

Wellness Evaluation

In medicine today, leaky gut (aka intestinal permeability) and cellular inflammation are not diagnosed and treated properly. However, one of these problems could be affecting your health. Many health problems related to gut health and cellular inflammation go undiagnosed, misdiagnosed or ignored by traditional medicine. Please complete this evaluation to help us determine how we can help you with your health problems.

Let's get started.

Please circle any that apply to you:

Joint Conditions including:

Spine, Shoulder or Knee

Sub-Clinical symptoms including:

Headaches

Migraines

Hormone Imbalance including:

PMS

Emotional imbalance

Gastrointestinal issues including:

Abdominal bloating, cramps or painful gas

Irritable Bowel Syndrome

Ulcerative Colitis

Crohn's Disease and other intestinal disorders

Respiratory Conditions including:

Chronic sinusitis

Asthma

Allergies

Autoimmune Conditions including:

Diabetes Mellitus

Lupus

Rheumatoid Arthritis

Fibromyalgia

Chronic Fatigue

Thyroid Conditions including:

Hashimotos

Hypothyroidism

Hyperthyroidism

Developmental and Social Concerns including:

Autism

ADD/ADHD

Anxiety

Skin Conditions including:

Eczema

Skin rashes

Hives

Circle the number that most closely fits, then add up your results.

	None	Mild	Mod	Severe		None	Mild	Mod	Severe
Constipation and/or diarrhea	0	1	2	3	Asthma, Hayfever, or airborne allergies	0	1	2	3
Abdominal pain or bloating	0	1	2	3	Confusion, poor memory or mood swings	0	1	2	3
Mucous or blood in stool	0	1	2	3	Use of NSAIDS (Aspirin, Tylenol, Motrin)	0	1	2	3
Joint pain or swelling, arthritis	0	1	2	3	History of antibiotic use	0	1	2	3
Chronic or frequent fatigue or tiredness	0	1	2	3	Alcohol consumption makes you feel sick	0	1	2	3
Food allergies, sensitivities or intolerance	0	1	2	3	Gluten sensitivity or Celiac's disease	0	1	2	3
Sinus or nasal congestion	0	1	2	3	Nausea	0	1	2	3
Chronic or frequent inflammations	0	1	2	3	Weight issues	0	1	2	3
Eczema, skin rashes or hives (urticaria)	0	1	2	3					

YOUR TOTAL: _____