



# Digestion Questionnaire

Circle 'Yes', 'No' or the number that best reflects the intensity of each statement. 0 = never, 1 = seldom, 2 = occasional, 3 = often.

## High Acidity

1. Stomach pains just before or after meals..... 0 1 2 3
2. Stomach pains with no apparent reason..... 0 1 2 3
3. Stomach pain relieved by carbonated drinks ... 0 1 2 3
4. Stomach pain relieved by milk/cream ..... 0 1 2 3
5. Emotional upset causes stomach pain ..... 0 1 2 3
6. Heartburn immediately after meals..... 0 1 2 3
7. Constant need for antacids ..... 0 1 2 3
8. "Butterfly feeling" in stomach ..... 0 1 2 3
9. Family history of ulcer/gastritis?..... No Yes
10. Ulcer in the past year?..... No Yes
11. Current ulcer? ..... No Yes
12. Very dark or black stool? ..... No Yes
13. Hot/spicy food causes stomach irritation? ..... No Yes

## Low Acidity

1. Indigestion ..... 0 1 2 3
2. Abdominal bloating..... 0 1 2 3
3. Feel too full after eating..... 0 1 2 3
4. Constipation ..... 0 1 2 3
5. Belching/Burping ..... 0 1 2 3
6. Diminished appetite..... 0 1 2 3
7. Stomach growls/gurgles ..... 0 1 2 3
8. Any known food allergies? ..... No Yes

**Scoring.** Save your calculator. All the above conditions, no matter how strong or weak, can be helped by digestive enzyme supplementation. If you have identified a concern, now is the time to take action—before it worsens. Your natural health practitioner will know how to help.

**Nutrition Tip:** Over acid stomachs respond well to enzyme supplementation because they reduce the need for the stomach and relieve stress on the stomach's enzyme system. When there is too little stomach acid—usually a sign that the digestive system is worn out from too many cooked foods (cooking kills the natural enzymes in a food), and supplemental enzymes can be a tremendous help to end the bloating, gas, and poor assimilation.