



# Leaky Gut Syndrome Questionnaire

Leaky gut is when the barrier of your intestinal wall isn't working and undigested food gets into your bloodstream, which causes an immune and inflammatory reaction throughout your body.

*This questionnaire has been reprinted from Dr. Elizabeth Lipski's book, Leaky Gut Syndrome.*

**Circle the number that most closely fits, then add up your results.**

**0 = Symptom is not present or rarely present**

**1 = Mild/sometimes**

**2 = Moderate/often**

**3 = Severe/almost always**

Constipation and/or diarrhea	0 1 2 3
Abdominal pain or bloating	0 1 2 3
Mucous or blood in stool	0 1 2 3
Joint pain or swelling, arthritis	0 1 2 3
Chronic or frequent fatigue or tiredness	0 1 2 3
Food allergies, sensitivities or intolerance	0 1 2 3
Sinus or nasal congestion	0 1 2 3
Chronic or frequent inflammations	0 1 2 3
Eczema, skin rashes or hives (urticaria)	0 1 2 3
Asthma, hayfever, or airborne allergies	0 1 2 3
Confusion, poor memory or mood swings	0 1 2 3
Use of NSAIDS (Aspirin, Tylenol, Motrin)	0 1 2 3
History of antibiotic use	0 1 2 3
Alcohol consumption makes you feel sick	0 1 2 3
Ulcerative colitis, Crohn's or Coeliacs disease	0 1 2 3

## **YOUR TOTAL SCORE:**

*Score 1-5: Leaky gut less apt to be present.*

*Score 6-10: Leaky gut may possibly be present.*

*Score 7-19: Leaky gut probably present.*

*Score 20+: Leaky gut almost certainly present.*

Take the Dysbiosis test BELOW.

Contact Tess on 0410 476984 for an appointment to discuss your score

*Disclaimer: This should not be taken as a diagnosis*



# Enzyme Health Questionnaire

We all need [Enzymes](#) to help with our digestion- they're made in our pancreas and they're released as soon as food leaves our stomach. They break down fat, carbs and protein. If your pancreas isn't secreting enzymes like it should be, you may have some of the symptoms listed here.

**Circle the number that most closely fits, then add up your results.**

**0 = Symptom is not present or rarely present**

**1 = Mild/sometimes**

**2 = Moderate/often**

**3 = Severe/almost always**

<i>Do you take antacids or Acid blocking medication?</i>	<i>0 1 2 3</i>
<i>Do you have glucose intolerance?</i>	<i>0 1 2 3</i>
<i>Do you have any Food sensitivities or allergies?</i>	<i>0 1 2 3</i>
<i>Do you bruise easily? Could be a vitamin K deficiency.</i>	<i>0 1 2 3</i>
<i>Do you have a B12 deficiency? Could be a cause of anemia.</i>	<i>0 1 2 3</i>
<i>Do your ankles swell?</i>	<i>0 1 2 3</i>
<i>Do you have a daily bowel movement?</i>	<i>0 1 2 3</i>
<i>Are you constipated?</i>	<i>0 1 2 3</i>
<i>Foul smelling stool?</i>	<i>0 1 2 3</i>
<i>Bad breath?</i>	<i>0 1 2 3</i>
<i>Fullness after a meal?</i>	<i>0 1 2 3</i>
<i>Indigestion after a meal?</i>	<i>0 1 2 3</i>
<i>Bloating after a meal?</i>	<i>0 1 2 3</i>
<i>Belching or wind immediately after eating</i>	<i>0 1 2 3</i>
<i>Abdominal bloating or swelling</i>	<i>0 1 2 3</i>
<i>Undigested food in the stool</i>	<i>0 1 2 3</i>
<i>Signs of poor digestion of fatty foods</i>	<i>0 1 2 3</i>
<i>Weak, peeling or cracked fingernails</i>	<i>0 1 2 3</i>
<i>Any skin condition</i>	<i>0 1 2 3</i>
<i>Recurring headaches</i>	<i>0 1 2 3</i>
<i>Depression</i>	<i>0 1 2 3</i>
<i>Fatigue in spite of a good diet and regular sleep</i>	<i>0 1 2 3</i>
<i>Inability to gain muscle despite regular weight training</i>	<i>0 1 2 3</i>
<i>Do you often eat in a rush?</i>	<i>0 1 2 3</i>
<i>Do you chew your food properly?</i>	<i>0 1 2 3</i>

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# Stomach Acid Health Questionnaire

Just answer YES or NO to the following questions:

1. Are your eyes dilated?
2. Are you Iron deficient or have Anemia?
3. Do you have [Candida](#) or parasites?
4. Do you have [Food Allergies](#)?
5. Do you have flatulence with the bloating?
6. Do you have [Acid Reflux](#)?
7. Do you take antacids such as Tums?
8. Do you have Rosacea?
9. Do you have acne?
10. Do you have weak fingernails?
11. Are you nauseous after eating?
12. Are you full after eating?
13. Do you belch after eating?
14. Are you bloated after eating?

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# Dysbiosis Health Questionnaire

The health of your gut is determined by whether you have dysbiosis, how well you digest your food and if you have **Leaky Gut**. Dysbiosis is an imbalance of good flora in your intestines caused by not enough good bacteria or an overgrowth of yeast (**Candida**), harmful bacteria or parasites.

1. Do you have bloating?
2. Do you have brain fog?
3. Do you have bad breath?
4. Do you take antacids such as Tums?
5. Do you have any food sensitivities or intolerances?
6. Have you taken antibiotics more than two times this year?
7. Have you been diagnosed with an autoimmune disease or condition?
8. Do you have severe **Stress**?
9. Do you have heartburn or **Acid Reflux**?
10. Do you have a vitamin D deficiency?
11. Do you have **Arthritis** or **Fibromyalgia**?
12. Do you have trouble digesting beans and fiber?
13. Do you have trouble digesting carbohydrates?
14. Are you depressed or full of anxiety?
15. Do you have sinus congestion?
16. Do you have constipation?
17. Do you have chronic diarrhea?
18. Do you often get stomach bugs?
19. Do you have cramps after you eat?
20. Do you have mucus or blood in your stool?

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