

Inflammation Questionnaire

Patient Name: _____ Date: _____

Point scale: 0 = Never or almost never have symptoms; 1 = Sometimes have the symptom; 2 = Often have the symptom

Symptom	0	1	2	Symptom	0	1	2	Symptom	0	1	2
Anger, irritability				Tired after eating				Restless legs			
Brittle nails				Ulcers				Swelling, edema			
Gallbladder problems				Acne				Urinary tract problems			
Gout				Asthma				Blurred or tunnel vision			
Headaches, migraines				Bronchitis				Body odor			
Muscle cramps, spasms				Chest congestion				Brown "age/liver" spots			
Muscle pain, aches, weakness				Chronic coughing				Cravings			
Tendonitis, bursitis				Constant sneezing				Cysts, boils			
Anxiety				Constipation				Difficulty concentrating			
Bleed or bruise easily				Diarrhea				Difficulty falling/staying asleep			
Chemical sensitivities				Difficulty breathing				Difficulty losing weight			
Chest pain or pressure				Eczema, psoriasis				Excessive sweating			
Depression				Frequent need to clear throat				Fatigue, low energy			
Dizziness, faintness				Hay fever, seasonal allergies				Frequent colds or flus			
Heart disease				Hives				Mood swings			
High blood pressure				Itchy skin, dermatitis				Overweight			
Hot/cold intolerance				Skin rashes				Poor memory			
Hyperactivity				Shortness of breath				Swollen lymph nodes			
Insomnia				Sinus congestion or infection				Swollen tongue, gums or lips			
Irregular or skipped heartbeat				Sore throat, hoarsenes				Swollen, red, or sticky eyelids			
Rapid or pounding heartbeat				Stiffness, limited movement				Vaccine reactions			
Thyroid imbalances				Stuffy nose				Watery or itchy eyes			
Acid reflux, heartburn				Arthritis				Yeast infections			
Cold/canker sores				Bags or dark circles under eyes							
Diabetes				Ear drainage				Women Only:			
Belching, passing gas				Earaches, ear infections				PMS			
Bloating				Hair loss or thinning				Breast masses or fibroids			
Food sensitivities/allergies				Incontinence				Irregular periods			
Low blood sugar, hypoglycemia				Infertility				Painful or heavy periods			
Indigestion				Itchy ears				Vaginal discharge			
Insulin resistance				Joint pain				Men Only:			
Intestinal or stomach pain				Kidney stones				Erectile dysfunction			
Irritable when hungry				Low back pain				Prostate problems			
Nausea, vomiting				Low blood pressure							
Tinnitus, hearing loss				Low libido				Total:			