

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Questionnaire

Many Americans don't get enough nutrients in the foods they eat. Additionally, certain people do not digest or absorb certain nutrients for a variety of reasons. To determine whether you may need additional nutritional support, answer the questions below. Discuss your answers with your family doctor.

---

### Diet

• Do you consume at least five servings of fruits and vegetable per day?	Y	N
• Do you drink at least eight 8oz glasses of water every day?	Y	N
• Do you eat oily fish more than 1x per week?	Y	N
• Do you regularly eat at restaurants or order fast food?	Y	N
• Do you regularly consume processed and/or prepared food from the grocery store?	Y	N

### Stress, Emotions and Hormones

• Do you frequently feel worried, anxious or on edge?	Y	N
• Do you feel overly stressed?	Y	N
• Do you experience poor memory, difficulty concentrating or brain fog?	Y	N
• Do you have trouble falling or staying asleep?	Y	N
• Do you often have mood swings?	Y	N
• Are you often tired or sluggish for no reason?	Y	N
• Do you suffer from menopausal symptoms?	Y	N
• Do you suffer from painful periods?	Y	N

### Environmental

• Are you sensitive to smells or fragrances?	Y	N
• Do you spend time 15-20 min in the sun each day?	Y	N
• Do you have regular exposure to exhaust fumes, tobacco, pesticides, commercial chemicals, paint, cleaning chemicals or volatile fumes?	Y	N
• Do you regularly have headaches or migraines?	Y	N

### Gastrointestinal Health

• Do you experience frequent heartburn, burping, bloating during or immediately after meals?	Y	N
• Have you ever been placed on heartburn medication?	Y	N
• Do you regularly have less than one or more than three bowel movements per day?	Y	N
• Do you take a laxative more than twice a month?	Y	N
• Have you used antibiotics within the past two years?	Y	N
• Do you consume alcohol, antacids, or anti-inflammatory/pain killer drugs regularly?	Y	N

• Would you like to improve your hair, nails and skin?	Y	N
• Would you like to improve your eye sight?	Y	N
• Do you have a family or personal history of cancer?	Y	N

Contact Jacqueline Crighton at [info@healthrenewmd.com](mailto:info@healthrenewmd.com) for supplement recommendations.