



Wellness Evaluation

In medicine today, leaky gut aka intestinal permeability, isn't typically diagnosed. However that doesn't mean it's not affecting your health. Many health issues related to gut health go undiagnosed, misdiagnosed, or are ignored by traditional medicine. Please complete this evaluation to help our doctors determine how we can help your condition.

Let's get started.

Please circle any that apply to you:

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

Joint Conditions including:

Knee, Shoulder or Spine

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

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: _____