

Patient: \_\_\_\_\_

Date: \_\_\_\_\_

DIRECTIONS: Check yes or no for the following seven questions.

1. Have had your gallbladder removed
2. History of gallstones
3. Can't lose weight on high-protein diets (e.g., Atkins)
4. Dislike consuming lots of heavy protein-type foods
5. Inability to digest fatty or greasy foods, especially at night
6. History of liver problems
7. Protruding, distended belly – potbelly

YES NO

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS: Circle one letter (A, B, C, or D) in each of the sixteen questions below. If there is more than one symptom that you are experiencing within a question, circle the one that is most prominent.

For women who are menopausal or post-menopausal, the Ovary (D) questions should be answered from the viewpoint of having had, or not had, previous problems with, or a history of, the condition mentioned.

1. Do you...
  - A. crave sweets, breads and pasta?
  - B. crave salt (pretzels, cheese puffs or salty peanuts) or chocolate?
  - C. crave deep-fried foods or potato chips?
  - D. crave ice cream, cream cheese, sour cream or milk?
  
2. Are you...
  - A. often depressed or feeling hopeless?
  - B. a worrier or often anxious and nervous?
  - C. irritable, moody, grouchy, in the morning?
  - D. moody/irritable at certain times of the month?
  
3. Do you...
  - A. feel better on fruits and berries?
  - B. need coffee or stimulants to wake up?
  - C. experience a tight feeling over your right lower stomach area or rib cage?
  - D. experience constipation during menstruation?
  
4. Do you have...
  - A. brittle nails with vertical ridges?
  - B. facial hair as a female?
  - C. pain/tightness in right shoulder area?
  - D. pain in right or left lower back/hip area?
  
5. Do you have...
  - A. a weight problem more evenly distributed?
  - B. a pendulous abdomen, meaning hanging, sagging and loose?
  - C. a protruding abdomen (potbelly)?
  - D. excess fat on thighs and hips (saddlebags) and a lower stomach bulge?
  
6. Do you have...
  - A. dry skin, especially hands and around elbows?
  - B. swollen ankles – socks leave creases on ankles?
  - C. flaky skin or dandruff in eyebrows and scalp?
  - D. menstrual cyclic hair loss?

7. Do you have...  
 A. indentions on both sides of your tongue where the tongue meets the teeth?  
 B. atrophy (shrinkage) of the thigh muscles with difficulty getting up from a seated position?  
 C. dark yellow urine?  
 D. hot flashes?
8. Do you have...  
 A. a loss of hair on the outer third of the eyebrows?  
 B. dizziness when getting up too quickly?  
 C. hot or swollen feet?  
 D. menstrual cyclic brain fog?
9. Do you have...  
 A. to sleep with socks on at night because of feeling cold?  
 B. chronic inflammation in body?  
 C. headaches or head feels heavy in morning?  
 D. excessive menstrual bleeding?
10. Do you have...  
 A. puffiness around eyes?  
 B. an unusual feeling of being "out of breath" while climbing stairs?  
 C. skin problems (psoriasis, eczema, brown spots)?  
 D. low sex drive?
11. Do you have...  
 A. excessive skin sagging under arms?  
 B. twitching under or on top of left eyelid?  
 C. not a morning person, yet feel more awake at night?  
 D. have weight gain one week before menstrual period?
12. Do you...  
 A. have dry hair and hair loss?  
 B. wake up in the middle of the night (2:00 – 3:00)?  
 C. have deep crevice (deep crease appearance) down center of tongue and/ or a white film on tongue?  
 D. have an upper body which is thinner than your lower body?
13. Do you experience...  
 A. not being able to maintain curls in you hair after using a curling iron?  
 B. cramps in the calves at night?  
 C. more itching at night?  
 D. water retention at certain times of the month?
14. Do you...  
 A. become excessively tired in the early evening (7:30 – 8:00 p.m.) and more awake in the early morning?  
 B. have a more active bladder at night than during the day?  
 C. have a yellow tint in the whites of your eyes?  
 D. have a history of ovarian or breast cysts?
15. Do you have...  
 A. a lack of get-up-and-go (vitality)?  
 B. calcium issues or deposits – bursitis, tendonitis, kidney stones, heal spurs, early cataracts?  
 C. major moodiness if you skip a meal?  
 D. difficulty losing weight after pregnancy?
16. Do you have...  
 A. a history of being on low-calorie diets?  
 B. low tolerance for stressful situations, get easily irritable and on edge?  
 C. stiffness and pain more in the right shoulder and right side of neck?  
 D. pain and tightness in one knee, worse during menstrual cycle?