

View results

Respondent

59

Anonymous

16:13

Time to complete

1. Name *

Haylee Macken

2. Upper GIT *

	Frequently	Often	Sometimes
Indigestion	☐	☐	☐
Excessive Burping	☐	☐	☒
Foods sits for long periods	☐	☐	☐

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

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

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
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

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

☒☐☐

7. Endocrine - Female Hormones

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

Abdominal
bloating

☒☐☐

Breast
tenderness,
soreness 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 ****

	Freuenty	Often	Sometimes
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
Cycle becoming irratic	☐	☐	☐
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

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

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

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
Frequent fluid retention	☒	☐	☐
Lower back pain	☐	☒	☐
Excessive, frequent urination, waking through night	☒	☐	☐
Buring 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
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
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 understanding speech or written word

16. Musculoskeletal, Connective Tissue *

	Frequently	Often	Sometimes
Bone tenderness, pain or achiness	☐	☐	☒
Lower back or hip pain	☐	☒	☐
Walking difficulties or a limp	☐	☒	☐
Diagnosis of Osteoporosis or unexplained bone fracture	☐	☐	☐
Spinal curvature, Stoo	-	-	-

ped 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

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

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

Eczema,
Dermatitis

☐☐☒

Psoriasis	☐	☐	☐
Dandruff, Tinea or fungal infections	☐	☐	☒
Acne	☐	☐	☐
Pigmentation	☐	☐	☐
Skin rashes	☐	☐	☐