



Kidney Health Questionnaire

Check all that apply:

1. ___ Low back pain (now, or frequent)?
2. ___ Diabetes?
3. ___ Bone loss (Diagnosed with osteoporosis, osteopenia, brittle bones)?
4. ___ Anemic? (Low hemoglobin on lab test?)
5. ___ High blood pressure?
6. ___ Diagnosed with heart concerns, e.g. pulmonary heart disease?
7. ___ Congested arteries in the legs, varicose veins in legs?
8. ___ Kidney stones, now or in past?
9. ___ Nephritis, history of?
10. ___ Protein in urine (per urinalysis, dip stick)
11. ___ Sexual dysfunction (men and women)?
12. ___ Low libido [sex drive—men (impotency) and women (infertility)]?
13. ___ Self confidence is low?
14. ___ Back of knees are often sore, achy, or weak?
15. ___ Lack of motivation, apathy?
16. ___ Easily discouraged?
17. ___ Swelling of ankles and/or feet?
18. ___ Swelling and dark 'shadows' under eyes?
19. ___ Tinnitus, ringing in ears?
20. ___ Flashes of heat, "steaming heat inside" sensation?
21. ___ White, foamy urine?
22. ___ Many fears, phobias?

_____ Total statements checked

Score: 1- 4 indicates that nutritional kidney support can enhance your remedial efforts on those individual concerns. More than 4 indicates that a kidney-focused nutritional program would be most advantageous.

Nutrition Tip. Kidney health is fundamental to drive, initiative, determination, strength, and quality of the blood; and has a direct correlation to heart and bone health. Supporting kidney health with botanicals (e.g. buchu; cha de bugre – a kidney/heart tonic; juniper berries; rose hips; cleavers herb) helps the kidneys do their job of supporting the heart, managing the quality of the blood, maintaining mineral balance, and keeping bones strong.