

Dysbiosis (bad digestion) - Gut Dysbiosis Quiz

- Nausea or vomiting Yes No How often? _____
- Constipation Yes No How often? _____
- Diarrhea Yes No How often? _____
- Bloating Yes No How often? _____
- Cramping Yes No How often? _____
- Gas Yes No How often? _____
- Bad breath/halitosis Yes No How often? _____
- Heartburn Yes No How often? _____
- Belching/burping Yes No How often? _____
- Rashes/skin eruptions Yes No How often? _____

History of:

Autoimmune Disease Yes No _____

i.e.: Rheumatoid arthritis, Ankylosing Spondylitis, Grave's Disease or Hashimoto's Thyroiditis, Lupus, etc.

Chronic use of aspirin and/or NSAIDS *non steroidal anti- inflammatory drugs*

Yes No _____

Chronic stress

Yes No _____