

## DIGESTIVE SYSTEM FUNCTION

1. I experience heartburn or acid reflux.

Never 0		Sometimes 1		Often 2	
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2. I have had an ulcer or have been treated for a *Helicobacter pylori* infection.

No 0		Yes 2	
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3. After eating, I feel tired, heavy, and sleepy.

Never 0		Sometimes 1		Often 2	
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4. I feel nauseous or disgusted, have bad breath, or a coated tongue.

Never 0		Sometimes 1		Often 2	
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5. I have migraines.

Never 0		Sometimes 1		Often 2	
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6. I have slow digestion, especially of fatty meals or alcohol.

Never 0		Sometimes 1		Often 2	
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**Up to this point, there are signs of dysfunction in the upper digestive tract.**

7. My stools are soft and quite greasy.

Never 0		Sometimes 1		Often 2	
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8. I experience stomach pain or discomfort.

Never 0		Sometimes 1		Often 2	
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9. I have constipation.

Never 0		Sometimes 1		Often 2	
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10. I have diarrhea or alternating diarrhea and constipation.

Never 0		Sometimes 1		Often 2	
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11. I feel bloated immediately after eating.

Never 0		Sometimes 1		Often 2	
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12. I experience significant bloating by the end of the day.

Never 0		Sometimes 1		Often 2	
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**Up to this point, there are signs of dysfunction in the lower digestive tract.**

13. I do not tolerate certain foods.

Never 0		Sometimes 1		Often 2	
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14. I am allergic to certain foods.

Never 0		Sometimes 1		Often 2	
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**Up to this point, there are signs of food allergy and/or food intolerance.**

15. I have gastroenteritis.

Never 0		Sometimes 1		Often 2	
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16. I have issues with fungal infections (candida) in my digestive system, on my skin, or in the genital area.

Never 0		Sometimes 1		Often 2	
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17. I have perianal itching or am undergoing treatment for parasites.

Never 0		Sometimes 1		Often 2	
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**Up to this point, there are signs of infection of digestive system.**

18. I have an inflammatory bowel disease (ulcerative colitis, *Crohn's* disease, celiac disease).

No 0		Yes 2	
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19. I take medication for digestive tract issues.

No 0		Yes 2	
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20. I take antibiotics or anti-inflammatory medications.

Never 0		Sometimes 1		Often 2	
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**Up to this point, there are signs of inflammation of digestive system and consequent drug intake.**