



For each question, think about your life and your symptoms during the past year. Do you have the experience never, rarely, sometimes, often, or always?

1. I am constipated. _____
2. I feel bloated, especially after eating. _____
3. After eating, I get congested or I get phlegm in my throat. _____
4. After eating, I get heartburn or acid indigestion. _____
5. I get a lot of gas and flatulence, especially after eating. _____
6. My tongue is coated with a thick whitish film, especially in the morning. _____
7. In the morning, I feel foggy and muddled – I don't have a clear head. It takes me a while to feel like I am really awake. _____
8. My body feels heavy and slow. _____
9. I feel tired during the afternoon (starting around 2 p.m.), even when I had eight hours of sleep _____
10. After eating, I feel out of breath. I tend to feel that something is not functioning properly in the body. _____
11. I feel lazy and unmotivated. I can't seem to break out of this feeling of malaise. _____
12. I have congested sinuses or lungs, and/or lungs, and/or chronic allergies. _____
13. I feel mentally cloudy most days. I don't have that "sharp mind" I used to have. _____
14. I tend to spit repeatedly or have a bad taste in my mouth. _____
15. Often, I have no taste for food and no real appetite. _____
16. I have a dull, heavy, achy feeling in my stomach, like I am carrying a weight around. _____
17. I get colds and other minor viruses frequently. I seem to catch everything. _____
18. I don't have a bowel movement everyday – maybe every other day, or even



just once, twice, or three times per week. _____

19. I get out of breath from minor exertion, like stairs or walking fast. _____

20. Exercise, or physical exertion in general, exhausts me, rather than energizes. _____

After you've answered all of the questions add up your score:

Never: _____ x 0 points = 0

Rarely: _____ x 1 point = _____

Sometimes: _____ x 2 points = _____

Often: _____ x 3 points = _____

Always: _____ x 4 points = _____

TOTAL SCORE: _____

The total score of this test will help determine how long you need to stay in each stage of the program.