



 **Digestive**
Health Restoration

 **Digestive**
Health Restoration
Quiz

DrJOCKERS.COM
SUPERCHARGE YOUR HEALTH!

6. Do you feel as though all the treatment options you have tried (medication, special diets, etc) have not worked for you? What kind of improvement have you seen?

Great Improvement

Slight Improvement

No Improvement

Gotten Worse

7. Do you suffer from high levels of depression or anxiety?

No

Mild

Moderate

Severe

8. Do you suffer with multiple food sensitivities?

No

Mild

Lots of Them

Almost Everything

9. Have you been on a gluten-free, dairy-free diet and not seen good results?

Great Results

Moderate Results

Mild Results

No Noticeable Improvement

10. Do you suffer with gas and bloating?

No

Mild

Moderate

Severe

11. Have you had a surgery in order to remove any portion of your stomach, upper or lower intestines?

No

Yes (3pts)

12. In the past 10 days, have you noticed any blood in your stool?

No

No, but have in the past

A little

A lot

13. Do you suffer with frequent acne, rosacea, eczema or any other skin issues?

No Mild Moderate Severe

14. Have you experienced unexplainable weight loss and/or weight gain and have been unable to get to the weight you want despite considerable effort? If you have trouble losing weight than view these answers as in “can’t lose weight” or had a 5-10 lb weight gain or a 10 lb weight gain. Trouble gaining weight would be scored in opposite way.

Normal Wt Can’t gain or lose wt 5-10 lb wt change 10+ lb wt loss/wt gain

15. Do you often feel very tired after eating?

Never Sometimes but not daily Daily – afternoon After each meal

16. Do you experience acid reflux or indigestion on a regular basis?

Never Rarely (1x per wk) Often (Several times per wk) Daily

17. Are bowel movements often painful for you? (1-10 scale with 1 being no pain and 10 being unbearable pain).

Never Mild Pain (2-4) Moderate Pain (5-7) Severe (8-10)

18. Do you often have very stinky gas?

Never Rarely (1x/wk or less) Often (2-4x wk or less) All the Time

19. Does your bowel movement float at the top and have fatty bubbles?

Never Rarely (1x/wk or less) Often (2-4x wk or less) All the Time

20. Do you often get headaches?

Never

Rarely (1x/wk or less)

Often (2-4x wk or less)

All the Time

Test Results and Interpretation

Add up your total points. They will be between 0 and 60 points.

Your Score _____

Date _____

Keep track of your score and test pre/post the 30 Day Challenge

Normal Function: Less than 10 points

Minor Issues = 11- 25 points

Moderate Issues = 26-35

Severe Issues = 36+

Minor Issues:

Following the 30-Day Digestive Health Restoration Program should clear your issues up and will most likely have eliminated a majority if not all of your digestive health problems

Moderate Issues:

You should see significant changes during the 30-Day Digestive Health Restoration Program and will most likely have eliminated a majority of your digestive health problems.

Severe Issues:

Individuals with severe digestive issues often have had years of extreme inflammation that has damaged and scarred up the intestinal tract leaving them unable to digest and assimilate nutrients effectively. In these cases, the individual can get remarkably better but often will have some lingering effects and immune sensitivity to certain healthier food groups.

You should see very good changes during the 30-Day Digestive Health Restoration Program but may struggle with the reinnoculation phase. You may need more time on the Rebuilding phase (anywhere from another month – 1 year) in order to strengthen the gut lining and overcome these digestive health problems.