

Digestive Symptom Survey

The following symptom survey will help you determine how efficient your digestion is. It will also help you to see what part of your system needs more help and support and how you can do this.

Under each section score 0, 1, 2, or 3 depending on how your system feels:

0 = symptom not present	1 = mild or rare	2 = moderate or occasional	3 = sever or frequent
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<p>Section 1 (Stomach)</p> <p>Burping _____ Hiccups _____ Bloating _____ Poor appetite _____ Stomach upsets easily _____ Fullness long after meal _____ History of constipation _____ Known food allergies _____</p>	<p>Section 4 (colon)</p> <p>Frequent and recurrent infections (colds) _____ Bladder or kidney infections _____ Vaginal yeast infection _____ Abdominal cramps _____ Toe and fingernail fungus _____ Alternating diarrhea and constipation _____ Constipation _____ meat eater _____ History of antibiotic use _____</p>
<p>Section 2 (small intestines / pancreas)</p> <p>Abdominal cramps _____ Diarrhea _____ Indigestion 1-3 hours after eating _____ Fatigue after eating _____ Lower bowel gas _____ Alternating Constipation or diarrhea _____ Fiber causes constipation _____ Mucus in stools _____ Stool poorly formed _____ Shiny stool _____ Acnes _____ Foul smelling stool _____ Dry flaky skin _____ Dry brittle hair _____ Pain in left side under rib cage _____ Food allergies _____ Difficulty gaining weight _____</p>	<p>Section 5 (liver / pancreas)</p> <p>Intolerance to greasy food _____ Yellow in the white of your eyes _____ Light stool _____ Hard stool _____ Bad breath _____ Body odour _____ Sour or metallic taste in mouth _____ Fatigue and sleepiness after eating _____ Frontal headache after eating _____ Pain in right side under the rib cage _____ Retain water _____ Dry skin or hair _____ Have (or had) gall stones – score 3 Have jaundice or hepatitis – score 3 Cholesterol level over 200 – score 3 Triglyceride level over 150 – score 3</p>
<p>Section 3 (stomach – ulcers)</p> <p>Stomach pain _____ Stomach pain just before/after meals _____ Dependency on antacids/acid reducers _____ Chronic abdominal pain _____ Butterfly sensation in stomach _____ Stomach pain when emotionally upset _____ Sudden acute indigestion _____ Relief of pain after drinking milk _____ Current ulcer _____ (score 9) Black stools _____ (score 9)</p> <p><i>This chart is from Ken Babel CN and his book Good Digestion by Alive books</i></p>	<p>RESULTS</p> <p>Section 1 (low acidity) 0-4 low priority 5-9 moderate 10+ high</p> <p>Section 2 0-5 low priority 6-9 moderate 10+ high</p> <p>Section 3 0-5 low priority 6-9 moderate 10+ high</p> <p>Section 4 0-5 low priority 6-9 moderate 10+ high</p> <p>Section 5 0-3 low priority 4-6 moderate 7+ high</p>