

## Optimal Wellness Survey

<b>Submission Date</b>	2018-05-31 12:48:56
<b>Which survey are you completing today?</b>	Optimal Wellness Survey
<b>Name</b>	Roger Duda
<b>Gender</b>	Male
<b>Date</b>	12.04.1975
<b>Age</b>	42
<b>Contact Number</b>	(1) (847) 239-3832
<b>Height</b>	5 ft 7.5 inches
<b>Weight</b>	165
<b>Address</b>	558 Springwood ct East Dundee Il 60118 United States
<b>Color of Eyes</b>	hazel
<b>Email</b>	rogerduda@gmail.com
<b>Check any that you harbor or are experiencing for yourself or towards others at this time.</b>	Bitterness Fear Grief Helplessness Inpatient Pride Sorrow Regret
<b>Check what currently applies to you</b>	Home has mold Watery Eyes Sneezing Cough Regularly
<b>Check which currently applies</b>	Dark urine (dark yellow or orange) Weakness
<b>Check which currently applies</b>	Depression

<b>Check what you are currently experiencing</b>	Nausea Brain fog Chest pains Teeth & jaw pain Aching muscles Fatigue Feeling of impending influenza but never quite breaks out
<b>Check which applies to you</b>	Fatigue Weight gain Weakness Depression Lack of flexibility and good balance Heart problems
<b>Check what applies to you presently</b>	I consume very little dairy or gluten (2 to 3 meals a week) Eat fresh and/or organic foods as much as possible
<b>Check which blood type you are</b>	A
<b>Check which body type you are</b>	Ectomorph (Thin boned, small frame)
<b>Section A: Check which currently applies</b>	Allergies Digestive problems Difficulty sleeping Depression/poor mood Low energy Sore muscles or stiff joints
<b>Section B: Check which currently applies</b>	Unexplained chest pains Excessive itching Bloated feeling most of the time Constipated on regular basis Depression Out of breath easily Frequent urination during the night Unexplained chronic fatigue Constant or frequent pain in joins
<b>Check which presently or frequently applies to you</b>	Gas Bloating Abdominal fullness Nausea Constipation Fatigue Allergies, especially foods History of parasitic infections Difficulty overcoming intestinal yeast growth

Check which presently or frequently applies to you	Gas Bloating Constipation and/or diarrhea Itchy anus Continuous sinus problems Chronic or re-occurring sore throat, colds, bronchitis, ear infection Craving for sweets, alcohol, bread, cheese
Biotin	Hair loss
Calcium	Irritability
Chromium	Anxiety Fatigue
Copper	Depression Fatigue Hair Loss Weakness
Essential Fatty Acids	Hair Loss
Protein	Low Exercise Tolerance Increased secretion from mouth/nose/eyes. Fatigue Hair loss
Carbohydrates	Easily startled
Folic Acid	Shortness of Breath Weakness
Iodine	Fatigue
Iron	Constipation Depression Fatigue
Magnesium	Confusion Nervousness Weakness
Manganese	Dizziness
Niacin	Bad breath Depression Fatigue Irritability
Pantothenic Acid (B6)	Fatigue Hair Loss Irritability
Potassium	Constipation Depression Fatigue

<b>Pyridoxine (B6)</b>	Depression Fatigue Irritability Loss of Hair Nausea
<b>Riboflavin</b>	Depression Hair Loss
<b>Selenium</b>	Insufficiency (Inability to secrete adequate amounts of digestive enzymes)
<b>Thiamin</b>	Digestive Problems Irritability Pain Sensitivity Weakness
<b>Vitamin A</b>	Fatigue Immune Impairment
<b>Vitamin B-12</b>	Constipation Depression Fatigue Dizziness Low Stomach Acid
<b>Vitamin C</b>	Joint Pains
<b>CoQ10</b>	Fatigue
<b>Zinc</b>	Depression Fatigue Hair Loss Irritability Lethargy Loss of Appetite Low Stomach Acid Low Testosterone
<b>I. Check which you are frequently or presently experiencing</b>	Belching or gas within one hour after eating Bad breath Bloated within one hour after eating Sleepy after meals Feel better if you do not eat Undigested food in stool
<b>II. Check which presently or frequently applies</b>	Sensitive to chemicals
<b>III. Check which currently or frequently applies</b>	Food Allergies Sinus congestion Crave bread or noodles Wheat or grain sensitivity Asthma, sinus infections, stuffy nose

<b>IV. Check which presently or frequently applies</b>	Anus itches Coated tongue Feel worse in moldy or dusty places Have taken antibiotics for long periods (2 to 3 months or more) Fungus or yeast infection Ringworm/Nail fungus Mucous in stool Dark circles under eyes Excessive foul smelling lower bowel gas Irritable bowel or mucous colitis Strong body odors Less than 1 bowel movement daily
<b>V. Check which presently or frequently applies</b>	Crave Sweets Irritable before meals
<b>VI. Check which presently or frequently applies</b>	Difficulty falling asleep Keyed up, trouble calming down Clench or grind teeth Become dizzy when standing up suddenly Arthritic tendencies Chronic fatigue or get drowsy often Asthma, wheezing or difficulty breathing Tendency to sprain ankles or shin splints Allergies and/or hives Weakness, dizziness
<b>VII. Check which presently or frequently applies</b>	Sensitive/allergic to iodine Difficulty losing weight Mentally sluggish, reduced initiative Easily fatigued, sleepy during the day Chronic constipation Seasonal sadness
<b>VIII (Men Only). Check which presently or frequently applies</b>	Prostate problems Difficult to start or stop urine stream Waking to urinate at night
<b>X. Check which presently or frequently applies</b>	Aware of heavy or irregular breathing Shortness of breath with moderate exertion Cough at night Dull pain or tightness in chest and/or radiate into right arm, worse with exertion Dark circles under eyes Chronic pain or muscular and joint stiffness
<b>XI. Check which presently or frequently applies</b>	Puffy around the eyes, dark circles under eyes Urine has a strong odor
<b>XII. Check which presently or frequently applies</b>	Runny or drippy nose History of Epstein Bar Mucous-producing cough History of Shingles, Chronic fatigue, Hepatitis or other chronic viral condition
<b>List the Vitamin Supplements You Presently Take:</b>	garlic, black seed oil, wild cherry bark, others as needed

<b>List the Medical Conditions You Have Been Diagnosed as Having:</b>	FM, CFS, IBS, Depression,
<b>List Any Operations You Have Had:</b>	n/a
<b>List the Medical Conditions that Run in Your Family</b>	arthritis
<b>What Have You Come Here For?</b>	Lung, digestive and heart concerns