GI HEALTH QUESTIONNAIRE

When a person has gastrointestinal disease, or is wondering if this is a cause of the problems that could be ailing you, it is important to routinely ask yourself questions that allow you to know specifically what is going on.

By doing a questionnaire every couple of months and answering the questions without looking back at what you answered the last time you did the questionnaire, you can objectively see where you have improved or where you need to pay attention.

Every four months you should evaluate the health of your GI tract. For the following questions answer each question with a score of 10 to 0; grade 10 if you have a significant issue and 0 if you don’t have the issue at all.

1. Do you have reflux or the feeling that food repeats after you eat?
2. Do you burp, belch, or bloat excessively after meals?
3. Do you feel stomach cramping or stomach spasms during or after eating?
4. Do you feel food sit in your stomach creating uncomfortable fullness, pressure or bloating after eating?
5. Do you have a bad taste in your mouth?
6. Do small amounts of food fill you up immediately?
7. Do specific foods aggravate indigestion?
8. Do you skip meals or eat off schedule due to not having appetite?
9. Does the thought or smell of food aggravate your stomach or makes it hurt?
10. Do strong emotions make your stomach hurt?
11. Do you feel hungry an hour or two after eating a good sized meal?
12. Do you have indigestion, stomach pain, burning or aching about 1-4 hours after eating?
13. Is stomach pain relieved by eating food, drinking carbonated beverages, cream or milk or taking antacids?
14. Do you have a burning sensation in the upper part of your chest after eating, especially after lying down or bending forward?
15. Do you have digestive issues that improve after rest and relaxation?
16. Does eating spicy and fatty foods, chocolate, coffee, alcohol, hot peppers, or citrus hurt or burn your stomach?
17. Do you feel nauseated when eating?
18. Do you have difficulty or pain when swallowing foods or beverages?
19. When touching or massaging under your rib cage in the left side is there pain or tenderness?

20. Do you have lower abdominal discomfort that is relieved with a passage of gas or with bowel movements?

21. Do you have changes in your bowel habits and go from diarrhea to constipation?

22. Does the consistency or form of your stool change (example: from narrow to loose) within the course of several days?

23. Is your stool odor particularly bad and embarrassing?

24. Is your stool small hard and dry?

25. Do you pass mucous in your stool?

26. Do you have rectal pain, itching or cramping?

27. Do you see undigested food in your stool?

28. Do you have three or more bowel movements a day?

29. Do you feel the need to have a bowel movement right after you eat?

30. Do you have lower abdominal pain towards the left of your abdomen?

Now that you have answered these questions add up your grade. The higher your grade is, the more likely that you have a gastrointestinal problem.

If your grade is higher than 200 or higher:

It is very likely that you have a significant gastrointestinal issue. It is also likely that the problem is causing other problems that could be treated and improve if gastrointestinal balance is achieved. Please visit your doctor and have a conversation about your complaints and get checked. It is likely that you may need to have nutritional testing, and vitamin levels measured as well as food allergy testing.

If your score is between 150 and 200:

You likely have a noticeable gastrointestinal problem, and your GI system may be struggling. It is a good idea to consider visiting your doctor and getting the checked. You can also consider a high fiber diet and exercise program, a detox plan, and a nutraceutical regimen that includes digestive enzymes, and probiotics. It is a good idea to have nutritional testing, and vitamin levels measured as well as food allergy testing.

If your score is between 50 and 150:

Your gastrointestinal system is showing some wear and tear, and you should consider not only your GI tract but other conditions that could be affecting your health. Consider your lifestyle and implement corrective measures in areas that you consider appropriate: Diet, exercise, caffeine, alcohol, and stress. Consider visiting your physician for a comprehensive review of your health.

If you scored less than 50:

Your gastrointestinal system is in good condition.

I suggest you do this questionnaire on a regular basis and hopefully gain insight to your health and wellbeing.

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