

eWellness Questionnaire

Helping you one question at a time!

PAIN / INFLAMMATION

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

Please do not select anything if the answer is no or negative.
Select Rarely 'R' if this is an uncommon event or symptom.
Select Frequent 'F' if this is a common event or symptom.
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

Section 1

1. R F A Consume breads / pastas / starches

Section 2

2. R F A Drink coffee / soda / ice tea

3. R F A Smoke or use tobacco

4. R F A Eat fast food

5. R F A Eat pre processed / packaged foods

6. R F A Drink cow's milk

7. R F A Consume refined carbs

8. R F A Consume wheat or gluten

9. R F A Very little exercise

Section 3

10. R F A Double vision or blurred vision

11. R F A Watery eyes

Section 4

12. R F A Difficulty breathing deeply

13. R F A Asthma

14. R F A Shortness of breath

15. R F A Pain when taking a breath

Section 5

16. R F A Slow metabolism

17. R F A Gout

18. R F A Too much stress / tension

19. R F A Fatigued or tired

Section 6

20. R F A Breast tenderness

21. R F A Fibrocystic breasts

22. R F A Mood swings

23. R F A Thinning hair or brittle hair

24. R F A Hormone replacement

Section 7

25. R F A High blood pressure

26. R F A Slow or fast heart beats at rest

Section 8

27. R F A Poor circulation in your hands

28. R F A Restless leg syndrome

Section 9

29. R F A Indigestion or bloating

30. R F A Abdominal cramps or pain

31. R F A Irritable bowel syndrome

32. R F A Inflamed intestine - "Leaky gut"

33. R F A Constipation

Section 10

34. R F A Headaches or migraines

35. R F A Stiffness or muscle spasms

36. R F A Bone pains

37. R F A Difficulty exercising

38. R F A Fibromyalgia

39. R F A Chronic fatigue syndrome

40. R F A Back pain or neck pain

41. R F A Joint pain

42. R F A Arthritis

43. R F A Rheumatoid arthritis

44. R F A Osteoporosis

45. R F A Muscle relaxors

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Section 11

46. R F A Anti-depressants
47. R F A Pain medications
48. R F A Multiple sclerosis

49. R F A Numbness or tingling
50. R F A Poor coordination
51. R F A Brain fog - lack of concentration

Section 12

52. R F A Anxiety / anxiousness

53. R F A Problems relaxing

Section 13

54. R F A Allergies

Section 14

55. R F A Sick more often