



Final Test

abc@gmail.com

Submission Date
September 6, 2018 21:30

Which survey are you completing today?

Optimal Wellness Survey

Name

Final Test

Gender

Female

Date

Sep 4, 2018

Age

63

Contact Number

(647) (347) 1234

Height

143 cm

Weight

153

Address

Ixworth Road, Etobicoke
Ontario, ON, M94Er6
Austria

Color of Eyes

Brown

Email

abc@gmail.com

(a) Check any that you harbor or are experiencing for yourself or towards others at this time

Anger Bitterness Fear Grief Gossip Helplessness
Hopelessness Guilt Betrayal Envy Jealousy Insecurity
Impatient Arrogance Pride Hatred Rage Resentment
Revenge Shame Sorrow Regret Passivity Slander
Possessiveness Rebellion Unforgiveness Gambling Addictions
Other

You have selected "Addictions", please explain them.

Coffee

You have selected "Other", please explain.

NIA

(b) Check what currently applies to you

Always Indoors Do not regularly change home air filter Home has mold
Home has an air ionizer Have plenty of green plants in my living space
Practice deep breathing exercises regularly, especially outdoors
I live away from city smog Dizziness Headaches Watery Eyes
Sneezing Cough Regularly Fatigue Smoke cigarettes regularly
Dry mouth, dry eyes, dry nasal membranes Dry or leathery skin
Dry or chapped lips Stools hard & Dry

(c) Check which currently applies

(d) Check which currently applies

Low volume of urine, urinate infrequently Dark urine (dark yellow or orange)

Poor skin turgor (loss of elasticity of skin) Headaches

Leg and arm cramps Weakness

Drink less than eight 8 ounce glasses of water daily

(e) Check what you are currently experiencing

Depression Poor Bone Health Low Vitamin D levels

Outdoors at least 30 minutes a day

Headaches Nausea Brain fog Sleep disorders Loss of memory

Sensitive skin Dizziness Burning sensation Rash Vision problems

Chest pains Swollen lymph nodes Live near electrical towers

Teeth & jaw pain Constantly having cellphone to the ears

On computer more than six hours Aching muscles Fatigue

Bouts of unexplained fear or anxiety

Tingling or prickly sensation across face or other parts of body

(f) Check which applies to you

Feeling of impending influenza but never quite breaks out

Exercise regularly at least twice a week Fatigue Weight gain

Weakness Muscle atrophy Depression

Lack of flexibility and good balance Heart problems

(g) Check which currently applies

Painful or hard bowel movements

Constipated, less than 1 bowel movement a day Varicose veins

Hemorrhoids or rectal fissures Use lots of toilet paper to clean yourself

Stools are pencil size and drop to the bottom of the toilet

(h) Check what applies to you presently

Consume six types of vegetables daily Eat at least two types of fruit daily

Consume at least an ounce of raw nuts daily

50% of my diet is made up of raw foods

I do not consume dairy, wheat or gluten containing foods

I consume very little dairy or gluten (2 to 3 meals a week)

Eat fresh and/or organic foods as much as possible Vegetarian Vegan

Eat white fish two to three times a week

Fried Foods

day

Check which blood type you are

AB

Check which body type you are

Mesomorph (Muscular type, broad shoulders)

(i) Section A: Check which currently applies

Allergies

Chronic Headaches/migraines

Chronic skin problems

Digestive problems

Diabetes

Autoimmune disease

Difficulty sleeping

Depression/poor mood

Low energy

Liver dysfunction

Overweight

Sore muscles or stiff joints

Unhealthy cravings

Chemical sensitivities/Environmental illness

Sleepy after meals

Food Allergies

(j) Section B: Check which currently applies

High Blood Pressure

Numbness and tingling in extremity

Twitching of face and other muscles

Tremors or shakes of hands, feet, head, etc.

Jumpy, jittery, nervous

Unexplained chest pains

Heartbeat over 100 per minute

Unexplained rashes or skin irritations

Excessive itching

Bloated feeling most of the time

Frequent or re-occurring heartburn

Constipated on regular basis

Frequent diarrhea

Depression

Unexplained irritability

Sudden, unexplained or unsolicited anger

Constant death wish or suicidal intent

Difficulty in making simple decisions

Cold hands or feet, even in warm or moderate weather

Out of breath easily

Headaches after eating

Frequent leg cramps

Frequent metallic taste in mouth

Burning sensation on the tongue

Constant or frequent ringing in the ears

Frequent urination during the night

Unexplained chronic fatigue

Poor or failing memory

Constant or frequent pain in joints

Frequent insomnia

Unexplained fluid retention

(k) Check which presently or frequently applies to you

Gas

Bloating

Abdominal fullness

Nausea

Constipation

Diarrhea

Abdominal cramps or pain

Fatigue

Hives

Allergies, especially foods

History of parasitic infections

History of traveler's diarrhea

Difficulty overcoming intestinal yeast growth

(I) Check which presently or frequently applies to you

Gas	Bloating	Constipation and/or diarrhea	Spastic/irritable colon
Chron's Disease, Colitis	Intestinal cramping	Heart Burn	Itchy anus
Continuous sinus problems			
Chronic or re-occurring sore throat, colds, bronchitis, ear infection			
Premenstrual symptoms	Menstrual cramps and problems	Fatigue	
Depression	Irritability or chronic vaginal yeast infections	Infertility	
Chronic rashes	Recurrent bladder infections or irritation		
Recurrent staph infections	Itchy ears or ringing in the ears		
General itching	Multiple allergies	Weight problems	
Craving for sweets, alcohol, bread, cheese			
Feel drunk without having ingested alcohol	Chemical and fume intolerance		
Worsening of any of the above symptoms within six to twelve months after a pregnancy			
Multiple pregnancies	Antibiotic use		
Birth control pill (oral contraceptives) use	Cortisone or steroid use		
Chemotherapy or radiation therapy			
Biotin			
Dermatitis	Hair loss	Loss of muscle control	
Muscle weakness	Insomnia	Eye inflammation	
Calcium			
Brittle nails	Cramps	Delusions	Insomnia
Irritability	Osteoporosis	Palpitations	
Periodontal disease	Rickets	Tooth decay	
Depression			
Chromium			
Anxiety	Glucose intolerance	Adult-onset diabetes	
Fatigue			
Copper			
Anemia	Arterial Damage	Depression	
Diarrhea	Fatigue	Fragile Bones	Weakness

Essential Fatty Acids

Hyperthyroidism

Hair Loss

Diarrhea

Dry Skin & Hair Loss

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.

Muscle cramps

Menstrual cramps

Low Exercise Tolerance

Cold hands and feed

Bleeding Gums

Low Immunity

Swelling in hands and feet

Fatigue

Muscles more flabby than normal

Hair loss

Splitting hair and nails

Low Heart Rate

Hypoglycemia

Carbohydrates

Decreased secretions from mouth/nose/eyes.

Inability to concentrate

Easily startled

Muscle weakness

Difficulty swallowing

Voice affected by stress

Folic Acid

Anemia

Apathy

Diarrhea

Fatigue

Headaches

Insomnia

Loss of Appetite

Neural Tube Defects in Fetus

Paranoia

Shortness of Breath

Weakness

Iodine

Cretinism

Fatigue

Hypothyroidism

Weight Gain

Iron

Anemia

Brittle nails

Confusion

Constipation

Depression

Dizziness

Fatigue

Headaches

Inflamed tongue

Mouth lesions

Magnesium

Anxiety

Confusion

Heart Attack

Hyperactivity

Insomnia

Nervousness

Muscular irritability

Restlessness

Weakness

Hypertension

Manganese

Atherosclerosis

Dizziness

Elevated cholesterol

Glucose intolerance

Hearing loss

Loss of muscle control

Ringing in ears

Niacin

Bad breath

Canker sores

Confusion

Depression

Dermatitis

Diarrhea

Emotional Instability

Fatigue

Irritability

Loss of Appetite

Memory Impairment

Muscle Weakness

Nausea

Skin Eruptions & Inflammation

High Cholesterol or Triglycerides

Poor Circulation

Pantothenic Acid (B6)

Abdominal Pains

Burning Feet

Depression

Eczema

Fatigue

Hair Loss

Immune Impairment

Insomnia

Irritability

Low Blood Pressure

Muscle Spasms

Nausea

Poor Coordination

Potassium

Acne

Constipation

Depression

Edema

Excessive Water Consumption

Fatigue

Glucose Intolerance

High Cholesterol Levels

Insomnia

Mental Impairment

Muscle Weakness

Nervousness

Poor Reflexes

Pyridoxine (B6)

Acne

Anemia

Arthritis

Eye Inflammation

Depression

Dizziness

Facial Oiliness

Fatigue

Impaired Wound Healing

Irritability

Loss of Appetite

Loss of Hair

Mouth Lesions

Nausea

Riboflavin

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

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

Confusion

Constipated

Digestive Problems

Irritability

Loss of Appetite

Memory Loss

Nervousness

Numbness of Hands & Feet

Vitamin A

Pain Sensitivity

Poor Coordination

Weakness

Slow Heart Beat or Rapid Heartbeat

Enlarged Heart

Heart Palpitations

Vitamin A

Acne

Dry Hair

Fatigue

Growth Impairment

Insomnia

Hyperkeratosis (Thickening & roughness of skin)

Immune Impairment

Night Blindness

Weight Loss

Vitamin B-12

Anemia

Constipation

Depression

Dizziness

Fatigue

Intestinal Disturbances

Headaches

Irritability

Loss of Vibration Sensation

Low Stomach Acid

Mental Disturbances

Moodiness

Numbness

Mouth Lesions

Spinal Cord Degeneration

Vitamin C

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

Burning Sensation in Mouth

Diarrhea

Insomnia

Vitamin E

Myopia

Nervousness

Osteomalacia

Osteoporosis

Rickets

Scalp Sweating

Poor Immunity

Gait Disturbances

Poor Reflexes

Loss of Position Sense

Loss of Vibration Sense

Shortened Red Blood Cell Life

Vitamin K

Bleeding Disorders

Arteriosclerosis

Spurs

Calcium Deposits

Zinc

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

I. Check which you are frequently or presently experiencing

Belching or gas within one hour after eating

Heartburn or acid reflux

Bad breath

Bloated within one hour after eating

Loss of taste for meat

Sweat has strong odor

Stomach upset by taking vitamins

Feel like skipping breakfast

Sleepy after meals

Feel better if you do not eat

Fingernails chip, peel or break easily

II. Check which presently or frequently applies

- Anemia unresponsive to iron
- Stomach pains or cramps
- Chronic Diarrhea
- Diarrhea shortly after meals
- Black or tarry colored stools
- Undigested food in stool
- Pain between shoulder blades
- Stomach upset by greasy foods
- Greasy or shinny stools
- Nausea
- Sea, car, airplane or motion sickness
- History of morning sickness
- Light or clay colored stools
- Dry skin, itchy feet or skin peels on feet
- Headache over eyes
- Gallbladder attack or removed
- Bitter taste in mouth, especially after meals
- Become sick if you drink wine
- Easily intoxicated if you drink wine
- Easily hung over if you drink wine
- How much alcohol do you drink per week?
- I am a recovering alcoholic
- History of drug or alcohol abuse
- History of Hepatitis
- Long term use of prescription or recreational drugs
- Sensitive to chemicals
- Sensitive to tobacco smoke
- Pain under right side of rib cage
- Hemorrhoids or varicose veins
- Chronic fatigue or fibromyalgia
- Nutrasweet consumption
- Sensitive to Nutrasweet (aspartame)

III. Check which currently or frequently applies

- Food Allergies
- Abdominal bloating 1 to 2 hours after eating
- Pulse speeds after eating
- Specific foods make you tired or burdened
- Airborne allergies
- Experience hives
- Sinus congestion
- Crave bread or noodles
- Alternating constipation and diarrhea
- Crohn's disease
- Wheat or grain sensitivity
- Asthma, sinus infections, stuffy nose
- Dairy sensitivity
- Bizarre, vivid dreams, nightmares
- Feel spacy or unreal
- Use over the counter pain medications

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
- Blood in stool
- Mucous in stool
- Painful to press on outer side of thighs
- Cramping in lower abdominal region
- Dark circles under eyes

V. Check which presently or frequently applies

Excessive foul smelling lower bowel gas Irritable bowel or mucous colitis

Strong body odors Less than 1 bowel movement daily

Awaken a few hours after falling asleep, hard to get back to sleep

Crave Sweets Bing or uncontrolled eating Excessive appetite

Crave coffee or sugar in afternoon Sleepy in the afternoon

Fatigue that is relieved by eating Headaches if meals are skipped

Irritable before meals Shaky if meals are delayed

Family members with diabetes Frequent thirst Frequent Urination

Tend to be a night person Difficulty falling asleep

Slow starter in the morning Keyed up, trouble calming down

Blood pressure above 120/80 A headache after exercising

Feeling wired or jittery after drinking coffee Clench or grind teeth

Calm on the outside, trouble on the inside

Chronic low back pain, worse with fatigue

Become dizzy when standing up suddenly

Difficulty maintaining manipulative correction

Pain after manipulative correction Arthritic tendencies Crave salty foods

Salt foods before tasting Perspire easily

Chronic fatigue or get drowsy often Afternoon yawning After headaches

Asthma, wheezing or difficulty breathing

Pain on the medial or inner side of the knee

Tendency to sprain ankles or shin splints Tendency to need sunglasses

Allergies and/or hives Weakness, dizziness

VII. Check which presently or frequently applies

Sensitive/allergic to iodine

Difficulty gaining weight, even with large appetite

Nervous, emotional, can't work under pressure Inward trembling

Flush easily Fast pulse at rest Intolerant of high temperatures

Difficulty losing weight Mentally sluggish, reduced initiative

Easily fatigued, sleepy during the day

Sensitive to cold, poor circulation (cold hands and feet)

Chronic constipation

Excessive hair loss and/or coarse hair

Morning headaches, wear off during the day

Seasonal sadness

Loss of lateral 1/3 of eyebrow

Prostate problems

Difficulty with urination or dribbling

Difficult to start or stop urine stream

Pain or burning during urination

Waking to urinate at night

Interruption of stream during urination

Pain on inside of legs or heels

Feeling of incomplete bowel evacuation

Decreased sexual function

Depression during periods

Mood swings associated with periods (PMS)

Crave chocolate around period

Breast tenderness associated with cycle

Excessive menstrual flow

Scanty blood flow during periods

Occasional skipped periods

Variations in menstrual cycle

Endometriosis

Uterine fibroids

Breast fibroids, benign masses

Painful intercourse

Vaginal discharge

Vaginal itchiness

Vaginal dryness

Weight gain around hips, thighs, and buttocks

Excessive facial or body hair

Thinning skin

Hotflashes

Night sweats (in menopausal women)

Aware of heavy or irregular breathing

Discomfort at high altitudes

Air hunger or sigh frequently

Compelled to open windows in a closed room

Shortness of breath with moderate exertion

Ankles swell, especially at end of day

Cough at night

Blush or face turns red for no reason

Muscle cramps with exertion

Cold hands and feet , even in the warm season

Dull pain or tightness in chest and/or radiate into right arm, worse with exertion

Numbness in certain parts of the body

Dry skin despite regular consumption of water

Frequent dizziness

Memory loss

Lack of energy or frequent exhaustion

Skin discoloration blemishes, or spots

Weakened immune system

VIII (Men Only). Check which presently or frequently applies

IX (Women Only). Check which presently or frequently applies

X. Check which presently or frequently applies

Unexplained digestive problems

Low libido (sex drive)

Decreased cognitive ability

Brittle hair and nails

Hair loss

Headaches

Dark circles under eyes

Problems with sleep

Chronic pain or muscular and joint stiffness

Problems with leg ulcers or bed sores

Varicose veins

Pain in mid-back region

Puffy around the eyes, dark circles under eyes

History of kidney stones

Cloudy, bloody or darkened urine

Urine has a strong odor

Runny or drippy nose

Catch colds at the beginning of winter

Adult acne

Itchy skin

Cysts, boils, rashes

History of Epstein Bar

Frequent colds or flu

Frequent infections

Mucous-producing cough

History of Mono, Herpes

History of Shingles, Chronic fatigue, Hepatitis or other chronic viral condition

XI. Check which presently or frequently applies

XII. Check which presently or frequently applies

List the Medications you presently take: Prescription and over the counter

NIA