



**TOXICITY AND INFLAMMATION QUESTIONNAIRE:  
GENERAL SIGNS AND SYMPTOMS (GI-Q1)**

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

This questionnaire identifies signs and symptoms that can help your doctor address the underlying cause of your G.I.-related illness (toxins, inflammation, etc.). This questionnaire is to be completed **before** and **after** the suggested protocol your doctor recommends for you. This will help him or her track your progress over time.

**Point Scale:**

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it; effect is not severe
- 2 = Occasionally have it; effect is severe
- 3 = Frequently have it; effect is not severe
- 4 = Frequently have it; effect is severe

**HEAD**

- \_\_\_ Headaches
- \_\_\_ Dizziness
- \_\_\_ Insomnia
- \_\_\_ Faintness

\_\_\_TOTAL

**EARS**

- \_\_\_ Itchy ears
- \_\_\_ Ringing in ears/loss of hearing
- \_\_\_ Earaches/ear infections
- \_\_\_ Drainage from ear

\_\_\_TOTAL

**EYES**

- \_\_\_ Bags or dark circles under eyes
- \_\_\_ Watery or itchy eyes
- \_\_\_ Swollen, reddened, or sticky eyelids
- \_\_\_ Blurred or tunnel vision (excluding near- or far- sightedness)

\_\_\_TOTAL

**NOSE**

- \_\_\_ Stuffy nose
- \_\_\_ Sinus congestion, sinus infection
- \_\_\_ Constant sneezing
- \_\_\_ Hay fever/allergies
- \_\_\_ Excess mucus formation

\_\_\_TOTAL



**MOUTH/THROAT**

- Chronic coughing
- Sore throat, hoarseness, loss of voice
- Gagging, frequent need to clear throat
- Swollen tongue, gums or lips
- Swollen lymph nodes
- Canker sores, mouth ulcers

\_\_\_TOTAL

**HEART**

- Chest pain
- Irregular or skipped heartbeat
- Rapid or pounding heartbeat

\_\_\_TOTAL

**LUNGS**

- Asthma, bronchitis
- Chest congestion
- Shortness of breath
- Difficulty breathing

\_\_\_TOTAL

**SKIN**

- Acne or brown "age/liver spots"
- Hives, rashes, cysts, boils
- Eczema or psoriasis
- Itchy skin/dermatitis
- Hair loss, hair thinning
- Body odor
- Excessive sweating

\_\_\_TOTAL

**JOINTS/MUSCLES**

- Pain or aches in joints or lower back
- Stiffness or limitation of movement
- Arthritis
- Pain or aches in muscles

\_\_\_TOTAL

**MENTAL/EMOTIONAL**

- Poor memory
- Difficulty concentrating
- Mood swings
- Depression
- Anxiety, fear or nervousness
- Anger, irritability, or aggressiveness
- Insomnia

\_\_\_TOTAL



**ENERGY LEVEL**

- Fatigue/low energy
- Restlessness
- Hyperactivity
- Feeling of weakness

\_\_\_\_ TOTAL

**WEIGHT**

- Underweight
- Overweight
- Difficulty losing weight
- Crave certain foods

\_\_\_\_ TOTAL

**DIGESTIVE TRACT**

- Nausea, vomiting
- Diarrhea
- Constipation
- Bloating feeling
- Belching, passing gas
- Heartburn
- Intestinal/stomach pain

\_\_\_\_ TOTAL

**OTHER**

- PMS
- Frequent colds, flus
- Chemical or environmental sensitivities
- Food allergies/sensitivities

\_\_\_\_ TOTAL

Please add the numbers from each section and write the section total in the spaces provided, then add all the section totals together and put that total in the space below.

\_\_\_\_ **GRAND TOTAL**

**Interpreting Your GRAND TOTAL Toxicity Score:**

- 15 or lower:** You have a low level of inflammation.
- 16 to 49:** You have a moderate level of inflammation.
- 50 or higher:** You have a high level of inflammation.

