

Patient Quiz for Digestive Problems

	Points
I have had multiple episodes of abdominal pain or discomfort in the past year.	1
My bowel movements are irregular (constipation and/or diarrhea).	1
I feel better after having a bowel movement.	1
My stool is occasionally either very hard or soft and runny.	1
Sometimes my stool has mucus in it.	1
My digestive symptoms interfere with my daily life.	3
I experience digestive distress after eating certain foods.	1
My bowel movements sometimes cause me pain.	1
I have had blood in my stool in the past 3 months.	2
In the past year, I have experienced unintentional weight loss.	2
I belch or pass gas more frequently than I think is normal.	1
I experience heartburn at least twice a week.	2
I sometimes have difficulty swallowing, or feel a lump in my throat.	1
I frequently have a sore throat, especially in the morning.	1
Heartburn symptoms often wake me up at night.	1
I take over-the-counter antacid or acid reducer (such as Tums, Rolaids, Tagament, Pepcid) more than twice a week for heartburn symptoms.	2
I have a family history of IBS, IBD, or GERD.	1
TOTAL	

Answer Key

For the Patient		For the Practitioner
Total Points	What Your Points Mean	Treatment Recommendations
0-3	You are likely not experiencing a digestive disorder.	This patient will benefit from a customized Paleo diet. It begins with a 30-day Reset Diet* that allows high quality, natural animal meats, bone broths, eggs, starchy and non-starchy vegetables, fermented vegetables, traditional fats, sea salt and spices. The following foods are completely off limits: dairy, grains, sweeteners, sodas, legumes, processed foods, alcohol, and industrial seed and vegetable oils. The second step is reintroduction of gray-area foods back into the diet (Rebuild), and finally, the Revive step, which serves to customize the Paleo diet for the patient's unique needs. No additional treatment is required.
4-6	You may be experiencing a digestive disorder such as IBS or GERD.	This patient will benefit from the 3-Step program mentioned above (30-day Reset Diet, Rebuild, and Revive). Consider additional treatments for digestive disorders (See "Treatments for GERD, IBS, IBD & Other Digestive Problems").
7+	You may be experiencing a serious digestive disorder such as IBD or Crohn's disease.	This should be a major focus of treatment for the patient. These digestive problems may stand in the way of improvement elsewhere. This patient will benefit from the 3-Step program mentioned above (30-day Reset Diet, Rebuild, and Revive) as well as additional treatments for digestive disorders (See "Treatments for GERD, IBS, IBD & Other Digestive Problems").