Health Appraisal Questionnaire, April 22nd, 2020

Angela Conte (36 years old)

		Key Low Medium High
Hypoacidity	5/21	24%
Hyperacidity	11/47	24%
Small Intestine/Pancreas	25/46	55%
Colon	40/56	72%
Liver/Gall Bladder/Pancreas	29/50	58%
Symptoms of underactive thyroid	26/36	73%
Symptoms of overactive thyroid	23/39	59%
Stress, fatigue and adrenals	31/39	80%
Low immunity	25/39	<mark>65%</mark>
Allergy	21/30	70%
Healthy blood pressure maintenance	8/15	54%
Heart	21/60	35%
Healthy red blood cell maintenance	17/30	57%
Circulatory system	18/42	43%
Symptoms of hypoglycaemia	10/18	56%
Symptoms of hyperglycaemia	17/33	52%
Kidney/Bladder	25/52	49%
Prostate/Healthy male hormone balance		
Symptoms of PMS	33/43	77%
Menstrual irregularities	12/48	25%
Symptoms of menopause	27/36	75%
Healthy female hormone balance	27/59	46%
Bone	24/39	62%
Musculoskeletal	23/41	57%
Connective tissue	17/53	33%
Neurological	45/94	48%
Stress history	16/27	60%
Symptoms of insomnia	12/18	67%
Normal, healthy learning and concentration	17/18	95%
Respiratory	17/45	38%
Hair, skin and nails	22/48	46%

Health Appraisal Questionnaire - Detail

Constipation (requiring straining, or a hard, dry or small stool) Difficulty concentrating, poor memory

Dry skin and hair

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Upper Abdominal pain, or pain under ribs Yellowish discolouration of skin or eyes, or dark coloured urine Occasionally	Excessive gas and bloating Extremely narrow stools Lower abdominal pain, cramping and/or spasms Lower abdominal pain relieved by passing gas or stool Mucus or pus in stool Rectal pain or cramps Red blood with bowel movement Sensation of incomplete emptying of bowel Liver/Gall Bladder/Pancreas Bloating or feeling of fullness after eating Dry, flaky skin, or dry hair Easy bruising, or bleeding (e.g. of gums) Excessive belching or gas Fatigue, malaise or weakness Fatty foods cause indigestion or nausea Fluid retention, oedema Loss of appetite Loss or thinning of body hair Nausea and/or vomiting Pale clay-coloured stools	29/50	Moderately/Often Moderately/Often Moderately/Often Frequently/Daily Occasionally Frequently/Daily Moderately/Often 58% Occasionally Moderately/Often Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Never Frequently/Daily Occasionally Frequently/Daily Moderately/Often Moderately/Often Moderately/Often
Yellowish discolouration of skin or eyes, or dark coloured urine Occasionally	Excessive gas and bloating Extremely narrow stools Lower abdominal pain, cramping and/or spasms Lower abdominal pain relieved by passing gas or stool Mucus or pus in stool Rectal pain or cramps Red blood with bowel movement Sensation of incomplete emptying of bowel Liver/Gall Bladder/Pancreas Bloating or feeling of fullness after eating Dry, flaky skin, or dry hair Easy bruising, or bleeding (e.g. of gums) Excessive belching or gas Fatigue, malaise or weakness Fatty foods cause indigestion or nausea Fluid retention, oedema Loss of appetite Loss or thinning of body hair Nausea and/or vomiting Pale clay-coloured stools Red skin, particularly on palms	29/50	Moderately/Often Moderately/Often Moderately/Often Moderately/Often Frequently/Daily Occasionally Frequently/Daily Moderately/Often 58% Occasionally Moderately/Often Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Never Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Moderately/Often Moderately/Often Frequently/Daily
Symptoms of undersetive thyroid	Excessive gas and bloating Extremely narrow stools Lower abdominal pain, cramping and/or spasms Lower abdominal pain relieved by passing gas or stool Mucus or pus in stool Rectal pain or cramps Red blood with bowel movement Sensation of incomplete emptying of bowel Liver/Gall Bladder/Pancreas Bloating or feeling of fullness after eating Dry, flaky skin, or dry hair Easy bruising, or bleeding (e.g. of gums) Excessive belching or gas Fatigue, malaise or weakness Fatty foods cause indigestion or nausea Fluid retention, oedema Loss of appetite Loss or thinning of body hair Nausea and/or vomiting Pale clay-coloured stools Red skin, particularly on palms Unexplained itchy skin Upper Abdominal pain, or pain under ribs	29/50	Moderately/Often Moderately/Often Moderately/Often Moderately/Often Frequently/Daily Occasionally Frequently/Daily Moderately/Often 58% Occasionally Moderately/Often Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Never Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Moderately/Often Moderately/Often Frequently/Daily Moderately/Often Frequently/Daily Moderately/Often Frequently/Daily Moderately/Often
	Excessive gas and bloating Extremely narrow stools Lower abdominal pain, cramping and/or spasms Lower abdominal pain relieved by passing gas or stool Mucus or pus in stool Rectal pain or cramps Red blood with bowel movement Sensation of incomplete emptying of bowel Liver/Gall Bladder/Pancreas Bloating or feeling of fullness after eating Dry, flaky skin, or dry hair Easy bruising, or bleeding (e.g. of gums) Excessive belching or gas Fatigue, malaise or weakness Fatty foods cause indigestion or nausea Fluid retention, oedema Loss of appetite Loss or thinning of body hair Nausea and/or vomiting Pale clay-coloured stools Red skin, particularly on palms Unexplained itchy skin	29/50	Moderately/Often Moderately/Often Moderately/Often Moderately/Often Frequently/Daily Occasionally Frequently/Daily Moderately/Often 58% Occasionally Moderately/Often Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Never Frequently/Daily Occasionally Frequently/Daily Occasionally Frequently/Daily Never Frequently/Daily Occasionally Frequently/Daily Moderately/Often Moderately/Often Frequently/Daily Moderately/Often Nover

Frequently/Daily Frequently/Daily Frequently/Daily Fatigue, sluggishness Feeling cold, or intolerance to cold Gaining of weight, or decreased appetite Heavier or more frequent menstrual periods

Low mood

Puffy face, hands or feet

Swelling or tightness in front of neck

Symptoms of overactive thyroid

Diarrhoea (loose, watery or frequent bowel movements)

Fatigue, notable weakness in limbs Feeling hot, or intolerance to heat, sweaty

Light, infrequent or absent menstrual periods

Nervousness, irritability, restlessness

Palpitations Poor libido

Swelling or tightness in front of neck

Visual disturbance, problems with eyes, or development of staring gaze

Weight loss, possibly with increased appetite

Stress, fatigue and adrenals

Change in appetite Difficulty concentrating or thinking clearly, memory problems

Difficulty staying awake during day

Fatigued, tire easily

Feeling irritable or oversensitive

Feeling stressed, nervous, or tense, or unable to relax

Find it hard to get up and going in the morning

Low mood, mood swings

Need coffee, tea, tobacco, sugar or chocolate as pick me ups

Palpitations or chest pain

Low immunity

Ears continuously drain Excessive loss of hair

Frequent colds or 'flu Frequent infections in other locations (e.g. bladder, skin)

Inflamed or bleeding gums, or swollen, red lips or tongue Nasal congestion or discharge

Neck, armpit or groin swelling

Wounds heal slowly

Allergy

Certain foods worsen symptoms, or cause palpitations

Clear watery discharge from nose or eyes Dark circles under eyes

Irritability, fatigue

localised or general itching - eyes, ears, throat, nose, skin

Migraine or non-migraine headache

Rashes or eczema

Sensitivity to light (skin or eyes)

Sneezing, coughing or wheezing

Swollen eyes, lips, face, or other body parts

Healthy blood pressure maintenance

Headaches

History of high blood pressure Nosebleeds

Redness in face

Ringing in ears or blurred vision

21/60 35% Heart

Heartburn, pain or heavy crushing sensation that moves to neck, jaw, left shoulder or arm

Frequently/Daily

Frequently/Daily Frequently/Daily

Occasionally

Never Occasionally

Frequently/Daily Frequently/Daily

Never

23/39 59%

Frequently/Daily

Occasionally

Occasionally

Frequently/Daily

Frequently/Daily

Frequently/Daily

Occasionally

Occasionally

Never

Moderately/Often Moderately/Often

Occasionally

31/39 80%

Moderately/Often Frequently/Daily

Occasionally

Frequently/Daily

Frequently/Daily

Frequently/Daily Frequently/Daily

Frequently/Daily

Frequently/Daily

Frequently/Daily

Occasionally

Moderately/Often

Occasionally

25/39 65%

Frequently/Daily

Never

Frequently/Daily

Occasionally

Frequently/Daily

Occasionally

Frequently/Daily

Moderately/Often

Moderately/Often Occasionally

Frequently/Daily

Frequently/Daily

21/30 70%

Frequently/Daily

Frequently/Daily

Moderately/Often

Frequently/Daily

Frequently/Daily

Occasionally Moderately/Often

Frequently/Daily

Occasionally

Never

54%

8/15

Occasionally Never

Moderately/Often

Frequently/Daily

Moderately/Often

Occasionally

Moderately/Often Moderately/Often Pain or heaviness in central chest

Pallor or sweating with chest discomfort or with unusual indigestion

Shortness of breath lying flat in bed, or sudden shortness of breath in the middle of the night

Swelling in feet, ankles or legs Veins on neck are prominent Wheezing or dry cough

Never Occasionally Never Occasionally Moderately/Often Moderately/Often Occasionally

Healthy red blood cell maintenance

Difficulty concentrating, poor memory

Dizziness, spots before eyes, or ringing in ears

Easy bruising or bleeding

Low exercise tolerance, shortness of breath with exertion

Pale eyelids, lips, gums, nails Prolonged recovery after exercise

Red sore tongue

Yellowing of eyes or skin

17/30 <mark>57%</mark>

Never

Never

Frequently/Daily Moderately/Often Frequently/Daily

Frequently/Daily Moderately/Often

Never

Occasionally Never

Moderately/Often Occasionally

Circulatory system

Brief periods of difficulty speaking, swallowing, or understanding speech or written word Brief periods of loss of whole or part of vision, double vision, impaired coordination, or..

Difficulty concentrating, poor memory Faints, or falls with unknown cause Muscle pain in calves or thighs with walking

Poor circulation in extremities: coldness, or numbness, tingling or pricking sensations in...

Ulcers on feet or legs

18/42 43%

Occasionally Moderately/Often

Frequently/Daily Never

Never Frequently/Daily

Never

Symptoms of hypoglycaemia

Agitation, irritability

Difficulty concentrating, poor memory, confusion Fatigue and weakness, or feeling shaky

Frequently/Daily Occasionally Occasionally Occasionally

Symptoms of hyperglycaemia

Blurred vision, failing eyesight

Diagnosis of diabetes

Dizziness when standing from sitting position

Fatigue, drowsiness

Increased thirst and appetite

Profuse sweating

Recurrent or persistent infections (e.g. bladder, skin)

Slow wound healing

Ulcers or sores on legs or feet

Unintentional weight loss, or excesive weight gain

10/18 56%

Frequently/Daily

Occasionally

17/33 52%

Occasionally

Never Never

Moderately/Often Frequently/Daily Moderately/Often Occasionally

Frequently/Daily Frequently/Daily

Moderately/Often

Kidney/Bladder

Burning with urination Excessive urination Excessive urination during night Fluid retention throughout body

Grey cast to skin History of kidney stones Incontinence

Infrequent urination

Severe one-sided lower back or groin pain associated with restlessness

Urgency of urination

25/52 49%

Never

Occasionally Moderately/Often Moderately/Often Occasionally

Frequently/Daily Frequently/Daily Occasionally Never Never

Occasionally Moderately/Often Never

Moderately/Often

Prostate/Healthy male hormone balance

Symptoms of PMS

Abdominal bloating Back pain

Breast tenderness, swelling or lumps

33/43 77%

Occasionally Moderately/Often Moderately/Often Diarrhoea or constipation Feeling aggressive, or feeling suicidal Feeling anxious, irritable, or easily angered Feeling depressed, teary, or sensitive Fluid retention or weight gain Food cravings or binge eating Headaches or migraines

Moderately/Often Moderately/Often Moderately/Often Frequently/Daily Frequently/Daily Frequently/Daily Frequently/Daily Occasionally

Frequently/Daily

Menstrual irregularities

Absense of menstrual flow for more than 5 months Constipation or diarrhoea with menstruation

Heavy blood flow, or flooding

Irregular intervals between periods

Light blood flow

Long period cycles, greater than 32 days Nausea and/or vomiting with mentruation Painful intercourse during menstruation

Passage of large or profuse blood clots

Pelvic and/or rectal pressure around menstruation

Prolonged duration of bleeding

Prolonged duration of bleeding: Number of Days

Short period cycles, less than 24 days Vaginal bleeding between periods

12/48 25%

Never Occasionally Never Occasionally Frequently/Daily Never Never Never

Frequently/Daily Never

Never

Moderately/Often

Never Never

Moderately/Often

Never

Symptoms of menopause

Breasts reducing in size and starting to sag Difficulty concentrating, poor memory, or confusion

Dry skin, hair or vagina Headaches or dizziness

Irregular menstrual cycle and/or changes in menstrual flow (heavier or lighter)

Mood swings, irritability, depression, nervousness, anxiety

Night sweats

Thinning of armpit and pubic hair, or increased hair growth on upper lip

Frequently/Daily Frequently/Daily Occasionally

Frequently/Daily

Frequently/Daily

Healthy female hormone balance

Acne and/or oily skin

Breast lumps, or a change in breast size or shape

Burning or itching of external genitalia

Excess facial hair Excessive libido Infertility

Milk production (not nursing), or engorged breasts

Miscarriage

Nipple discharge, or change in appearance of nipple

Swelling under armpit Thinning body hair

Vaginal bleeding after intercourse, or between periods

Vaginal discharge: excesive, smelly, or coloured

Vaginal dryness or pain

27/36 75%

Moderately/Often

Moderately/Often

Frequently/Daily Occasionally Frequently/Daily

Occasionally Moderately/Often

27/59 46%

Frequently/Daily Moderately/Often Frequently/Daily Occasionally Moderately/Often

Occasionally Never

Moderately/Often Occasionally Never

Never Moderately/Often Occasionally Occasionally Occasionally Never Occasionally Moderately/Often

Frequently/Daily

Frequently/Daily Never Never

Frequently/Daily

Moderately/Often

Frequently/Daily Frequently/Daily

Frequently/Daily

Frequently/Daily

Never

Never

Bone

24/39 62%

Abnormal spinal curvature

Bone deformity or swelling

Generalised bone tenderness or achiness Hearing loss, headaches, ringing in ears

Localised bone pain Recent loss of height

Shins hurt during or after exercise Stooped posture or hump at base of neck

Unexplained bone fracture Walking difficulties, or a limp

23/41 <mark>57%</mark>

Musculoskeletal

Frequently/Daily

Occasionally

Fatigue Frequently/Daily Headaches Occasionally Frequently/Daily Muscle aches and pains Moderately/Often Occasionally Moderately/Often Muscle stiffness, tension Muscles twitch or tremble Occasionally Moderately/Often Muscle weakness Specific body points are tender to touch Occasionally Moderately/Often Upper or lower back pain

17/53 33% Connective tissue

Creaking (noisy) joints Occasionally Difficulty chewing or opening mouth Occasionally Difficulty standing up from seated position Never

Moderately/Often Dry mouth, dry, painful eyes Impaired mobility or function Occasionally Injure, strain, sprain easily Moderately/Often Joint pain involves more than one joint Occasionally Knobbly joints Never

Occasionally Limited range of motion Limp Occasionally Muscle wasting Occasionally

Numbness, prickling, tingling sensation in neck, shoulders or arms Frequently/Daily Red, painless skin lumps on elbows, knees, toes Never Shooting, aching, tingling pain down back of leg Never Tender, red, swollen, and stiff joints Never

45/94 48% Neurological

Moderately/Often

Convulsions, seizures or funny turns Never Frequently/Daily Difficulty concentrating, confused, poor memory

Drooping eyelid(s) Occasionally Easily fatigued Frequently/Daily Headache Occasionally

Moderately/Often Impaired hearing, eyesight, sense of touch, smell or taste Occasionally Light-headedness, fainting Never

Numbness, pins and needles, or tingling in limbs Frequently/Daily

Poor hand coordination Moderately/Often Ringing or buzzing in ears Moderately/Often Slow or slurred speech Occasionally Trembling hands Moderately/Often Unsteady on feet Occasionally Occasionally

Stress history 16/27 60%

Bankruptcy, or a major change in finances Frequently/Daily

Death of close family member or friend Never Frequently/Daily

Loss of work, retirement or starting a new job Frequently/Daily Major personal injury or illness Frequently/Daily

Marriage Never Moving house Never Separation from partner Frequently/Daily Violations of the law Occasionally

12/18 67% Symptoms of insomnia

Never Eat chocolate or drink caffeine in the evenings Never

Have an overactive mind, or worry excesively Frequently/Daily Have difficulty falling asleep or staying asleep Frequently/Daily Live or work in a stressful environment Frequently/Daily

17/18 95% Normal, healthy learning and concentration

Suffer from constant pain or discomfort

Experience mental confusion or sluggishness Frequently/Daily Find it difficult to keep still or are fidgety Moderately/Often

Frequently/Daily Have a short attention span Frequently/Daily Have food allergies Frequently/Daily

Have or had learning difficulties Frequently/Daily

17/45 38% Respiratory

Frequently/Daily

Occasionally Blood in sputum Occasionally

Moderately/Often Colds always "go to the chest" Occasionally Cough, dry or moist Occasionally Occasionally Loud snoring Occasionally Noisy rattling sounds when breathing Never Pain in chest Occasionally Moderately/Often Shallow breathing Occasionally Thick yellow, greenish or brown sputum Occasionally Wheezing Never 22/48 46% Hair, skin and nails Moderate Acne Areas of decreased pigmentation Moderate Areas of increased pigmentation Mild Areas of unexplained redness Severe Dandruff Moderate Mild Discoloured nails Moderate None Mild Rashes Moderate Thickened nails None None Undiagnosed skin lumps/bumps Moderate Unusual or changing moles Moderate Warts Mild Weak/brittle nails Mild Detoxification 18/35 <mark>52%</mark> Mild The preservatives sodium benzoate or potassium benzoate Tyramine (red wine, cheese, bananas, chocolate) Moderate Moderate Chemicals such as fragrances, exhaust fumes, cigarette smoke or other strong odours Severe Moderate Do you have a history of exposure to chemicals such as herbicides, insecticides, pesticides. Never Alcohol (number of drinks per week) 15+ Coffee or other caffeinated drinks (number per day)? 9 - 19 Smoking (number per day)? If not currently smoking, have you quit smoking in the last year? Yes Recreational drugs? No Patient health history 2/14 15% Age >50 years No Frequency of exercise (days per week) 1 - 2 Planning to have a baby in the next 3-6 months No Pregnant or breastfeeding No Vegetarian or vegen No 22/36 62% High risk symptoms Occasionally Lumps, e.g. breast, armpit, skin No Night sweats Frequently/Daily Reduced appetite Occasionally Frequently/Daily Yes Weight management Are you unhappy with your weight? No Do you diet often? No Which of the following types of medications have you taken... 6/22 28% Antibiotics/antifungals No Antidepressants No Anti-diabetics/insulin No Antihistamines No anti-inflammatories/aspirin No Antipsychotics No Asthma medications/inhalers No Chemotherapy No No

No No

No

High blood pressure

Relaxants/sleeping tablets

Steroids e.g. cortisone
No
Thyroid
No
Do you have a family history of diabetes, cardiovascular disease, cancer, or any other major...
Yes
Any other medications?
Yes