

# Metabolic Screening Questionnaire

Rate each of the following symptoms based upon your typical health profile.

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

## HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia
- TOTAL

## EYES

- Watery or itchy eyes
- Swollen, reddened or sticky eyelids
- Bags or dark circles under eyes
- Blurred or tunnel vision (does not include near- or farsightedness)
- TOTAL

## EARS

- Itchy ears
- Earaches, ear infections
- Drainage from ear
- Ringing in ears, hearing loss
- TOTAL

## NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks
- Excessive mucus formation
- TOTAL

## MOUTH/THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarseness, loss of voice
- Swollen or discolored tongue, gums, lips
- Canker sores
- TOTAL

## SKIN

- Acne
- Hives, rashes, dry skin
- Hair loss
- Flushing, hot flashes
- Excessive sweating
- TOTAL

## HEART

- Irregular or skipped heartbeat
- Rapid or pounding heartbeat
- Chest pain
- TOTAL

## LUNGS

- Chest congestion
- Asthma, Bronchitis
- Shortness of Breath
- Difficulty Breathing
- TOTAL

## DIGESTIVE TRACT

- Nausea, vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain
- TOTAL

## JOINTS/MUSCLE

- Pain or aches in muscles
- Arthritis
- Stiffness or limitation of movement
- Pain or aches in muscles
- Feeling of weakness or tiredness
- TOTAL

## WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- TOTAL

## ENERGY/ACTIVITY

- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- TOTAL

## MIND

- Poor memory
- Confusion, poor comprehension
- Poor concentration
- Difficulty in making decisions
- Stuttering or stammering
- Slurred speech
- Learning disabilities
- TOTAL

## EMOTIONS

- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability, aggressiveness
- Depression
- TOTAL

## OTHER

- Frequent illness
- Frequent or urgent urination
- Genital itch or discharge
- TOTAL

## GRAND TOTAL

