



Liver-Gall Bladder Health Questionnaire

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

1. Abdominal pain after eating fatty foods 0 1 2 3
2. Pain in the side under right rib cage..... 0 1 2 3
3. Painful or tender big toe 0 1 2 3
4. Hard/dry stool (painful to pass) 0 1 2 3
5. Stool color is grayish (light in color)..... 0 1 2 3
6. Stool has foul odor..... 0 1 2 3
7. Less than one daily bowel movement 0 1 2 3
8. History of constipation 0 1 2 3
9. Gray colored skin 0 1 2 3
10. Headaches following meals..... 0 1 2 3
11. Recurring sour, bitter taste in mouth 0 1 2 3
12. Red blood in stool?..... No Yes
13. Yellow sclera (white of the eyes) 0 1 2 3
14. Bad breath or body odor..... 0 1 2 3
15. Tired/sleepy after meals 0 1 2 3
16. Dandruff..... 0 1 2 3
17. Retain water 0 1 2 3
18. Dry skin and/or hair 0 1 2 3
19. Eat at fast food restaurants 0 1 2 3
20. Impatient, impulsive, easy to anger..... 0 1 2 3
21. Vision problems/red or dry eyes?..... No Yes
22. Have had jaundice or hepatitis? No Yes
23. High blood cholesterol and/or low HDL?.... No Yes

Scoring: Count a "No" answer as Zero; and a Total _____

"Yes" answer as 2 points. Add up the total points. Evaluation: Less than 15, pay attention to the individual concerns. More than 15: Nutritional support advantageous.

Nutrition Tip. The SAD (Standard American Diet lacks in wholesome fats and has an excess of altered and damaged fats (processed vegetable oil). Periodic liver/gall bladder support helps maintain optimal health. **Dietary support – Red & White Salad.** Add grated, organic beet and turnip to the top of your favorite salad. A squeeze of lime juice makes a flavorful, moist dressing.