

## Qualities of Digestion

Choose the response to each of the following items that best describes your current situation.

### **My hunger is:**

Irregular. It varies from meal to meal and day to day.

Generally strong. I cannot comfortably skip meals.

Mild. I can easily skip meals.

### **After eating, my digestion is:**

Unpredictable. When I feel hungry again varies from meal to meal and day to day.

Good. I typically feel hungry again within 3-4 hours of a main meal.

Slow. I am often not hungry again for 5-6 hours.

### **My food capacity is:**

Variable from meal to meal and day to day.

Large compared to most other people.

Small compared to most other people.

### **I find that my body weight is:**

Easy to lose and difficult to gain. I tend to be underweight.

Relatively constant. I can maintain normal weight even if I eat a lot.

Easy to gain and hard to lose, even if I closely watch what I eat.

### **My energy level is:**

Variable or low compared to others.

Abundant compared to others.

Good, but I can easily be a couch potato and tend toward laziness.

### **My bowel movements are:**

Irregular. I tend toward constipation.

Frequent, often more than 1-2 times a day.

Regular, generally once or twice a day.

### **My stool tends to be:**

Hard and dry.

Loose.

Well-formed and soft.

## **Troubling Digestive Symptoms**

### **Check all that apply:**

Excessive gas

Bloating

Frequent belching/burping

Constipation

Cramps or other discomfort

Always hungry (I need to eat every few hours)

Acid stomach

Reflux

Heartburn

Tendency to diarrhea

Sluggish digestion (More often than not, whatever I eat just sits there)

Heaviness or sleepiness after eating

Stool is sticky or passed with mucous