METABOLIC SCREENING QUESTIONNAIRE

Rate each of the following symptoms based upon your health profile for the past 30 days

POINT SCALE

0 = Never or almost never have the symptom
1 = Occasionally have it, effect is not severe
2 = Occasionally have it, effect is severe
3 = Frequently have it, effect is not severe
4 = Frequently have it, effect is severe

DIGESTIVE TRACT	_____ Nausea or Vomiting	TOTAL
	_____ Diarrhoea	
	_____ Constipation	
	_____ Belching, or passing gas	
	_____ Heartburn	
	_____ Intestinal/Stomach Pain	_____
EARS	_____ Itchy Ears	TOTAL
	_____ Ear Aches, Ear infections	
	_____ Drainage from Ear	
	_____ Ringing in Ears, hearing loss	_____
EMOTIONS	_____ Mood swings	TOTAL
	_____ Anxiety, fear or nervousness	
	_____ Anger, irritability, or aggressiveness	
	_____ Depression	_____
ENERGY / ACTIVITY	_____ Fatigue, sluggishness	TOTAL
	_____ Apathy ,lethargy	
	_____ Hyperactivity	
	_____ Restlessness	_____
EYES	_____ Watery or itchy eyes	TOTAL
	_____ Swollen, reddened or sticky eyelids	
	_____ Bags or dark circles under eyes	
	_____ Blurred or tunnel vision	
	(does not include near or far sightedness)	_____
HEAD	_____ Headaches	TOTAL
	_____ Faintness	
	_____ Dizziness	
	_____ Insomnia	_____
HEART	_____ Irregular or skipped heartbeat	TOTAL
	_____ Rapid or pounding heartbeat	
	_____ Chest Pain	_____

JOINTS/ MUSCLES	_____ Pain or aches in Joints/ Muscles	TOTAL
	_____ Arthritis	
	_____ Stiffness or limitation of movement	
	_____ Feeling of weakness or tiredness	_____
LUNGS	_____ Chest congestion	TOTAL
	_____ Asthma, bronchitis	
	_____ Difficulty breathing	_____
MIND	_____ Poor Memory	TOTAL
	_____ Confusion, poor comprehension	
	_____ Poor concentration	
	_____ Poor physical coordination	
	_____ Difficulty in making decisions	
	_____ Stuttering or stammering	
	_____ Slurred speech	
	_____ Learning disabilities	_____
MOUTH/THROAT	_____ Chronic coughing	TOTAL
	_____ Gagging, frequent need to clear throat	
	_____ Sore throat, hoarseness ,loss of voice	
	_____ Swollen or discoloured tongue, gums, lips	
	_____ Mouth Ulcers	_____
NOSE	_____ Stuffy nose	TOTAL
	_____Sinus problems	
	_____ Hay fever	
	_____ Sneezing attacks	
	_____ Excessive mucous formation	_____
SKIN	_____ Acne	TOTAL
	_____ Hives ,rashes ,or dry skin	
	_____ Hair Loss	
	_____ Flushing or hot flushes	
	_____ Excessive sweating	_____
WEIGHT	_____ Binge eating/drinking	TOTAL
	____ Craving certain foods	
	____ Excessive weight	
	____ Compulsive eating	
	____ Water retention	
	____ Underweight	_____

OTHER	____ Frequent illness	TOTAL
	____ Frequent or urgent urination	
	____ Genital itch or discharge	_____

GRAND TOTAL _____

COMMENTS

PLEASE ANSWER THE FOLLOWING QUESTIONS BY (TICKING BOX) MOST APPROPRIATE ANSWER

	Yes	No
1. Have you been treated with antibiotics?	☐	☐
2. Have you ever had problems with yeast infections?	☐	☐
3. Do you eat or crave a lot of sweet foods?	☐	☐
4. Do you have a problem with food allergies?	☐	☐
5. Have you suffered from food poisoning?	☐	☐
6. Do you or have you consumed alcohol on a regular basis?	☐	☐
7. Have you ever taken the drugs Tagamet or Zantac?	☐	☐
8. Do you take aspirin, panadeine or other pain killers?	☐	☐
9. Do you take any other types of drugs regularly?	☐	☐
10. Are you often in contact with organic chemicals?	☐	☐
(i.e.insecticides, herbicides, petro chemicals etc?)	☐	☐
11. Do you react to strong perfumes, car exhaust, etc?	☐	☐
12. Do you or have you ever smoked or used tobacco products?	☐	☐
13. Are you exposed to passive cigarette smoke?	☐	☐
14. Do you consume beverages/food containing caffeine?	☐	☐

LIVER DETOXIFICATION SCREENING QUESTIONS

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A. Do you react when you consume caffeine-containing beverages or food?

_____

B. Are you sensitive to food additives such as MSG? _____

C. Do you have a history of liver problems? If YES please describe

_____

D. Are you currently taking any drugs? If YES, please list below

_____

_____