

# **Digestive Health Restoration Quiz**

**The Goal of This Quiz:** The goal of this quiz is to find out if we have mild, moderate or severe digestive issues. If we are moderate or severe than we need to expect that it is going to take longer for us to get our gut healthy and it will help us tame our expectations.

This quiz is going to be used both pre and post challenge to access improvement levels during the program. Quiz answers are scored from left to right as you read them.

 $1^{st}$  **Answer** = 0 points

 $2^{nd}$  Answer = 1pt

 $3^{rd}$  **Answer** = 2 pts

 $4^{th}$  Answer = 3 pts

1. In the last 10 days, have you suffered from diarrhea?

No

Mild

Moderate

Severe

2. In the last 10 days have you suffered from constipation (less than 1 bowel movement per day)?

No

Mild

Moderate

Severe

3. In the last month, have you gone more than 3 days without having a bowel movement?

No

No, but have gone 36 hrs without

No, but have gone 48 hours

Yes

4. Do you Depend Upon Enemas to Initiate a Bowel Movement?

No

Don't Depend on Them

Sometimes

Need Them

5. Do you use any kind of over the counter or prescription laxatives on a regular basis in order to go to the bathroom?

No

Sometimes

Often

Need Them

diets, etc) have not worked for you? What kind of improvement have you seen?								
Great In	nprovement	Slight Improv	ement	No Improven	nent	Gotten Worse		
7. Do you suffer from high levels of depression or anxiety?								
1	No	Mild	Moderate	Sever	e			
8. Do you suffer with multiple food sensitivities?								
1	No	Mild	Lots of Them	Almo	st Everything			
9. Have you been on a gluten-free, dairy-free diet and not seen good results?								
Great Re	esults	Moderate Results	Mild Results	No No	oticeable Impro	vement		
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 i	intestines? No		Yes (3pts)					
12. In the past 10 days, have you noticed any blood in your stool?								
ľ	No	No, but have in the pa	ast	A little	A lot			

6. Do you feel as though all the treatment options you have tried (medication, special

13. Do you suffer with frequent acne, rosacea, eczema or any other skin issues?						
No	Mild N	Moderate	Severe			
unable to losing weigh	experienced unexplainable get to the weight you want ght than view these answers to the weight gain. Trouble ga	despite considerable effe as in "can't lose weight"	ort? If you have trouble or had a 5-10 lb weight			
Normal Wt	Can't gain or lose wt	5-10 lb wt change	10+ lb wt loss/wt gair			
<b>15. Do you of</b> Never	ften feel very tired after eat  Sometimes but not daily	<b>ing?</b> Daily – afternoon	After each meal			
<b>16. Do you e</b> Never	<b>xperience acid reflux or inc</b> Rarely (1x per wk)	<b>digestion on a regular ba</b> Often (Several times p				
	el movements often painful earable pain).	for you? (1-10 scale wit	h 1 being no pain and 10			
Never	Mild Pain (2-4)	Moderate Pain (5-7)	Severe (8-10)			
18. <b>Do you o</b>	ften have very stinky gas?					
Never	Rarely (1x/wk or less)	Often (2-4x wk or less	All the Time			
19. Does you	ır bowel movement float at	the top and have fatty b	oubbles?			
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.