



Gut Health Symptoms Questionnaire





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STARTS HERE

This questionnaire will help you get a better understanding of your symptoms and where to start with your gut health journey.

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SYMPTOMS	YES / NO	
Constipated and don't have regular bowel movements		
Bloated after eating		
Nauseated after eating		
I get full really quickly and can only eat small amounts		
I suffer with burning in my throat, heartburn and acid reflux		
I have a lump in my throat and my voice can sound hoarse		
I take heartburn medication or antacids frequently		
I have Hashimoto's		
I suffer with anxiety and often feel in a low mood		
I have seasonal allergies		
I have developed food allergies		
I regularly take Ibuprofen or tylenol		
I was prescribed antibiotics a lot in my younger years		
I've been prescribed antibiotics in the last 5 years		
I can have stomach cramps and diarrhoea after eating meals		
I have PCOS, PMS		
I find it difficult to lose weight		
I have acne, skin irritations, skin breakouts		
Sensitivities to certain foods		

SYMPTOMS	YES / NO	
I have diarrhoea but still feel constipated		
I occasionally have undigested food in my stools		
I am exhausted in the afternoons		
I feel anxious after drinking coffee		
I've been diagnosed with group B Strep in pregnancy		
I suffer with yeast infections		
I have frequent urine infections (UTI's)		
I crave sugar and carbs		
I have eczema or skin rashes		
I have been diagnosed with IBS		
I take digestive enzymes before eating		
I suffer with migraines		
I have insulin resistance		
I am diagnosed with type 2 diabetes		
I have gestational diabetes		
My mood is all over the place and I get irritated easily		
I can't maintain my healthy weight		
I get gassy if I eat legumes, lentils, beans, or a lot of fibre		
Food poisoning in the past & my stomach has never been the same		



What's Next?

Book a free discovery call to
discuss how you can improve
your symptoms and have
better gut health!

Get in touch today!

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