Mtn Home Spine & Health Solutions

Wellness Evaluation

In medicine today, leaky gut (aka intestinal permeability) and cellular inflammation are not diagnosed and treated properly. However, one of these problems could be affecting your health. Many health problems related to gut health and cellular inflammation go undiagnosed, misdiagnosed or ignored by traditional medicine. Please complete this evaluation to help us determine how we can help you with your health problems.

Let's get started.

Please circle any that apply to you:

Joint Conditions including:
Spine, Shoulder or Knee

Sub-Clinical symptoms including:
Headaches
Migraines

Hormone Imbalance including:
PMS
Emotional imbalance

Gastrointestinal issues including:
Abdominal bloating, cramps or painful gas
Irritable Bowel Syndrome
Ulcerative Colitis
Crohn's Disease and other intestinal disorders

Respiratory Conditions including:
Chronic sinusitis
Asthma
Allergies

Autoimmune Conditions including:
Diabetes Mellitus
Lupus
Rheumatoid Arthritis
Fibromyalgia
Chronic Fatigue

Thyroid Conditions including:
Hashimotos
Hypothyroidism
Hyperthyroidism

Developmental and Social Concerns including:
Autism
ADD/ADHD
Anxiety

Skin Conditions including:
Eczema
Skin rashes
Hives

Circle the number that most closely fits, then add up your results.

	None	Mild	Mod	Severe
Constipation and/or diarrhea	0	1	2	3
Abdominal pain or bloating	0	1	2	3
Mucous or blood in stool	0	1	2	3
Joint pain or swelling, arthritis	0	1	2	3
Chronic or frequent fatigue or tiredness	0	1	2	3
Food allergies, sensitivities or intolerance	0	1	2	3
Sinus or nasal congestion	0	1	2	3
Chronic or frequent inflammations	0	1	2	3
Eczema, skin rashes or hives (urticaria)	0	1	2	3

	None	Mild	Mod	Severe
Asthma, Hayfever, or airborne allergies	0	1	2	3
Confusion, poor memory or mood swings	0	1	2	3
Use of NSAIDS (Aspirin, Tylenol, Motrin)	0	1	2	3
History of antibiotic use	0	1	2	3
Alcohol consumption makes you feel sick	0	1	2	3
Gluten sensitivity or Celiac's disease	0	1	2	3
Nausea	0	1	2	3
Weight issues	0	1	2	3

YOUR TOTAL: _____