

View results

Respondent

22

Anonymous

13:42

Time to complete

1. Name *

Jennifer Segail

2. Upper GIT *

	Frequently	Often	Sometimes	Never
Indigestion	☒	☐	☐	☐
Excessive Burping	☐	☒	☐	☐
Foods sits for long periods after a meal	☒	☐	☐	☐
Bad breath	☐	☐	☒	☐
Loss of appetite	☐	☐	☐	☒
Stomach pain/burning	☒	☐	☐	☐
Heartburn after spicy, citrus, alcohol, caffeine or fatty foods	☒	☐	☐	☐
Dark or Black tarry stools	☐	☐	☒	☐
Upper abdominal cramps or aches	☒	☐	☐	☐

3. Lower GIT *

	Frequently	Often	Sometimes	Never
Lower abdominal pain or cramps	☐	☐	☒	☐
Excessive gas, flatulence	☐	☐	☒	☐
Nausea and/or vomiting	☐	☒	☐	☐
Diarrhoea, loose watery bowel movements	☐	☐	☐	☒
Constipation, straining, hard dry stools	☐	☐	☒	☐
Alternating constipation and diarrhoea	☐	☐	☐	☒
Undigested food in stools	☐	☐	☐	☒
Sensation of incomplete emptying of bowel	☐	☐	☒	☐
Extreme narrow stools	☐	☐	☐	☒

Mucus or pus in stool	☐	☐	☒	☐
Red blood with bowel movement	☐	☐	☐	☒
Black or dark colour patches in stool	☐	☐	☒	☐
Rectal pain or cramps	☐	☐	☐	☒
Anal itching	☐	☐	☐	☒

4. Liver, Gall Bladder, Pancreas *

	Frequently	Often	Sometimes	Never
Abdominal pain or pain under ribs	☒	☐	☐	☐
Fatty foods cause indigestion or nausea	☒	☐	☐	☐
Unexplained itchy skin	☐	☐	☒	☐
Yellow cast to skin, eyes or dark coloured urine	☐	☐	☐	☒

Clay coloured stools	☐	☐	☐	☒
Malaise or weakness	☐	☐	☐	☒
Fluid retention, oedema	☐	☐	☒	☐
Easy bruising or bleeding e.g gums	☐	☐	☐	☒
Red skin, particularly palms	☐	☐	☐	☒
Dry skin and or hair	☒	☐	☐	☐

5. Endocrine - Thyroid *

	Frequently	Often	Sometimes	Never
Fatigue, sluggishness	☐	☒	☐	☐
Feel cold or intolerance to cold	☐	☐	☐	☒
Feeling hot, intolerance to heat, sweaty	☐	☐	☐	☒

Puffy face, hands or feet	☐	☐	☐	☒
Unintentional weight gain or weight loss	☒	☐	☐	☐
Swelling or tightness in front of neck	☐	☐	☐	☒
Low mood	☐	☐	☒	☐
Low libido	☐	☐	☒	☐
Heavier or more frequent menstrual periods	☐	☐	☐	☒
Light infrequent or absent menstrual periods	☐	☐	☐	☒
Fatigue or notable weakness in limbs	☐	☐	☒	☐
Nervousness, irritability, restlessness	☐	☐	☒	☐

Visual
disturbance
or
development
of a staring
gaze

☐☐☐☒

6. Endocrine - Adrenals *

Frequently

Often

Sometimes

Never

Feeling
stressed,
nervous,
tense, unable
to relax

☐☐☒☐

Feeling
oversensitive
and
overwhelmed
, unable to
cope

☐☐☒☐

Low mood,
mood swings

☐☐☒☐

Difficulty
concentrating
or thinking
straight

☐☐☒☐

Need
stimulants
like coffee,
tea, sugar,
tobacco as
pick me ups

☐☒☐☐

Feel fatigued
after stressful
day or event



Find it hard
to get up and
going in
morning



Difficulty
staying
awake during
the day



Nausea or
dizziness



Palpitations
and/or chest
pain



7. Endocrine - Female Hormones ***Experience 3-14 days prior to period ****

	Frequently	Often	Sometimes	Never
Abdominal bloating	☒	☐	☐	☐
Breast tenderness, swelling or lumps	☐	☐	☐	☒
Feeling depressed, anxious, teary or sensitive or easily angered	☐	☐	☐	☒
Diarrhoea or constipation	☐	☐	☐	☒
Headache or migraines	☐	☐	☐	☒
Food cravings or binge eating	☐	☐	☐	☒
Fluid retention or weight gain	☒	☐	☐	☐
Clumsiness	☐	☐	☐	☒
Feeling aggressive or suicidal	☐	☐	☐	☒

8. Endocrine - Female Reproductive *Experienced in last 6 months during menstruation* *

	Freuently	Often	Sometimes	Never
Irregular intervals between periods	☐	☐	☐	☒
Vaginal bleeding between periods	☐	☐	☐	☒
Painful periods	☐	☐	☐	☒
Pelvic or rectal pressure	☐	☐	☐	☒
Nausea and/or vomiting with menses	☐	☐	☐	☒
Light blood flow	☐	☐	☐	☒
Heavy blood flow or flooding	☐	☐	☐	☒
Larger blood clots	☐	☐	☐	☒
Prolonged duration of bleeding	☐	☐	☐	☒

Absence of
menses for
longer than 3
months

☐☐☐☒

9. Endocrine - Female Reproductive *

Frequently

Often

Sometimes

Never

Cycle
becoming
irritic

☐☐☐☒

Menses
becoming
heavier or
lighter in
flow

☐☐☐☒

Dry skin, hair
and/or vagina

☒☐☐☐

Low libido

☐☐☒☐

Hot flushes,
Night sweats

☐☐☐☒

Painful
intercourse

☐☐☐☒

Increased
facial hair eg.
upper lip

☒☐☐☐

Milk
production
(not nursing)

☐☐☐☒

Excessive Libido	☐	☐	☐	☒
Miscarriage	☐	☐	☒	☐
Infertility	☐	☐	☐	☒
Vaginal discharge, smelly or coloured	☐	☐	☐	☒
Burning or itching of external genitalia	☐	☐	☐	☒
Vaginal bleeding after intercourse	☐	☐	☐	☒
Breast lumps or change in breast size or shape	☐	☐	☐	☒
Change in nipple appearance and/or discharge	☐	☐	☐	☒

10. Glucose Tolerance *

Frequently

Often

Sometimes

Never

Skipping
meals causes
fatigue,
weakness or
headaches

☒☐☐☐

Skipping
meals causes
sweating,
palpitations,
light
headedness
or faint

☒☐☐☐

Difficult
concentration
if miss meals

☒☐☐☐

Feel agitated,
irritable if
miss meals

☒☐☐☐

Excessive
frequent
urination

☒☐☐☐

Increased
thirst and
appetite

☒☐☐☐

Blurred
Vision, failing
eyesight

☒☐☐☐

Fatigue,
drowsiness

☒☐☐☐

Profuse
sweating

☐☐☐☒

Dizziness when stand from seated position	☐	☐	☐	☒
unintentional weight loss or weight gain	☒	☐	☐	☐
Diagnosis of diabetes or pre diabetic	☒	☐	☐	☐

11. Allergy, Immune *

	Frequently	Often	Sometimes	Never
Frequent colds and flus	☐	☐	☐	☒
Frequent infections in other areas e.g. ears, skin, bladder	☒	☐	☐	☐
Nasal congestion or discharge	☐	☐	☐	☒
History of inflamed throat, or tonsillitis	☒	☐	☐	☐
Scratchy throat	☐	☐	☒	☐

Persistent or frequent cough	☐	☐	☐	☒
Cold sores	☒	☐	☐	☐
Mouth Ulcers	☒	☐	☐	☐
Wounds heal slowly	☒	☐	☐	☐
Excessive loss of hair	☒	☐	☐	☐
Swollen glands in neck, armpit, groin	☒	☐	☐	☐
Migraine or headaches	☐	☐	☒	☐
Sensitivity to light	☐	☐	☐	☒
Localised general itching - eyes, ears, throat, nose, skin	☒	☐	☐	☐
Sneezing, coughing or wheezing	☐	☐	☐	☒

Certain foods
worsen
symptoms or
cause heart
palpitations

☒☐☐☐

12. Respiratory *

Frequently

Often

Sometimes

Never

Increased
effort to
breathe,
wheezing

☐☐☐☒

Cough dry or
moist

☐☐☐☒

Thick yellow,
greenish or
brown or
blood stained
sputum

☐☐☐☒

Frothy
sputum

☐☐☐☒

Noisy rattling
sounds when
breathing

☐☐☐☒

Loud snoring

☒☐☐☐

13. Urinary *

	Frequently	Often	Sometimes	Never
Frequent fluid retention	☐	☐	☐	☒
Lower back pain	☐	☐	☐	☒
Excessive, frequent urination, waking through night	☐	☐	☒	☐
Burning with urination	☐	☐	☐	☒
Urgency of urination	☐	☐	☐	☒
Bloody, cloudy or darkened or strong smelling urine	☐	☐	☐	☒
Incontinence	☐	☐	☐	☒
Infrequent urination	☐	☐	☐	☒
Severe one sided lower back pain	☐	☐	☒	☐
History of kidney stones	☐	☐	☐	☒

14. Haematological - Anaemia *

	Frequently	Often	Sometimes	Never
Prolonged recovery after exercise	☐	☐	☒	☐
Low exercise tolerance, shortness of breath with exertion	☐	☒	☐	☐
Difficult to think straight	☐	☐	☐	☒
Pale eyelids, lips, gums, nails	☐	☐	☐	☒
Red sore tongue	☐	☐	☐	☒
Sores in corner of mouth	☐	☐	☐	☒
Easy bruising or bleeding	☐	☐	☐	☒
Restless legs at night	☐	☒	☐	☐

15. Cardiovascular, Circulation *

	Frequently	Often	Sometimes	Never
Headaches	☐	☐	☒	☐
Nosebleeds	☐	☐	☐	☒
Redness in face	☐	☐	☒	☐
Ringing in ears or blurred vision	☒	☐	☐	☐
History of high blood pressure	☒	☐	☐	☐
Palpitations	☐	☐	☐	☒
Dizziness	☐	☐	☐	☒
Pain or heaviness in central chest	☐	☐	☐	☒
Pallor or sweating with chest discomfort	☐	☐	☐	☒
Shortness of breath lying flat or on sudden waking in middle of night	☐	☐	☐	☒
Wheezing or dry cough	☐	☐	☐	☒

Swelling in
feet, ankles
or legs

☐☐☐☒

History of
high blood
cholesterol

☒☐☐☐

Cold
extremities,
numbness,
tingling or
pricking
sensations in
hands or feet

☐☐☐☒

White or
blueish tinge
to lips,
fingers or
toes

☐☐☐☒

Faints or falls
for unknown
reason

☐☐☐☒

Brief loss of
vision, co-
ordination
difficult
speaking,
swallowing or
understandin
g speech or
written word

☐☐☐☒

16. Musculoskeletal, Connective Tissue *

Frequently

Often

Sometimes

Never

Bone tenderness, pain or achiness	☐	☐	☐	☒
Lower back or hip pain	☐	☐	☐	☒
Walking difficulties or a limp	☐	☐	☐	☒
Diagnosis of Osteoporosis or unexplained bone fracture	☐	☐	☐	☒
Spinal curvature, Sto oped posture or hump at base of neck	☐	☐	☐	☒
Muscle tightness, tension	☐	☐	☒	☐
Specific body points tender to touch	☐	☐	☒	☐
Muscle cramps or spasms	☐	☐	☒	☐
Muscle twitch or tremble	☐	☐	☒	☐

Muscle weakness	☐	☐	☒	☐
Muscle loss and wasting	☐	☐	☒	☐
Tender red, swollen, stiff joints	☐	☐	☒	☐
Dry mouth, dry painful eyes	☐	☐	☐	☒
Creaking noisy joints	☐	☐	☒	☐
Joint pain involving multiple joints	☐	☐	☐	☒
Limited range of motion	☐	☐	☐	☒
Difficulty standing from seated position	☐	☐	☐	☒
Difficulty chewing or opening mouth	☐	☐	☐	☒

17. Neurological, Brain, Sleep *

Frequently

Often

Sometimes

Never

Lightheadedness, fainting	☐	☐	☐	☒
Ringing or buzzing in ears	☐	☒	☐	☐
Trembling hands	☐	☐	☐	☒
Numbness, pins and needles or tingling in limbs	☐	☐	☐	☒
Unsteady on feet	☐	☐	☐	☒
Poor hand co-ordination	☐	☐	☐	☒
Convulsions, seizures or funny turns	☐	☐	☐	☒
Drooping eyelids	☐	☐	☐	☒
Impaired hearing, eyesight, sense of touch, smell or taste	☐	☐	☐	☒
Slow or slurred speech	☐	☐	☐	☒

Difficulty
falling asleep

☐☐☐☒

Difficulty
staying
asleep

☐☐☐☒

Find it
difficult to
keep still or
fidgety

☐☐☐☒

Have a short
attention
span

☐☐☐☒

Experience
mental
confusion or
sluggishness

☐☐☐☒

Have or had
learning
difficulties

☐☐☐☒

18. Skin *

	Frequently	Often	Sometimes	Never
Eczema, Dermatitis	☐	☐	☒	☐
Psoriasis	☐	☐	☐	☒
Dandruff, Tinea or fungal infections	☐	☐	☐	☒
Acne	☐	☐	☐	☒
Pigmentation	☐	☐	☒	☐
Skin rashes	☐	☐	☒	☐