



How Stressed Are Your Digestive Organs?

Digestive Organ Health Check	NEVER	1-2x/month	1-2x/week	Most Days
Stomach/Pancreas Stress Symptom Quiz				
1. Burping or belching after meals	0	1	2	3
2. Bloating	0	1	2	3
3. Pass gas immediately after meals	0	1	2	3
4. Bad breath	0	1	2	3
5. Difficult bowel movements	0	1	2	3
6. Sense of being "too full" when eating	0	1	2	3
7. Difficulty digesting fruits and vegetables; undigested food in stools	0	1	2	3
8. Stomach pain, burning, or aching 1-4 hours after eating	0	1	2	3
9. Use of antacids (Tums, etc.)	0	1	2	3
10. Feel hungry an hour or two after eating	0	1	2	3
11. Experience heartburn	0	1	2	3
12. Experience heartburn when lying down or leaning forward	0	1	2	3
13. Temporary relief by using antacids, food, milk, carbonated beverages	0	1	2	3
14. Digestive problems subside with rest, relaxation, vacation	0	1	2	3
15. Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol, and caffeine	0	1	2	3
16. Allergies (food or environmental)	0	1	2	3
17. You worry a lot; "worrier"	0	1	2	3
18. You get nervous a lot; "anxious"	0	1	2	3
19. Struggle with low self-esteem/self-worth	0	1	2	3
20. You have a stressful relationship or job you would rank 7+ out of 10 on a scale	0	1	2	3
21. Mid-back pain between shoulder blades (usually left side pain>right)	0	1	2	3
22. Ankle pain	0	1	2	3
23. Ulcer (or sharp pain in your stomach you can pinpoint)	0	1	2	3

24. Stomach upset after eating protein	0	1	2	3
25. Consider yourself to have a "weak stomach"	0	1	2	3
26. Stomach burns or hurts even when empty	0	1	2	3
27. Eating or drinking RELIEVES stomach problems	0	1	2	3
28. Eating or drinking WORSENS stomach problems	0	1	2	3
29. Indigestion	0	1	2	3
30. Anemia	0	1	2	3
31. Very thin arms and legs	0	1	2	3
32. Have a hard time digesting protein	0	1	2	3
33. Loss of taste for meat	0	1	2	3
34. White coated tongue (look in the mirror and stick out your tongue)	0	1	2	3
35. Irritable bowel syndrome	0	1	2	3
36. Fibrous foods cause constipation	0	1	2	3
37. Left shoulder pain	0	1	2	3
38. Pain, tenderness, soreness on left side under rib cage	0	1	2	3
39. Pain, tenderness, soreness experienced midline between belly button and sternum	0	1	2	3
40. Nausea and/or vomiting	0	1	2	3
41. Stool undigested, foul smelling, mucus-like, greasy, poorly formed	0	1	2	3

Your Stomach/Pancreas Score

GALLBLADDER/LIVER SYMPTOMS

1. Gallstones or gallbladder attacks	No = 0			Yes = 3
2. Have you had your gallbladder removed?	No = 0			Yes = 3
3. Pain between shoulder blades (right>left)	0	1	2	3
4. Right shoulder pain	0	1	2	3
5. Light or clay colored stools	0	1	2	3
6. Digestion upset after eating greasy, high fat or processed foods	0	1	2	3
7. Burping or belching after eating	0	1	2	3
8. Pain under right rib cage/Sense of fullness or achiness under right rib cage	0	1	2	3
9. Bitter metallic taste in mouth, especially in morning	0	1	2	3
10. Difficulty losing weight	0	1	2	3

11. Unexplained itchy skin	0	1	2	3
12. Yellowish tint to the white part of eye	0	1	2	3
13. Reddened skin, especially palms	0	1	2	3
14. Dry skin or flaky skin and/or dry hair	0	1	2	3
15. Get frustrated easily	0	1	2	3
16. Struggle with anger or get mad often	0	1	2	3
17. Tend to suppress/repress your emotions rather than express them or let them go	0	1	2	3
18. Indecisive/can't make up your mind/second guess your "gut feeling"	0	1	2	3
19. Pain at the back or inside of your knees (also meniscus pain)	0	1	2	3
20. Hard potbelly	0	1	2	3
21. Burning feet	0	1	2	3
22. Frequent skin rashes	0	1	2	3
23. Headaches over eyes	0	1	2	3
24. Migraines	0	1	2	3
25. Skin peels on Soles of Feet	0	1	2	3
26. Use laxatives	0	1	2	3
27. Stools alternate from soft to watery	0	1	2	3
28. Re-occurring bouts of constipation	0	1	2	3
29. Wake up between midnight to 3am at night	0	1	2	3
30. General back and joint stiffness	0	1	2	3
31. Arthritis	0	1	2	3
32. Bouts of eczema or psoriasis	0	1	2	3
33. Hemorrhoids	0	1	2	3
34. Itchy anus/Bum	0	1	2	3
35. Sensitivity to chemicals/perfumes/cologne	0	1	2	3
36. Caramelized spots on backs of hands/arms	0	1	2	3
37. Have an alcoholic drink more than 3 nights per week	0	1	2	3
38. Sensitive to hot weather	0	1	2	3
39. High blood pressure	No= 0			Yes = 3

Your Liver/Gallbladder Score

Small and Large Intestine Stress Symptoms

1. Abdominal bloating/swelling after consumption of fiber, carbs, starches, and sugar	0	1	2	3
2. Abdominal bloating/swelling after probiotic or natural supplements	0	1	2	3
3. Constipation (not having a bowel movement each day)	0	1	2	3
4. Alternating constipation and diarrhea	0	1	2	3
5. Suspicion of nutritional malabsorption	0	1	2	3
6. Increasing frequency of food reactions or allergies	0	1	2	3
7. Unpredictable food reactions	0	1	2	3
8. Aches, pains, swelling throughout body without a physical cause you can remember	0	1	2	3
9. Unpredictable abdominal swelling	0	1	2	3
10. Frequent bloating and distention after eating	0	1	2	3
11. Abdominal intolerance to sugars and carbs/starches	0	1	2	3
12. Feeling that bowels do not empty completely	0	1	2	3
13. Lower abdominal pain relieved by passing gas or stool	0	1	2	3
14. Diarrhea	0	1	2	3
15. Hard, dry, small stool	0	1	2	3
16. Coated white tongue	0	1	2	3
17. Pass large amount of foul-smelling gas	0	1	2	3
18. More than 3 bowel movements Daily	0	1	2	3
19. Use laxatives frequently	0	1	2	3
20. Strain when having a bowel movement	0	1	2	3
21. Cramping and pain when having a bowel movement	0	1	2	3
22. Stool contains undigested food	0	1	2	3
23. I.T. BAND Syndrome (pain on outside of thighs)	0	1	2	3
24. Low back pain that hurts but you are unable to pinpoint the spot (just aches across a region)	0	1	2	3
25. Tight hamstrings	0	1	2	3
26. Have been on an antibiotic in the last Year	0	1	2	3
27. Were you a cesarean section baby?	No= 0			Yes= 3
28. Were you on more than two antibiotics as a child?	No= 0			Yes= 3
29. Eat fast food	0	1	2	3
30. Have a sweet tooth and/or eat a lot of carbohydrates	0	1	2	3

31. Struggle with depression or low mood	0	1	2	3
32. Have stinky or smelly feet	0	1	2	3
Small and Large Intestine Score			<input type="text"/>	

Your Stomach/Pancreas Score

Your Liver/Gallbladder Score

Your Small/Large Intestine Score

Your Total Digestive System Score

	Ideal Stress	Stage 1 Stress	Stage 2 Stress	Stage 3 Stress
Average Scores For Each Level of Digestive Stress:	0	1-50	51-100	101+

Recommended Supplements	Ideal Stress	Stage 1 Stress	Stage 2 Stress	Stage 3 Stress