

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