

Submission Date	2018-09-06 22:30:36
Which survey are you completing today?	Optimal Wellness Survey
Name	Final Test
Gender	Female
Date	09.04.2018
Age	63
Contact Number	(647) (347) 1234
Height	143 cm
Weight	153
Address	Street Address: Ixworth Road Street Address Line 2: Etobicoke City: Ontario State: ON Zip Code: M94Er6 Country: 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

(c) Check which currently applies

Dry mouth, dry eyes, dry nasal membranes
 Dry or leathery skin
 Dry or chapped lips
 Stools hard & Dry
 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

(d) Check which currently applies

Depression
 Poor Bone Health
 Low Vitamin D levels
 Outdoors at least 30 minutes a day

(e) Check what you are currently experiencing

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
 Feeling of impending influenza but never quite breaks out

(f) Check which applies to you

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
 Bloating 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 Hyperthyroidism Hair Loss
Essential Fatty Acids	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 feet 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 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 Myopia Nervousness Osteomalacia Osteoporosis Rickets Scalp Sweating Poor Immunity
Vitamin E	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
Anemia unresponsive to iron
Stomach pains or cramps
Chronic Diarrhea

Diarrhea shortly after meals
 Black or tarry colored stools
 Undigested food in stool

II. Check which presently or frequently applies

Pain between shoulder blades
 Stomach upset by greasy foods
 Greasy or shiny 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
 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

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

VI. Check which presently or frequently applies

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

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

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

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

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)

X. Check which presently or frequently applies

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
 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

XI. Check which presently or frequently applies

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

XII. Check which presently or frequently applies

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

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

NIA