

Optimal Wellness Survey

Submission Date 2018-05-31 12:48:56

Survey Details

Optimal Wellness Survey - A comprehensive questionnaire that evaluates holistic wellness based on symptomatology. The areas of wellness that are surveyed are; Psycho-spiritual, Air, Water, Outdoor life, Fiber, Electromagnetic pollution, Exercise, diet, Body type, General toxicity, Heavy metal toxicity, Parasites, Candida, Nutritional status, and the twelve organ/body systems. This survey gathers medical history, information on what medications and supplements you are now taking and asks what problems you are presently experiencing. A report of findings with includes dietary and supplemental recommendations are included with this survey. This is the most complete Natural Health Survey available. This survey is overseen by a Natural Health Professional.

Amino Acid Survey - A questionnaire that helps to determine a possible need for protein and amino acids to your diet. The report of findings comes with dietary and supplemental recommendations.

Detoxification Survey - A questionnaire that aids in the determination for a detoxification program consisting of dietary and supplemental recommendations.

Which survey are you completing today? Optimal Wellness Survey

Optimal Wellness Survey

Name	Roger Duda
Gender	Male
Date	12.04.1975
Age	42
Contact Number	(1) (847) 239-3832
Height	5 ft 7.5 inches
Weight	165
Address	558 Springwood ct East Dundee IL 60118 United States
Color of Eyes	hazel
Email	rogerduda@gmail.com

Section I - Part 1

Check any that you harbor or are experiencing for yourself or towards others at this time.	Bitterness Fear Grief Helplessness Inpatient Pride Sorrow Regret
--	---

Part 2

Check what currently applies to you	Home has mold Watery Eyes Sneezing Cough Regularly
-------------------------------------	---

Part 3

Check which currently applies

Dark urine (dark yellow or orange)
Weakness

Part 4

Check which currently applies

Depression

Part 5

Check what you are currently experiencing

Nausea
Brain fog
Chest pains
Teeth & jaw pain
Aching muscles
Fatigue
Feeling of impending influenza but never quite breaks out

Part 6

Check which applies to you

Fatigue
Weight gain
Weakness
Depression
Lack of flexibility and good balance
Heart problems

Part 7

Part 8

Check what applies to you presently

I consume very little dairy or gluten (2 to 3 meals a week)
Eat fresh and/or organic foods as much as possible

How often do you consume the following foods?

Answer: *Daily/Weekly/More than once a week*

Describe Your Typical Daily Diet: Indicate at what time you eat

Check which blood type you are

A

Check which body type you are

Ectomorph (Thin boned, small frame)

Part 9

Section A: Check which currently applies

- Allergies
- Digestive problems
- Difficulty sleeping
- Depression/poor mood
- Low energy
- Sore muscles or stiff joints

Section B: Check which currently applies

- 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

Part 10

Check which presently or frequently applies to you

- Gas
- Bloating
- Abdominal fullness
- Nausea
- Constipation
- Fatigue
- Allergies, especially foods
- History of parasitic infections
- Difficulty overcoming intestinal yeast growth

Part 11

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

Section II - Part A

Elemental Survey		
Element	Incidence of Deficiency	Typical Symptoms & Conditions
Biotin	Uncommon	Dermatitis, eye inflammation, hair loss, loss of muscle control, insomnia, muscle weakness
Calcium	Average diet contains 40 to 50% of RDA*	Brittle nails, cramps, delusions, depression, insomnia, irritability, osteoporosis, palpitations, periodontal disease, rickets, tooth decay
Chromium	90% of diets deficient	Anxiety, fatigue, glucose intolerance, adult-onset diabetes

Copper	75% of diets deficient; average diet contains 50% of RDA*	Anemia, arterial damage, depression, diarrhea, fatigue, fragile bones, hair loss, hyperthyroidism, weakness
Essential Fatty Acids		Diarrhea, dry skin and hair, hair loss, immune impairment, infertility, poor wound healing, premenstrual syndrome, acne, eczema, gall stones, liver degeneration, headaches when out in the hot sun, sunburn easily or suffer sun poisoning
Protein		Increased secretion from mouth, nose, eyes. Swelling in hands and feet, muscle cramps, Menstrual cramps, low exercise tolerance, cold hands and feet, bleeding gums, low immunity, fatigue, muscles more flabby than normal, hair loss, splitting hair and nails, low heart rate, hypoglycemia.
Carbohydrates		Decreased secretions from mouth,nose,eyes Muscle weakness, inability to concentrate, easily startled, difficulty swallowing, voice affected by stress
Folic Acid	Average diet contains 60% of RDA*; deficient in 100% of elderly in one study; deficient in 48% of adolescent girls; requirement doubles in pregnancy	Anemia, apathy, diarrhea, fatigue, headaches, insomnia, loss of appetite, neural tube defects in fetus, paranoia, shortness of breath, weakness
Iodine	Uncommon since the supplementation of salt with iodine	Cretinism, fatigue, hypothyroidism, weight gain
Iron	Most common mineral deficiency	Anemia, brittle nails, confusion, constipation, depression, dizziness, fatigue, headaches, inflamed tongue, mouth lesions
Magnesium	75 to 85% of diets deficient: average diet contains 50 to 60% of RDA*	Anxiety, confusion, heart attack, hyperactivity, insomnia, nervousness, muscular irritability, restlessness, weakness, hypertension
Manganese	Unknown, may be common in women	Atherosclerosis, dizziness, elevated cholesterol, glucose intolerance, hearing loss, loss of muscle control, ringing in ears
Niacin	Commonly deficient in the elderly	Bad breath, canker sores, confusion, depression, dermatitis, diarrhea, emotional instability, fatigue, irritability, loss of appetite, memory impairment, muscle weakness, nausea, skin eruptions and inflammation, high cholesterol or triglycerides, poor circulation.

Pantothenic Acid (B5)	Average elderly diet contains 60% of RDA*	Abdominal pains, burning feet, depression, eczema, fatigue, hair loss, immune impairment, insomnia, irritability, low blood pressure, muscle spasms, nausea, poor coordination
Potassium	Commonly deficient in elderly	Acne, constipation, depression, edema, excessive water consumption, fatigue, glucose intolerance, high cholesterol levels, insomnia, mental impairment, muscle weakness, nervousness, poor reflexes
Pyridoxine (B6)	71% of male and 90% of female diets deficient	Acne, anemia, arthritis, eye inflammation, depression, dizziness, facial oiliness, fatigue, impaired wound healing, irritability, loss of appetite, loss of hair, mouth lesions, nausea
Riboflavin	Deficient in 30% of elderly Britons	Blurred vision, cataracts, depression, dermatitis, dizziness, hair loss, inflamed eyes, mouth lesions, nervousness, neurological symptoms (numbness, loss of sensation, "electric shock" sensations), seizures. sensitivity to light, sleepiness, weakness
Selenium	Average diet contains 50% of RDA	Growth impairment, high cholesterol levels, increased incidence of cancer, pancreatic insufficiency (inability to secrete adequate amounts of digestive enzymes), immune impairment, liver impairment, male sterility
Thiamin	Commonly deficient in elderly	Confusion, constipation, digestive problems, irritability, loss of appetite, memory loss, nervousness, numbness of hands and feet, pain sensitivity, poor coordination, weakness, slow heartbeat or rapid heartbeat, enlarged heart, heart palpitations.
Vitamin A	20% of diets deficient	Acne, dry hair, fatigue, growth impairment, insomnia, hyperkeratosis (thickening and roughness of skin), immune impairment, night blindness, weight loss
Vitamin B-12	Serum levels low in 25% of hospital patients	Anemia, constipation, depression, dizziness, fatigue, intestinal disturbances, headaches, irritability, loss of vibration sensation, low stomach acid, mental disturbances, moodiness, mouth lesions, numbness, spinal cord degeneration
Vitamin C	20 to 50% of diets deficient	Bleeding gums, depression, easy bruising, impaired wound healing, irritability, joint pains, loose teeth, malaise, tiredness.
CoQ10		Ataxia, cardiomyopathy, cerebellar atrophy, muscle weakness, fatigue, seizures, kidney failure, encephalopathy, learning disabilities, myoglobinuria, sensorineural deafness, scoliosis, lactic acidemia, spasticity, hyper-reflexes, weakened eye muscles, atrophying of muscle tissue, gum disease
Vitamin D	It is said that 80% of USA population is deficient.	Burning sensation in mouth, diarrhea, insomnia, myopia, nervousness, osteomalacia, osteoporosis, rickets, scalp sweating, poor immunity.
Vitamin E	23% of male and 15% of female diets deficient	Gait disturbances, poor reflexes, loss of position sense, loss of vibration sense, shortened red blood cell life
Vitamin K	Deficiency in pregnant women and newborns common	Bleeding disorders, arteriosclerosis, spurs, calcium deposits.

Zinc	68% of diets deficient	Acne, amnesia, apathy, brittle nails, delayed sexual maturity, depression, diarrhea, eczema, fatigue, growth impairment, hair loss, high cholesterol levels, immune impairment, impotence, irritability, lethargy, loss of appetite, loss of sense of taste, low stomach acid, male infertility, memory impairment, night blindness, paranoia, white spots on nails, wound healing impairment, low testosterone.
------	------------------------	--

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
Pyridoxine (B6)	Depression Fatigue Irritability Loss of Hair Nausea
Riboflavin	Depression Hair Loss
Selenium	Insufficiency (Inability to secrete adequate amounts of digestive enzymes)

Thiamin	Digestive Problems Irritability Pain Sensitivity Weakness
Vitamin A	Fatigue Immune Impairment
Vitamin B-12	Constipation Depression Fatigue Dizziness Low Stomach Acid
Vitamin C	Joint Pains
CoQ10	Fatigue
Zinc	Depression Fatigue Hair Loss Irritability Lethargy Loss of Appetite Low Stomach Acid Low Testosterone

Part B - Body Systems Survey

I. Check which you are frequently or presently experiencing	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
II. Check which presently or frequently applies	Sensitive to chemicals
III. Check which currently or frequently applies	Food Allergies Sinus congestion Crave bread or noodles Wheat or grain sensitivity Asthma, sinus infections, stuffy nose
IV. Check which presently or frequently applies	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
V. Check which presently or frequently applies	Crave Sweets Irritable before meals

VI. Check which presently or frequently applies	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
VII. Check which presently or frequently applies	Sensitive/allergic to iodine Difficulty losing weight Mentally sluggish, reduced initiative Easily fatigued, sleepy during the day Chronic constipation Seasonal sadness
VIII (Men Only). Check which presently or frequently applies	Prostate problems Difficult to start or stop urine stream Waking to urinate at night
X. Check which presently or frequently applies	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
XI. Check which presently or frequently applies	Puffy around the eyes, dark circles under eyes Urine has a strong odor
XII. Check which presently or frequently applies	Runny or drippy nose History of Epstein Bar Mucous-producing cough History of Shingles, Chronic fatigue, Hepatitis or other chronic viral condition
List the Vitamin Supplements You Presently Take:	garlic, black seed oil, wild cherry bark, others as needed
List the Medical Conditions You Have Been Diagnosed as Having:	FM, CFS, IBS, Depression,
List Any Operations You Have Had:	n/a
List the Medical Conditions that Run in Your Family	arthritis
What Have You Come Here For?	Lung, digestive and heart concerns

Amino Acid Survey

This survey is not for diagnostic or treatment purposes, but for creating an optimal wellness program using foods and supplements.

General Protein

Essential Amino Acids

Nonessential Amino Survey

Neurotransmitters

Detoxification Survey

This questionnaire gives your healthcare provider an indication of your toxicity level based on common signs and symptoms related to toxicity.