



## DIGESTIVE FUNCTION QUESTIONNAIRE

### Dysbiosis and Hidden Digestive Problems

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Poor digestion is also a result of *dysbiosis*, an imbalance in the healthy organisms that inhabit the intestinal tract. Dysbiosis can be caused by parasitic infections, bacterial overgrowth, or invasive yeast often referred to as *Candida*. Hidden or subclinical inflammatory conditions can also interfere with digestion and cause dysbiosis. "Subclinical" refers to problems that are frequently not detected because they do not cause obvious symptoms.

### Parasites

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Many people think of parasites as a problem that only occurs when traveling abroad. However, through recent improvements in diagnostic testing methods, doctors are now discovering high levels of parasitic infections in the United States. Parasites are usually acquired by self-inoculation. This can occur when you eat at restaurants where the staff has poor hygiene, or when you eat from salad bars and buffets where food is left sitting out. Handling money, shaking hands with people, and using public restrooms are all ways we are exposed to potential parasitic infections. Keep track of the number of questions you answer "yes" to below.

| Yes                      | No                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel nauseous before or after eating?                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have bloating?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you get heartburn after eating?                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have constipation once a week or more?                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have gas?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you belch following meals?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do your bowel movements alternate between constipation and diarrhea? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have abdominal/intestinal pain?                               |
| <input type="checkbox"/> | <input type="checkbox"/> | Are your stools compact/hard to pass?                                |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you travel outside of the U.S.?                                   |

## **Scoring Your Questionnaire**

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If you answered, “yes” to two or more questions it is highly likely you have an unhealthy digestive system.

## **Why a Health Digestive System Is So Important**

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Studies have shown that 90% of all diseases start in the digestive system. The foundation of good health and fitness lies in a proper digestive function. All other health factors can be undermined if you don't digest and absorb nutrients well. Assimilation of vitamins, minerals, proteins, and essential fatty acids from the foods you eat and the supplements you take is required for optimum health. Any therapeutic program you may use will be of limited value without good digestive function.

Michael Finn understands how important the digestive system is for healing, growth, and overall health and fitness. He uses diagnostic lab tests to assess the health and function of your digestive system. Michael will then create a program to naturally build the health and function of your digestive system. You will also learn how to prevent future digestive problems.

To learn more about how you can have a healthy digestive system, or to schedule a FREE consultation, call us at (707) 781-3466.