

Nutritional Profile Questionnaire

Name: _____

Date: _____

Circle any symptoms below that you frequently experience. Score **1 point** for each symptom you circle and score **2 points** for any **symptoms in bold** that you circle. Put your score in the **score** column (right).

	Symptoms	Score
1.	mouth ulcers - poor night vision - diarrhoea - acne frequent colds/infections - dry flaky skin - dandruff thrush/cystitis	
2.	rheumatism or arthritis - backache - tooth decay hair loss - excessive sweating - muscle cramps/spasms joint pains or stiffness - lack of energy	
3.	lack of sex drive - exhaustion after light exercise easy bruising - slow wound healing - varicose veins loss of muscle tone - infertility	
4.	frequent colds - lack of energy - frequent infections bleeding/tender gums - easy bruising - nose bleeds slow wound healing - red pimples on skin	
5.	tender muscles - eye pains - irritability - constipation poor concentration - 'prickly' legs - poor memory stomach pains - tingling hands - rapid heartbeat	
6.	burning/gritty eyes - sensitivity to bright lights sore tongue - dull/oily hair - eczema/dermatitis split nails - cataracts	
7.	lack of energy - diarrhoea - insomnia - depression - acne irritability - headaches/migraine - poor memory anxiety/tension - eczema/dermatitis - bleeding/tender gums	
8.	muscle tremors/cramps - teeth grinding - poor concentration burning feet/tender heels - nausea/vomiting - lack of energy exhaustion after light exercise - anxiety/tension - apathy	
9.	infrequent dream recall - water retention - tingling hands depression/nervousness - irritability - flaky skin muscle tremors or cramps - lack of energy	

10.	poor hair condition - eczema/dermatitis - pale skin mouth oversensitive to hot/cold - irritability - anxiety/tension lack of energy - constipation - tender/sore muscles	
11.	eczema - cracked lips - prematurely greying hair - anxiety/tension - poor memory - lack of energy - depression poor appetite - stomach pains	
12.	dry skin - poor hair condition - prematurely greying hair tender/sore muscles - poor appetite/nausea eczema/dermatitis	
13.	dry rough skin - dry eyes - frequent infections poor memory - loss of hair/dandruff - excessive thirst poor wound healing - PMS/breast pain - infertility	
14.	muscle cramps/tremors - insomnia/nervousness joint pain/arthritis - tooth decay - high blood pressure	
15.	pale skin - sore tongue - fatigue/listlessness loss of appetite/nausea - heavy period/blood loss	
16.	muscle tremors/spasms - muscle weakness - depression insomnia/nervousness - high blood pressure irregular heartbeat - constipation - hyperactivity	
17.	poor sense of taste/smell - poor appetite white marks on two or more fingernails frequent infections - stretch marks - acne/greasy skin low fertility - pale skin - tendency to depression	
18.	muscle twitches - childhood growing pains - sore knees dizziness/poor sense of balance - fits/convulsions	
19.	family history of cancer - signs of premature ageing cataracts - high blood pressure - frequent infections	
20.	excessive cold sweats - 'addiction' to sweet foods dizziness/irritability after 6 hours without food need for frequent meals - cold hands - excessive thirst need for excessive sleep/drowsiness during the day	