

## DIGESTIVE SCREENING KEY

### HISTORY

Have you had zinc levels checked in the last 6 months? (Every patient must be tested for zinc sufficiency and address as required)

Are you having issues with the following (digestion / elimination / barrier function)

How many glasses of water do you drink per day?

How many servings of fruit do you EAT each day

Do you suffer from constipation?

Do you eat sushi?

Do you consume any dairy products?

Have you taken antibiotics in the last 6 months or for an extended period of time during the last 10 years?

Have you traveled out of the country in the last 10 years?

Do you have (circle) dogs, cats, birds, other?

Have you ever had any type of food allergy / sensitivity testing performed

LOWER GI- GAS, BLOATING, CRAMPING, CONSTIPATION, DIARRHEA

Do you have the following:

Bloating

Cramping

Constipation

Diarrhea

# Back In Action Chiropractic

20416 Bowfonds St, Ashburn, VA 20147

Office: 703-858-3575

Fax: 703-858-3876

Cell: 703-673-6333

<http://www.back-n-action.com/>

Do you have at least two large, to medium Brown, well formed stool daily?

My stools are often:

Small and round or hard

Thin – pencil like

Pasty or fatty

Loose

Very Foul

I often get really gassy and:

It's not nice but not really offensive

Very offensive and embarrassing

I often have to strain to have a bowel movement

I often have cramping and pain with a Bowel movement

I often have abdominal cramping and pain even without a bowel movement

I notice undigested food in my stool (Especially vegetable matter)

Dr. Back In Action  
Chiropractic