

1. THE DIGESTIVE SYSTEM

NAME: _____ DATE: _____

If any of the following symptoms or activities apply please indicate by checking:

UNDER STO

68	Excessive gas, belching or burping after meals	
69	Stomach bloated after eating	
70	Sleepy after eating	
71	Longitudinal striations on fingernails	
72	Eat when rushed or in a hurry	
73	Halitosis (bad breath)	
74	Full feeling after a heavy meat meal	
75	Heavy, tired feeling after eating	
76	Nausea after taking supplements	
77	Acne	
78	Undigested food in the stool	

LIV

79	Yellow or pale fingernails	
80	Oily skin on nose or forehead	
81	Fats/greasy foods cause nausea/headaches	
82	Vertical white streaks on fingernails	
83	Onions, cabbage, radishes, cucumbers cause bloating / gas	
84	Bad breath; bad taste in the mouth	
85	Excess body odour	
86	High cholesterol / high cholesterol diet	
87	Stiff, aching muscles	
88	Migraine headaches	
89	Discomfort underneath right ribcage	
90	Food allergies	
91	Irritable, loose temper easily	
92	Weight gain around the abdomen	
93	Yellow palms	
94	Jaundice	
95	Poor concentration	
96	Difficulty losing weight	
97	Acne, boils, rashes, psoriasis or eczema	
98	Constipation	

GALL

99	Gallstones; history of gallstones	
100	Stool appears clay coloured, foul odoured	
101	Constipation	
102	High blood cholesterol levels / diet	
103	Severe pain in right upper abdomen	

- 1 - for mild or rarely occurring
 2 - for moderate or regularly occurring
 3 - for severe or often occurring
or leave blank - if the symptom /statement does not apply.



GOOD NUTRITION IS OUR MISSION

OVER STO

104	Stomach pain 1 hour after eating / at night	
105	Burning sensation in stomach	
106	Pain aggravated by worry / tension	
107	Hiatal hernia	
108	Gastritis, gastric ulcer	
109	Nausea, vomiting	
110	Sensation of acidity in abdominal area	
111	Heartburn, indigestion	
112	Blood in stool	
113	Lower back pain	
114	Long term aspirin use	

PAN

115	Severe abdominal pain	
116	Nausea and vomiting	
117	Slow digestion: feel full hours after eating	
118	Fever	
119	Alcohol addiction	
120	Jaundice	

DYSGLYCEMIA

121	Hungry up to 3 hours after eating	
122	Strong sudden cravings for sweets, starches, coffee or alcohol	
123	Nervous/anxious feelings relieved by eating	
124	Irritable if late for, or skip a meal	
125	Overweight	
126	Addicted to coffee with sugar and/or colas	
127	Frequent midnight snacks	
128	Family history of diabetes	
129	Fatigue	
130	Frequent headaches	
131	Fainting spells	
132	Depression	
133	Lose temper easily	