

Metabolic Assessment Questionnaire (MAQ)

Rate each of the following symptoms based upon your typical health profile for the past 14 days.

SCORING POINT SCALE:

0 = Never or almost never have the symptom

1 = Occasionally have it, effect is not severe

2 = Occasionally have it, effect is severe

3 = Frequently have it, effect is not severe

4 =Frequently have it, effect is severe

DIGESTIVE TRACT	_____	Nausea or vomiting	
	_____	Diarrhea or watery motions	
	_____	Constipation (less than one BM daily)	
	_____	Bloated feeling, heartburn, indigestion	
	_____	Belching, or passing gas	
	_____	Anal fistula, diverticulitis, colitis	_____
EARS	_____	Itchy ears, itchy earlobes	
	_____	Earaches, ear infections	
	_____	Ringing In ears, hearing loss	_____
EMOTIONS	_____	Mood swings	
	_____	Anxiety, or nervousness	
	_____	Anger, irritability, or aggressiveness	
	_____	Depression, (long-lasting)	_____
ENERGY / ACTIVITY	_____	Energy levels fluctuate Widely	
	_____	Apathy, lethargy, sluggishness	
	_____	Restlessness or Hyperactivity	
	_____	Fatigue or stiffness on waking	_____
EYES	_____	Watery or Itchy eyes	
	_____	Yellowish tinge to the whites of the eyes	
	_____	Swollen, reddened or sticky eyelids	
	_____	Bags or dark circles under eyes	
	_____	Blurred or tunnel vision (does not include near- or far-sighted ness)	_____
HEAD	_____	Headaches	
	_____	Faintness	
	_____	Dizziness	
	_____	Insomnia or restless sleep	
	_____	Flushed, red appearance of face	_____
HEART	_____	Irregular or skipped heartbeat	
	_____	Rapid or pounding heartbeat	
	_____	Chest pain/blocked arteries/high cholesterol	
	_____	High blood pressure	_____
JOINT / MUSCLES	_____	Pain or aches in joints or lower back	
	_____	Arthritis pain	
	_____	Stiffness or limitation of movement	
	_____	Pain or aches in muscles	_____

LUNGS	_____ Chest congestion, catarrh	
	_____ Asthma, bronchitis	
	_____ Shortness of breath	
	_____ Difficulty breathing	
	_____ Chronic coughing	_____
MIND	_____ Poor memory, foggy headedness	
	_____ Confusion, poor comprehension	
	_____ Poor concentration	
	_____ Poor physical coordination	
	_____ Difficulty in making decisions	
	_____ Stuttering or stammering or slurred speech	
	_____ Learning disabilities	_____
MOUTH / THROAT	_____ Swollen lymph glands	
	_____ Gagging, frequent need to clear throat	
	_____ Sore throat, hoarseness, loss of voice	
	_____ Coated tongue, or discoloured gums, lips	
	_____ Canker sores, mouth ulcers	_____
NOSE	_____ Itchy nose	
	_____ Stuffy nose or sinus problems	
	_____ Hay fever/Sneezing attacks	
	_____ Post nasal drip/throat clearing	_____
SKIN	_____ Acne/boils, or red spots on chest/back/buttocks	
	_____ Brown "age/liver spots" on hands or face	
	_____ Hives, rashes, or eczema	
	_____ Strong body odour or greasy skin	
	_____ Flushing or hot flashes	
	_____ Excessive sweating	_____
WEIGHT	_____ Compulsive eating, addictions	
	_____ Craving certain foods/ drinks	
	_____ Excessive weight	
	_____ Fluid retention/edema	
	_____ Underweight, poor appetite	_____
OTHER	_____ Frequent illness, flu etc.	
	_____ Heavy, painful periods	
	_____ Recreational drug cravings (tobacco, cocaine, alcohol, etc)	
	_____ Very stubborn obesity, weight will not shift	
	_____ Genital or groin itch or discharge	_____

GRAND TOTAL MAQ SCORE: _____

Your total symptoms indicate your level of metabolic disfunction affecting your metabolism. This overload can be from poor diet and poor elimination or pollutants or from bowel toxins (unfriendly bacteria, parasites and yeast in your gut). MAQ Scores of 20-40 show moderately high levels of toxicity. Scores of 40-80 are very high, needing considerable attention. MAQ scores over 80 indicate **extreme metabolic overload**, requiring definite prolonged action and may need prior consideration of allergy or bowel infection problems.

Digestive scores over 6 - please discuss with us before starting

You may have a fungal or parasitic infection on your intestines if the score is over 6

Candida and Low Blood Sugar Assessments

Rate each of the following symptoms based upon your typical health profile for the past 14 days.

SCORING POINT SCALE:

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is not severe
- 2 = Occasionally have it, effect is severe
- 3 = Frequently have it, effect is not severe
- 4 = Frequently have it, effect is severe

1) Low Blood Sugar Levels:

If you are prone to low blood sugars, you would frequently have symptoms such as the following:

- ✓ Sudden tiredness and poor concentration or faintness if hungry or around 4pm _____
- ✓ Mood swings, including irritability, crying _____
- ✓ Sudden anxiety, heart flutters or tightness in chest _____
- ✓ Headaches, dizziness, & low blood pressure _____
- ✓ Alcohol, sugar and caffeine cravings _____

TOTAL SCORE – Low Blood Sugar: _____

2) Candida Fungal Infections

You may not be aware of having this, but Candida Fungal Infections are common owing to the frequent use of antibiotics and oral contraceptives. Candida is also induced by low immunity conditions caused by chronic stress, AIDS, chemotherapy, diabetes and other severe illnesses.

Please score the following Candida related symptoms as above:

- ✓ For women - frequent bouts of vaginal itching _____
- ✓ For men - frequent itching in the groin or anus _____
- ✓ Fungal infections on the skin, toes or scalp _____
- ✓ Intestinal gas and bloating following meals _____
- ✓ Bad reactions to beer - bloating becomes severe _____
- ✓ Heavy white coating on the tongue _____
- ✓ Chronic tiredness / poor concentration _____
- ✓ All these symptoms worse on humid damp days _____
- ✓ Strong sugar cravings _____
- ✓ Use of antibiotics i.e. number of courses in 5 years. _____

TOTAL SCORE – Candida: _____

Thanks - please remember to bring this to your orientation night

Tej BG
ND, Dip Nutr. Dip HerbMed (Aust)