

Assessment and Support of the Gut

0 = Never or rarely 1 = Mild / sometimes	2 = moderate/often 3 = severe/almost always	0	1	2	3
Constipation and/ or diarrhoea					
Abdominal pain or bloating					
Mucus or blood in stool					
Joint pain or swelling, arthritis					
Chronic or frequent fatigue or tiredness					
Sinus or nasal congestion					
Chronic or frequent inflammation					
Eczema, skin rash or hives					
Use of Pain killers					
History or antibiotic use					
High alcohol consumption					
Chron's disease or coeliac disease					
Asthma					
Food sensitivities or intolerances					
Confusion, poor memory or mood swings					
Total					



Score 1-5	GI issues likely not present	
Score 6-10	GI issues may possibly be present	
Score 11-19	GI issues probably present	
Score 20+	GI issues almost certainly present	