cycle lengths	Yes No
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days	Yes No Yes No
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days	Yes No Yes No Yes No
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods	Yes No Yes No Yes No 0 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow	Yes No Yes No Yes No 0 1 2 3 0 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow	Yes No Yes No O 1 2 3 O 1 2 3 O 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses	Yes No Yes No O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses	Yes No Yes No O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses	Yes No Yes No 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses	Yes No Yes No O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses Acne break outs	Yes No Yes No 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses Acne break outs Category 17 (Menopausal Females Only)	Yes No Yes No O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses Acne break outs Category 17 (Menopausal Females Only) How many years have you been menopausal?	Yes No Yes No O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3 O 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses Acne break outs Category 17 (Menopausal Females Only) How many years have you been menopausal? Do you ever have uterine bleeding since menopause?	Yes No Yes No Yes No 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 Ves No
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses Acne break outs Category 17 (Menopausal Females Only) How many years have you been menopausal? Do you ever have uterine bleeding since menopause? Hot flashes	Yes No Yes No Yes No 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3
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Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses Acne break outs Category 17 (Menopausal Females Only) How many years have you been menopausal? Do you ever have uterine bleeding since menopause? Hot flashes Mental Fogginess Disinterest in sex Mood swings Depression Painful intercourse Shrinking breasts Facial hair growth	Yes No Yes No Yes No 0 1 2 3
Alternating menstrual cycle lengths Extended menstrual cycle, greater than 32 days Shortened menstrual cycle, less than every 24 days Pain and cramping during periods Scanty blood flow Heavy blood flow Breast pain and swelling during menses Pelvic pain during menses Irritable and depressed during menses Acne break outs Category 17 (Menopausal Females Only) How many years have you been menopausal? Do you ever have uterine bleeding since menopause? Hot flashes Mental Fogginess Disinterest in sex Mood swings Depression Painful intercourse Shrinking breasts	Yes No Yes No Yes No 0 1 2 3

How many alcoholic beverages to you consume per week?	How many caffeinated beverages do you consumer per day?		
How many times do you eat out per week?	How many times a week to you work out?		
How many times a week to you eat fish?	How many times a week do you eat raw nuts or seeds?		
List the three worst foods you eat during the average week	1	1	
List the three healthiest foods you eat during the average week	1	1	
Rate your stress levels on a scale of 1-10 during the average week			

Circle any of the following medications you are currently taking:

Antacids Antibiotics Antidepressants Antifungals Antihistamines Anti-Inflammatory **Anxiety Medications** Aspirin/Tylenol Diuretics High Blood Pressure High Cholesterol Hormone Replacement Hydrocortisone Cream Oral Contraceptives Thyroid Hormone Other: