

# eWellness Questionnaire

Helping you one question at a time!

## NAUSEA / VOMITING

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 | 3. R F A Cough / spit clear sputum / phlegm |
| 2. R F A Tickle in your throat              |   |

### Section 2

- |   |   |
|---|---|
| 4. R F A Drink coffee / soda / ice tea      | 9. R F A Drink cow's milk               |
| 5. R F A Smoke or use tobacco               | 10. R F A Consume white sugar           |
| 6. R F A Eat fast food                      | 11. R F A Consume refined carbs         |
| 7. R F A Eat pre processed / packaged foods | 12. R F A Consume wheat or gluten       |
| 8. R F A Consume sweets                     | 13. R F A Family or financial stressors |

### Section 3

- |                               |   |
|-------------------------------|---|
| 14. R F A Vertigo / dizziness | 16. R F A Double vision or blurred vision |
| 15. R F A Light headedness    | 17. R F A Ear infections                  |

### Section 4

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 18. R F A Difficulty breathing deeply | 20. R F A Shortness of breath       |
| 19. R F A Acute or chronic coughing   | 21. R F A Pain when taking a breath |

### Section 5

- |  |                                |
|--|--------------------------------|
| 22. R F A Difficulty going to sleeping                 | 26. R F A Fatigued or tired    |
| 23. R F A Thyroid problems                             | 27. R F A Diabetic medications |
| 24. R F A Too much stress / tension                    | 28. R F A Thyroid medication   |
| 25. R F A Cough / spit green-yellowish sputum / phlegm |                                |

### Section 6

- |                                |                               |
|--------------------------------|-------------------------------|
| 29. R F A Hot flashes / sweats | 30. R F A Hormone replacement |
|--------------------------------|-------------------------------|

### Section 7

- |                            |   |
|----------------------------|---|
| 31. R F A Heart medication | 32. R F A Chest pain / angina / tightness |
|----------------------------|---|

### Section 8

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| 33. R F A Poor circulation in your hands |
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### Section 9

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|------------------------------------|--|
| 34. R F A Heart burn or reflux     | 41. R F A Irritable bowel syndrome         |
| 35. R F A Upset stomach            | 42. R F A Inflamed intestine - "Leaky gut" |
| 36. R F A Belching                 | 43. R F A Blood streaked stools            |
| 37. R F A Ulcers                   | 44. R F A Ulcerative colitis               |
| 38. R F A Heartburn medication     | 45. R F A Diverticulitis                   |
| 39. R F A Indigestion or bloating  | 46. R F A Laxatives                        |
| 40. R F A Abdominal cramps or pain |  |

### Section 10

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 47. R F A Headaches or migraines     | 49. R F A Difficulty exercising  |
| 48. R F A Stiffness or muscle spasms | 50. R F A Back pain or neck pain |

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Section 11 51. R F A Pain medications 52. R F A Numbness or tingling	53. R F A Brain fog - lack of concentration
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Section 12 54. R F A Anxiety / anxiousness	55. R F A Problems relaxing
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Section 13 56. R F A Allergies	
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Section 14 57. R F A Sick more often 58. R F A Swollen glands	59. R F A Recently taken antibiotics 60. R F A Sore Throat
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