

eWellness Questionnaire

Helping you one question at a time!

EAR ACHE / EAR INFECTION

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

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|---|---|
| 1. R F A Consume breads / pastas / starches | 3. R F A Cough / spit clear sputum / phlegm |
| 2. R F A Tickle in your throat | |

Section 2

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|---|-----------------------------------|
| 4. R F A Smoke or use tobacco | 8. R F A Consume white sugar |
| 5. R F A Eat pre processed / packaged foods | 9. R F A Consume refined carbs |
| 6. R F A Consume sweets | 10. R F A Consume wheat or gluten |
| 7. R F A Drink cow's milk | |

Section 3

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| 11. R F A Vertigo / dizziness | 16. R F A Puffy eyes |
| 12. R F A Light headedness | 17. R F A Ear infections |
| 13. R F A Double vision or blurred vision | 18. R F A Tooth cavities |
| 14. R F A Watery eyes | 19. R F A Runny nose / sneezing |
| 15. R F A Itchy eyes | |

Section 4

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| 20. R F A Difficulty going to sleeping | 22. R F A Cough / spit green-yellowish sputum / phlegm |
| 21. R F A Difficulty staying asleep | |

Section 5

23. R F A Mood swings

Section 6

24. R F A High blood pressure

Section 7

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|----------------------------------|----------------------------------|
| 25. R F A Headaches or migraines | 26. R F A Back pain or neck pain |
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Section 8

27. R F A Brain fog - lack of concentration

Section 9

28. R F A Problems relaxing

Section 10

29. R F A Allergies

Section 11

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|--------------------------------------|--|
| 30. R F A Sick more often | 33. R F A Fever blisters or cold sores |
| 31. R F A Swollen glands | 34. R F A Sore Throat |
| 32. R F A Recently taken antibiotics | |