

Wellness Questionnaire

Helping you one question at a time!

Name:	First Name	MI	Last Name	Date of Birth:
				Patient Code:

IMPORTANT!
The **PURPOSE** of this questionnaire is to comprehensively evaluate each of your body's organ system over the last six months.

If the answer is 'Yes' then select 'A'

If the symptom or event is persistent then select 'A'

If the symptom or event is Frequent or common then select 'F'

If the symptom or event is Rare or uncommon then select 'R'

If the symptom or event has not occurred within the last 6 months, then leave the question blank

To ensure the accuracy, **PLEASE** mark questions that apply to you during the last six months **ONLY**.

This will ensure that the results are consistent with your current health status

Section 1

- | | |
|---|-----------------------------------|
| 1. R F A Consume breads / pastas / starches | 5. R F A Unexplained weight loss |
| 2. R F A Yeast / Fungal problems | 6. R F A Nervousness or irritable |
| 3. R F A Tickle in your throat | 7. R F A Thinning of skin |
| 4. R F A Cough / spit clear sputum / phlegm | 8. R F A Prostate problems |

Section 2

- | | |
|--|---|
| 9. R F A A family history of diabetes | 19. R F A Consume sweets |
| 10. R F A A family history of cancer | 20. R F A Use artificial sweeteners |
| 11. R F A A family history of heart disease | 21. R F A Drink cow's milk |
| 12. R F A Alcohol socially | 22. R F A Consume white sugar |
| 13. R F A Alcohol use extensively | 23. R F A Consume refined carbs |
| 14. R F A Do you use street drugs | 24. R F A Consume wheat or gluten |
| 15. R F A Drink coffee / soda / ice tea | 25. R F A Consume artificial flavorings |
| 16. R F A Smoke or use tobacco | 26. R F A Very little exercise |
| 17. R F A Eat fast food | 27. R F A Family or financial stressors |
| 18. R F A Eat pre processed / packaged foods | |

Section 3

- | | |
|-----------------------------|-----------------------|
| 28. R F A Rashes | 32. R F A Acne |
| 29. R F A Rosacea | 33. R F A Eczema |
| 30. R F A Itchy or dry skin | 34. R F A Psoriasis |
| 31. R F A Oily skin | 35. R F A skin cancer |

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Section 4

- 36. R F A Vertigo / dizziness
- 37. R F A Light headedness
- 38. R F A Glaucoma
- 39. R F A Cataracts
- 40. R F A Double vision or blurred vision
- 41. R F A Dry or red eyes
- 42. R F A Macular degeneration
- 43. R F A Watery eyes
- 44. R F A Itchy eyes
- 45. R F A Puffy eyes
- 46. R F A Ear infections
- 47. R F A Tooth cavities
- 48. R F A Bad breath
- 49. R F A Runny nose / sneezing

Section 5

- 50. R F A COPD / lung disease
- 51. R F A emphysema
- 52. R F A chronic bronchitis
- 53. R F A Difficulty breathing deeply
- 54. R F A Acute or chronic coughing
- 55. R F A Wheezing with breathing
- 56. R F A Asthma
- 57. R F A Shortness of breath
- 58. R F A Pain when taking a breath

Section 6

- 59. R F A Difficulty going to sleeping
- 60. R F A Difficulty staying asleep
- 61. R F A Hungry all the time
- 62. R F A Can't loose weight
- 63. R F A Can't gain weight
- 64. R F A Slow metabolism
- 65. R F A Overweight
- 66. R F A Gout
- 67. R F A Diabetes
- 68. R F A Metabolic syndrome
- 69. R F A Thyroid problems
- 70. R F A Too much stress / tension
- 71. R F A Heat / cold intolerance
- 72. R F A Cough / spit green-yellowish sputum / phlegm
- 73. R F A Trouble with edema / swelling
- 74. R F A Early aging
- 75. R F A Trouble sweating
- 76. R F A Fatigued or tired
- 77. R F A Unexplained swellings
- 78. R F A Diabetic medications
- 79. R F A Thyroid medication
- 80. R F A Diuretics

Section 7

- 81. R F A Erectile dysfunction
- 82. R F A Pre-menopausal
- 83. R F A Peri-menopausal
- 84. R F A Suffer from PMS
- 85. R F A Breast tenderness
- 86. R F A Vaginal discharge
- 87. R F A Vaginal dryness
- 88. R F A Birth control
- 89. R F A Irregular periods
- 90. R F A Excessive period bleeding
- 91. R F A Athlete's Foot
- 92. R F A Ovarian cysts
- 93. R F A Fibrocystic breasts
- 94. R F A Fertility concerns
- 95. R F A Increase in urination
- 96. R F A Pelvic pain or cramping
- 97. R F A Mood swings
- 98. R F A Bouts of depression
- 99. R F A Manic episodes
- 100. R F A Loosing your memory
- 101. R F A Hot flashes / sweats
- 102. R F A Thinning hair or brittle hair
- 103. R F A Sexually transmitted diseases
- 104. R F A Decrease in sex drive
- 105. R F A Pain with sex
- 106. R F A Hormone replacement

Section 8

- 107. R F A Heart medication
- 108. R F A a heart attack
- 109. R F A heart surgery
- 110. R F A Chest pain / angina / tightness
- 111. R F A High blood pressure
- 112. R F A A-fib or arrhythmias
- 113. R F A heart problems
- 114. R F A Slow or fast heart beats at rest

Section 9

- 115. R F A deep vein thrombosis
- 116. R F A Poor circulation in your hands
- 117. R F A Poor circulation in your feet
- 118. R F A Concerns about a stroke
- 119. R F A Restless leg syndrome
- 120. R F A Bruise easily

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Section 10									
121.	R	F	A	Heart burn or reflux	131.	R	F	A	Inflamed intestine - "Leaky gut"
122.	R	F	A	Upset stomach	132.	R	F	A	Dark black / tarry stools
123.	R	F	A	Belching	133.	R	F	A	Blood streaked stools
124.	R	F	A	Ulcers	134.	R	F	A	Blood on the toilet paper
125.	R	F	A	Pain after eating	135.	R	F	A	Crohn's Disease
126.	R	F	A	Heartburn medication	136.	R	F	A	Ulcerative colitis
127.	R	F	A	Indigestion or bloating	137.	R	F	A	Colon polyps
128.	R	F	A	Abdominal cramps or pain	138.	R	F	A	Diverticulitis
129.	R	F	A	Irritable bowel syndrome	139.	R	F	A	Constipation
130.	R	F	A	Diarrhea	140.	R	F	A	Laxitives
Section 11									
141.	R	F	A	urinary tract infections	146.	R	F	A	Dark or smelly urine
142.	R	F	A	kidney stones	147.	R	F	A	Over-active bladder
143.	R	F	A	Blood in your urine	148.	R	F	A	Urinary urgency
144.	R	F	A	Bed wetting	149.	R	F	A	Urinary hessitancy
145.	R	F	A	Urinary discharge (abnormal)					
Section 12									
150.	R	F	A	Headaches or migraines	157.	R	F	A	Joint pain
151.	R	F	A	Stiffness or muscle spasms	158.	R	F	A	Arthritis
152.	R	F	A	Bone pains	159.	R	F	A	Rheumatoid arthritis
153.	R	F	A	Difficulty exercising	160.	R	F	A	Muscle weakness
154.	R	F	A	Fibromyalgia	161.	R	F	A	Osteoporosis
155.	R	F	A	Chronic fatigue syndrome	162.	R	F	A	Muscle relaxors
156.	R	F	A	Back pain or neck pain					
Section 13									
163.	R	F	A	seizures	167.	R	F	A	Numbness or tingling
164.	R	F	A	Anti-depressants	168.	R	F	A	Poor coordination
165.	R	F	A	Pain medications	169.	R	F	A	ADHD / ADD learning disorders
166.	R	F	A	Multiple sclerosis	170.	R	F	A	Brain fog - lack of concentration
Section 14									
171.	R	F	A	Anxiety / anxiousness	173.	R	F	A	Feelings of worthlessness
172.	R	F	A	Problems relaxing					
Section 15									
174.	R	F	A	Allergies					
Section 16									
175.	R	F	A	Sick more often	179.	R	F	A	Fever blisters or cold sores
176.	R	F	A	Swollen glands	180.	R	F	A	Warts
177.	R	F	A	Recently taken antibiotics	181.	R	F	A	Sore Throat
178.	R	F	A	Scleroderma or Sjogrens disease					
Section 17									
182.	R	F	A	Cholesterol problems	184.	R	F	A	Gall bladder attacks
183.	R	F	A	Cholesterol medication					