

eWellness Questionnaire

Helping you one question at a time!

COMPREHENSIVE

Name: First Name	MI	Last Name	Date of Birth:
			Patient Code:

IMPORTANT!

The **PURPOSE** of this questionnaire is to comprehensively evaluate each of your body's organ system over the last six months.

If the answer is 'Yes' then select 'A'

If the symptom or event is persistent then select 'A'

If the symptom or event is Frequent or common then select 'F'

If the symptom or event is Rare or uncommon then select 'R'

If the symptom or event has not occurred within the last 6 months, then leave the question blank

To ensure the accuracy, **PLEASE** mark questions that apply to you during the last six months **ONLY**.

This will ensure that the results are consistent with your current health status

Section 1

- | | |
|---|-----------------------------------|
| 1. R F A Consume breads / pastas / starches | 5. R F A Unexplained weight loss |
| 2. R F A Yeast / Fungal problems | 6. R F A Nervousness or irritable |
| 3. R F A Tickle in your throat | 7. R F A Thinning of skin |
| 4. R F A Cough / spit clear sputum / phlegm | 8. R F A Prostate problems |

Section 2

- | | |
|--|---|
| 9. R F A A family history of diabetes | 19. R F A Consume sweets |
| 10. R F A A family history of cancer | 20. R F A Use artificial sweeteners |
| 11. R F A A family history of heart disease | 21. R F A Drink cow's milk |
| 12. R F A Alcohol socially | 22. R F A Consume white sugar |
| 13. R F A Alcohol use extensively | 23. R F A Consume refined carbs |
| 14. R F A Do you use street drugs | 24. R F A Consume wheat or gluten |
| 15. R F A Drink coffee / soda / ice tea | 25. R F A Consume artificial flavorings |
| 16. R F A Smoke or use tobacco | 26. R F A Very little exercise |
| 17. R F A Eat fast food | 27. R F A Family or financial stressors |
| 18. R F A Eat pre processed / packaged foods | |

Section 3

- | | |
|-----------------------------|-----------------------|
| 28. R F A Rashes | 32. R F A Acne |
| 29. R F A Rosacea | 33. R F A Eczema |
| 30. R F A Itchy or dry skin | 34. R F A Psoriasis |
| 31. R F A Oily skin | 35. R F A skin cancer |

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Section 4				
36. R F A	Vertigo / dizziness	43. R F A	Watery eyes	
37. R F A	Light headedness	44. R F A	Itchy eyes	
38. R F A	Glaucoma	45. R F A	Puffy eyes	
39. R F A	Cataracts	46. R F A	Ear infections	
40. R F A	Double vision or blurred vision	47. R F A	Tooth cavities	
41. R F A	Dry or red eyes	48. R F A	Bad breath	
42. R F A	Macular degeneration	49. R F A	Runny nose / sneezing	
Section 5				
50. R F A	COPD / lung disease	55. R F A	Wheezing with breathing	
51. R F A	emphysema	56. R F A	Asthma	
52. R F A	chronic bronchitis	57. R F A	Shortness of breath	
53. R F A	Difficulty breathing deeply	58. R F A	Pain when taking a breath	
54. R F A	Acute or chronic coughing			
Section 6				
59. R F A	Difficulty going to sleeping	70. R F A	Too much stress / tension	
60. R F A	Difficulty staying asleep	71. R F A	Heat / cold intolerance	
61. R F A	Hungry all the time	72. R F A	Cough / spit green-yellowish sputum / phlegm	
62. R F A	Can't loose weight	73. R F A	Trouble with edema / swelling	
63. R F A	Can't gain weight	74. R F A	Early aging	
64. R F A	Slow metabolism	75. R F A	Trouble sweating	
65. R F A	Overweight	76. R F A	Fatigued or tired	
66. R F A	Gout	77. R F A	Unexplained swellings	
67. R F A	Diabetes	78. R F A	Diabetic medications	
68. R F A	Metabolic syndrome	79. R F A	Thyroid medication	
69. R F A	Thyroid problems	80. R F A	Diuretics	
Section 7				
81. R F A	Erectile dysfunction	94. R F A	Fertility concerns	
82. R F A	Pre-menopausal	95. R F A	Increase in urination	
83. R F A	Peri-menopausal	96. R F A	Pelvic pain or cramping	
84. R F A	Suffer from PMS	97. R F A	Mood swings	
85. R F A	Breast tenderness	98. R F A	Bouts of depression	
86. R F A	Vaginal discharge	99. R F A	Manic episodes	
87. R F A	Vaginal dryness	100. R F A	Loosing your memory	
88. R F A	Birth control	101. R F A	Hot flashes / sweats	
89. R F A	Irregular periods	102. R F A	Thinning hair or brittle hair	
90. R F A	Excessive period bleeding	103. R F A	Sexually transmitted diseases	
91. R F A	Athlete's Foot	104. R F A	Decrease in sex drive	
92. R F A	Ovarian cysts	105. R F A	Pain with sex	
93. R F A	Fibrocystic breasts	106. R F A	Hormone replacement	
Section 8				
107. R F A	Heart medication	111. R F A	High blood pressure	
108. R F A	a heart attack	112. R F A	A-fib or arrhythmias	
109. R F A	heart surgery	113. R F A	heart problems	
110. R F A	Chest pain / angina / tightness	114. R F A	Slow or fast heart beats at rest	
Section 9				
115. R F A	deep vein thrombosis	118. R F A	Concerns about a stroke	
116. R F A	Poor circulation in your hands	119. R F A	Restless leg syndrome	
117. R F A	Poor circulation in your feet	120. R F A	Bruise easily	

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Section 10				
121. R F A	Heart burn or reflux	131. R F A	Inflamed intestine - "Leaky gut"	
122. R F A	Upset stomach	132. R F A	Dark black / tarry stools	
123. R F A	Belching	133. R F A	Blood streaked stools	
124. R F A	Ulcers	134. R F A	Blood on the toilet paper	
125. R F A	Pain after eating	135. R F A	Crohn's Disease	
126. R F A	Heartburn medication	136. R F A	Ulcerative colitis	
127. R F A	Indigestion or bloating	137. R F A	Colon polyps	
128. R F A	Abdominal cramps or pain	138. R F A	Diverticulitis	
129. R F A	Irritable bowel syndrome	139. R F A	Constipation	
130. R F A	Diarrhea	140. R F A	Laxitives	
Section 11				
141. R F A	urinary tract infections	146. R F A	Dark or smelly urine	
142. R F A	kidney stones	147. R F A	Over-active bladder	
143. R F A	Blood in your urine	148. R F A	Urinary urgency	
144. R F A	Bed wetting	149. R F A	Urinary hessitancy	
145. R F A	Urinary discharge (abnormal)			
Section 12				
150. R F A	Headaches or migraines	157. R F A	Joint pain	
151. R F A	Stiffness or muscle spasms	158. R F A	Arthritis	
152. R F A	Bone pains	159. R F A	Rheumatoid arthritis	
153. R F A	Difficulty exercising	160. R F A	Muscle weakness	
154. R F A	Fibromyalgia	161. R F A	Osteoporosis	
155. R F A	Chronic fatigue syndrome	162. R F A	Muscle relaxors	
156. R F A	Back pain or neck pain			
Section 13				
163. R F A	seizures	167. R F A	Numbness or tingling	
164. R F A	Anti-depressants	168. R F A	Poor coordination	
165. R F A	Pain medications	169. R F A	ADHD / ADD learning disorders	
166. R F A	Multiple sclerosis	170. R F A	Brain fog - lack of concentration	
Section 14				
171. R F A	Anxiety / anxiousness	173. R F A	Feelings of worthlessness	
172. R F A	Problems relaxing			
Section 15				
174. R F A	Allergies			
Section 16				
175. R F A	Sick more often	179. R F A	Fever blisters or cold sores	
176. R F A	Swollen glands	180. R F A	Warts	
177. R F A	Recently taken antibiotics	181. R F A	Sore Throat	
178. R F A	Scleroderma or Sjogrens disease			
Section 17				
182. R F A	Cholesterol problems	184. R F A	Gall bladder attacks	
183. R F A	Cholesterol medication			