

Digestive Dysfunction Self-Test

Please score symptoms you are experiencing and return self-test to your wellness clinician.

Scoring is as follows: **Never = 0** **Monthly = 1** **Weekly = 2** **Daily = 3**

Name _____ Date _____

Section 1:

- Bad breath (halitosis)
- Loss of taste for high protein (meat, etc.)
- Burning (“acid”) or nervous stomach
- Gas shortly after eating
- Indigestion ½ to 1 hour after eating, may last up to 3-4 hours
- Acidic or spicy foods upset stomach
- Chronic asthma, airborne and food allergies
- H-Pylori infection and /or intestinal parasites
- Gluten/Casein Sensitivity
- Take over-the-counter or prescription medication for stomach issues

Section 1 Score _____

Section 2:

- Lower bowel gas and / or bloating several hours after eating
- Feet burn
- “Whites” of the eyes (sclera) yellow
- Dry skin, itchy feet and / or skin peels on feet
- Brown spots or bronzing of the skin
- Bitter metallic taste
- Blurred vision
- Headache over eyes
- Feel nauseous, queasy or gag easily
- Color of stools light brown or yellow
- Greasy or high fat foods cause distress
- Pain between shoulder blades
- Dark circles under eyes
- “Acid” breath
- History of gall bladder attacks or gall bladder removed
- Gallstones

Section 2 Score _____

Section 3:

- Bloating especially after eating refined (bread/pasta/starches)
- Abnormal gas or flatulence
- Undigested food in the stool
- Abdominal fullness or pain, cramps
- Constant diarrhea and/or alternating diarrhea with constipation
- Muscle weakness, headache, G.I. distress, after high carb meal or starchy vegies
- Sleepy or brain fog after meals especially a high carbohydrate meal
- Type II Diabetes, Fibromyalgia or Chronic Fatigue
- Taking probiotics or prebiotics causes bloating or gas

Section 3 Score _____

Section 4:

- Coated tongue or “fuzzy” debris on tongue
- Pass large amounts of foul smelling gas
- Irritable bowel or mucous colitis
- Constipation, diarrhea, or stools alternate from soft to watery
- Bowel movements painful or difficult, and / or laxatives used
- Burning or itching anus

Section 4 Score _____

Total Score