

eWellness Questionnaire

Helping you one question at a time!

COMPREHENSIVE

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
2. R F A Yeast / Fungal problems
3. R F A Tickle in your throat
4. R F A Cough / spit clear sputum / phlegm

5. R F A Unexplained weight loss
6. R F A Nervousness or irritable
7. R F A Thinning of skin
8. R F A Prostate problems

Section 2

9. R F A A family history of diabetes
10. R F A A family history of cancer
11. R F A A family history of heart disease
12. R F A Alcohol socially
13. R F A Alcohol use extensively
14. R F A Do you use street drugs
15. R F A Drink coffee / soda / ice tea
16. R F A Smoke or use tobacco
17. R F A Eat fast food
18. R F A Eat pre processed / packaged foods

19. R F A Consume sweets
20. R F A Use artificial sweeteners
21. R F A Drink cow's milk
22. R F A Consume white sugar
23. R F A Consume refined carbs
24. R F A Consume wheat or gluten
25. R F A Consume artificial flavorings
26. R F A Very little exercise
27. R F A Family or financial stressors

Section 3

28. R F A Rashes
29. R F A Rosacea
30. R F A Itchy or dry skin
31. R F A Oily skin

32. R F A Acne
33. R F A Eczema
34. R F A Psoriasis
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 hesitancy
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		