

LONGEVITY WELLNESS QUESTIONNAIRE

Helping you one question at a time!

BIOTRANSFORMATION

Name: First Name	MI	Last Name	Date of Birth:
			Patient Code:

Please do not select anything if the answer is no or negative.
Select Rarely 'R' if this is an uncommon event or symptom.
Select Frequent 'F' if this is a common event or symptom.
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

Section 1

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| 1. R F A A family history of diabetes | 12. R F A Consume white sugar |
| 2. R F A A family history of cancer | 13. R F A Consume wheat or gluten |
| 3. R F A A family history of heart disease | 14. R F A Consume artificial flavorings |
| 4. R F A Alcohol socially | 15. R F A Very little exercise |
| 5. R F A Do you use street drugs | 16. R F A Family or financial stressors |
| 6. R F A Drink coffee / soda / ice tea | 17. R F A Alcohol use extensively |
| 7. R F A Smoke or use tobacco | 18. R F A Eat pre-processed / packaged foods |
| 8. R F A Eat fast food | 19. R F A Consume refined carbohydrates |
| 9. R F A Consume sweets | 20. R F A Unexplained weight loss |
| 10. R F A Use artificial sweeteners | 21. R F A Chemotherapy |
| 11. R F A Drink cow's milk | |

Section 2

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| 22. R F A Rosacea | 31. R F A Thinning of skin |
| 23. R F A Oily skin | 32. R F A Skin easily chaffed with shaving |
| 24. R F A Acne | 33. R F A Yellowish, grayish or pale skin |
| 25. R F A Eczema | 34. R F A Poor complexion |
| 26. R F A History of skin cancer | 35. R F A Ridged nails |
| 27. R F A Dandruff | 36. R F A Split nails |
| 28. R F A Rashes, cysts, boils, hives | 37. R F A Crumbling nails |
| 29. R F A Itchy or dry or flaky skin | 38. R F A White spots on nails |
| 30. R F A Psoriasis/dandruff | |

Section 3

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| 39. R F A Vertigo / dizziness | 55. R F A White of eyes are yellowing |
| 40. R F A Light headedness | 56. R F A Itchy ears |
| 41. R F A Glaucoma | 57. R F A Ear drainage/discharge |
| 42. R F A Cataracts | 58. R F A Ringing in the ears |
| 43. R F A Double vision or blurred vision | 59. R F A Runny/drippy nose/sneezing |
| 44. R F A Macular degeneration | 60. R F A Airborne allergies |
| 45. R F A Watery eyes | 61. R F A Congested/stuffy sinuses |
| 46. R F A Ear infections | 62. R F A Sinus infections |
| 47. R F A Tooth cavities | 63. R F A Coated tongue-yellow/grayish/white |
| 48. R F A Bad breath | 64. R F A Thick tongue |
| 49. R F A Dry eyes | 65. R F A Hoarseness |
| 50. R F A Puffy eyes/eyelids | 66. R F A Difficulty swallowing |
| 51. R F A Bloodshot or reddened eyes | 67. R F A Mouth ulcers/canker sores |
| 52. R F A Inflamed eyelids | 68. R F A Lump in throat |
| 53. R F A Bags under eyes | 69. R F A Gag easily/need to clear throat often |
| 54. R F A Dark circles around the eyes | |

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Section 4									
70.	R	F	A	History of COPD / lung disease	76.	R	F	A	Asthma
71.	R	F	A	History of emphysema	77.	R	F	A	Shortness of breath
72.	R	F	A	History of chronic bronchitis	78.	R	F	A	Pain when taking a breath
73.	R	F	A	Difficulty breathing deeply	79.	R	F	A	Cough / spit green-yellowish sputum / phlegm
74.	R	F	A	Acute or chronic coughing	80.	R	F	A	Asthma inhalers
75.	R	F	A	Wheezing with breathing					
Section 5									
81.	R	F	A	Difficulty staying asleep	99.	R	F	A	Thyroid medication
82.	R	F	A	Hungry all the time	100.	R	F	A	Birth control pills/implant contraceptives
83.	R	F	A	Can't loose weight	101.	R	F	A	Relaxants/Sleeping pills
84.	R	F	A	Can't gain weight	102.	R	F	A	Night sweats
85.	R	F	A	Slow metabolism	103.	R	F	A	Pulse speeds after eating
86.	R	F	A	Overweight	104.	R	F	A	Tired even after a good nights rest
87.	R	F	A	Gout	105.	R	F	A	Easily tired-sleepy during the day
88.	R	F	A	Diabetes	106.	R	F	A	Weakness
89.	R	F	A	Metabolic syndrome	107.	R	F	A	Feel lethargic and apathetic
90.	R	F	A	Thyroid problems	108.	R	F	A	Retain water-unexplained swellings
91.	R	F	A	Too much stress / tension	109.	R	F	A	Excessive weight
92.	R	F	A	Heat / cold intolerance	110.	R	F	A	Crave bread or pasta
93.	R	F	A	Trouble with edema / swelling	111.	R	F	A	Crave sweets
94.	R	F	A	Early aging	112.	R	F	A	Crave salt
95.	R	F	A	Trouble sweating	113.	R	F	A	MSG allergic/sensitivity
96.	R	F	A	Fatigued or tired	114.	R	F	A	Mood swings with periods-PMS
97.	R	F	A	Unexplained swellings	115.	R	F	A	Breast tenderness with periods
98.	R	F	A	Difficulty going to sleep					
Section 6									
116.	R	F	A	Erectile dysfunction	130.	R	F	A	Pelvic pain or cramping
117.	R	F	A	Pre-menopausal	131.	R	F	A	Mood swings
118.	R	F	A	Peri-menopausal	132.	R	F	A	Bouts of depression
119.	R	F	A	Suffer from PMS	133.	R	F	A	Manic episodes
120.	R	F	A	Breast tenderness	134.	R	F	A	Hot flashes / sweats
121.	R	F	A	Vaginal discharge	135.	R	F	A	Thinning hair or brittle hair
122.	R	F	A	Vaginal dryness	136.	R	F	A	Sexually transmitted diseases
123.	R	F	A	Irregular periods	137.	R	F	A	Decrease in sex drive
124.	R	F	A	Excessive period bleeding	138.	R	F	A	Pain with sex
125.	R	F	A	Athlete's Foot	139.	R	F	A	Losing your memory
126.	R	F	A	Ovarian cysts	140.	R	F	A	Hormone replacement
127.	R	F	A	Fibrocystic breasts	141.	R	F	A	Estrogen or progesterone (pharmaceutical, prescription)
128.	R	F	A	Fertility concerns	142.	R	F	A	Estrogen or progesterone (natural)
129.	R	F	A	Increase in urination	143.	R	F	A	Testosterone (natural or prescription)
Section 7									
144.	R	F	A	Heart medication	150.	R	F	A	History of heart problems
145.	R	F	A	History of a heart attack	151.	R	F	A	Slow or fast pulse at rest
146.	R	F	A	History of heart surgery	152.	R	F	A	Beta blockers
147.	R	F	A	Chest pain / angina / tightness	153.	R	F	A	High blood pressure medications
148.	R	F	A	High blood pressure	154.	R	F	A	Heart races and/or rapid heartbeat
149.	R	F	A	History of A-fib or arrhythmias	155.	R	F	A	Flush/reddening of the face

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Section 8									
156.	R	F	A	History of deep vein thrombosis	160.	R	F	A	Restless leg syndrome
157.	R	F	A	Poor circulation in your hands	161.	R	F	A	Bruise easily
158.	R	F	A	Poor circulation in your feet	162.	R	F	A	Sildenafil citrate (Viagra)
159.	R	F	A	Concerns about a stroke					
Section 9									
163.	R	F	A	Heart burn or reflux	179.	R	F	A	Diverticulitis
164.	R	F	A	Upset stomach	180.	R	F	A	Constipation
165.	R	F	A	Ulcers	181.	R	F	A	Hemorrhoids
166.	R	F	A	Pain after eating	182.	R	F	A	Belching or gas
167.	R	F	A	Hernia	183.	R	F	A	Diabetic medications / insulin
168.	R	F	A	Indigestion or bloating	184.	R	F	A	Laxatives
169.	R	F	A	Abdominal cramps or pain	185.	R	F	A	Consume breads / pastas / starches
170.	R	F	A	Irritable bowel syndrome	186.	R	F	A	Ulcer medications
171.	R	F	A	Diarrhea	187.	R	F	A	Antacids
172.	R	F	A	Inflamed intestine - "Leaky gut"	188.	R	F	A	Bloating after eating
173.	R	F	A	Dark black / tarry stools	189.	R	F	A	Stomach pain aggravated by certain foods
174.	R	F	A	Blood streaked stools	190.	R	F	A	Nausea or vomiting
175.	R	F	A	Blood on the toilet paper	191.	R	F	A	Stools are loose and unformed
176.	R	F	A	Crohn's Disease	192.	R	F	A	Fewer than one bowel movement per day
177.	R	F	A	Ulcerative colitis	193.	R	F	A	Undigested food in stool
178.	R	F	A	Colon polyps					
Section 10									
194.	R	F	A	History of urinary tract infections	201.	R	F	A	Urinary urgency
195.	R	F	A	History of kidney stones	202.	R	F	A	Urinary hesitancy
196.	R	F	A	Blood in your urine	203.	R	F	A	Diuretics
197.	R	F	A	Bed wetting	204.	R	F	A	Yeast / Fungal problems
198.	R	F	A	Urinary discharge (abnormal)	205.	R	F	A	Prostate problems
199.	R	F	A	Dark or smelly urine	206.	R	F	A	Foamy urine
200.	R	F	A	Over-active bladder					
Section 11									
207.	R	F	A	Headaches or migraines	215.	R	F	A	Joint pain
208.	R	F	A	Stiffness or muscle spasms	216.	R	F	A	Arthritis
209.	R	F	A	Bone pains	217.	R	F	A	Rheumatoid arthritis
210.	R	F	A	Difficulty exercising	218.	R	F	A	Muscle weakness
211.	R	F	A	Fibromyalgia	219.	R	F	A	Osteoporosis
212.	R	F	A	Chronic fatigue syndrome	220.	R	F	A	Scoliosis
213.	R	F	A	Carpal tunnel syndrome	221.	R	F	A	Muscle relaxers
214.	R	F	A	Back pain or neck pain	222.	R	F	A	Aspirin/Ibuprofen
Section 12									
223.	R	F	A	History of seizures	227.	R	F	A	Numbness or tingling
224.	R	F	A	Anti-depressants	228.	R	F	A	Poor coordination
225.	R	F	A	Pain medications	229.	R	F	A	ADHD / ADD learning disorders
226.	R	F	A	Multiple sclerosis	230.	R	F	A	Brain fog - lack of concentration
Section 13									
231.	R	F	A	Anxiety / anxiousness	237.	R	F	A	Anti-convulsants
232.	R	F	A	Problems relaxing	238.	R	F	A	Feel spacey or fuzzy
233.	R	F	A	Feelings of worthlessness	239.	R	F	A	Depressed
234.	R	F	A	Nervousness or irritable	240.	R	F	A	Poor memory
235.	R	F	A	Decreased mental quickness and sharpness	241.	R	F	A	Difficulty concentrating
236.	R	F	A	Anti-anxiety medications					

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Section 14

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|----------------------------------|---|
| 242. R F A Allergies | 247. R F A Indoor allergies |
| 243. R F A Tickle in your throat | 248. R F A Feel worse in cold |
| 244. R F A Seasonal allergies | 249. R F A Feel worse in heat |
| 245. R F A Food allergies | 250. R F A Feel bad in moldy or musty areas |
| 246. R F A Outdoor allergies | |

Section 15

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| 251. R F A Sick more often | 257. R F A Warts |
| 252. R F A Swollen glands | 258. R F A Sore Throat |
| 253. R F A Recently taken antibiotics | 259. R F A Cough / spit clear sputum / phlegm |
| 254. R F A Lupus | 260. R F A Anti-biotics |
| 255. R F A Scleroderma or Sjogrens disease | 261. R F A Anti-fungals |
| 256. R F A Fever blisters or cold sores | 262. R F A Frequent infections - colds/flu |

Section 16

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| 263. R F A Cholesterol problems | 270. R F A Sensitive to chemicals/perfumes |
| 264. R F A Cholesterol medication | 271. R F A Sensitive to smoke |
| 265. R F A Gall bladder attacks | 272. R F A Drinking wine makes you sick |
| 266. R F A History of hepatitis | 273. R F A Drinking alcohol makes you sick |
| 267. R F A Cortisone/steroids | 274. R F A Hangovers easy after drinking alcohol |
| 268. R F A Recreational drugs | 275. R F A Feet have a strong odor |
| 269. R F A Acetaminophen (Tylenol) | 276. R F A Your sweat has a strong odor |