

Gut Assessment

MARK THE SYMPTOMS THAT APPLY TO YOU:

I have an autoimmune disease	
I frequently have gas or feel bloated, especially after meals	
I have food sensitivities	
I have irritable bowel syndrome	
I have heartburn and take Tums, Maalox, or other over-the-counter medications	
I have chronic infections - yeast, urinary tract, athlete's foot, toenail fungus	
I have constipation - having less than 1 bowel movement per day	
I have bouts of diarrhea and then constipation	
I have poorly formed, foul smelling stools	
I get canker sores	
I have a whitish, spotty tongue	
I crave carbohydrates, especially sweets and bread	
Eating bread can make me feel very full and bloated	
I feel tired after eating meals	
I drink alcohol 3 x or more per week	

I take over-the-counter pain relievers like Advil, Aleve, naproxen, or ibuprofen regularly (more than once week)	
I have seasonal or environmental allergies	
I get stomach cramps	
I need to take laxatives to have bowel movements	
I take acid-blocking medications like Pepcid, Zantac, omeprazole, Prilosec, famotidine, or Nexium	
I have taken the birth control pill within the last 10 years	
I frequently eat out in restaurants or get takeaway food	
I drink coffee daily	
I have taken medications like prednisone or cortisone before	
I have skin rashes, acne, or hives	

ADD UP YOUR 'YES' ANSWERS: TOTAL SYMPTOMS =

If you answered 'yes' to:

- < 3 your risk of leaky gut is low
- 3-6 your risk of leaky gut is intermediate
- 7+ your risk of leaky gut is high

The program is built to help heal and seal your gut! If you score low, the basic principles still apply. If you score a little higher then you will see even more benefit and feel better as time goes on, though the healing stage may take a little longer. This is normal! Most, if not all, of us will be saying 'yes' to at least 3 or more of these. See you in the next lesson where we talk about how to tackle gut issues!