

## Diagnosing GERD

Answer the questions about how many times a week you have certain symptoms. Mark the value in the appropriate column of the table below. Add up the total number of points.

Days	0	1	2-3	4-7
How often do you get heartburn?	0	1	2	3
How often do you feel the contents of your stomach (liquid or food) rushing down your throat or into your mouth?	0	1	2	3
How often do you have pain in your upper abdomen?	3	2	1	0
How often do you experience nausea?	3	2	1	0
How often do you experience sleep disturbances due to heartburn and/or food being thrown down your throat or into your mouth?	0	1	2	3
How often do you have a night-time cough?	0	1	2	3
Total points				

### Interpretation of results

**8 POINTS OR MORE**

**YOU SHOULD SEEK SPECIALIST ADVICE.**

**Liver and gallbladder assessment questionnaire**

Assess whether the following situations are typical for you. Give 1 point for each answer "Yes", calculate the total number of points.

Nº	Symptoms	Yes
1	Fatty food intolerance	
2	Nausea, belching, vomiting, bitter mouth (especially after eating fat)	
3	Crunching in the joints	
4	Taking antibiotics in the last year	
5	No distinct and localised skin itching	
6	Hyperpigmentation	
7	Low total protein in the blood (optimal value for women is 75 g/l, for men 80 g/l).	
8	Acne, rashes, allergic reactions (especially on the neck and cheekbones)	
9	Hypersensitivity to the smell of household chemicals, cosmetics	
10	Constipation	
11	Diarrhoea (light, oily, stinky stools)	
12	Heaviness, discomfort in the right upper arm	
13	Tightness in the right side after a meal or physical activity	
14	Frequent viral infections	
15	White fatty spots (xanthomas) around eyes	
16	Vitamin A deficiency (decreased twilight, goose bumps on the forearm, dry skin)	
17	Vitamin D deficiency that does not rise with supplementation	
18	Vitamin E deficiency (muscle weakness, change in gait, inattentiveness, nervousness, apathy and sleepiness, deterioration of skin quality)	
19	Vitamin K deficiency (easy occurrence of subcutaneous haematomas, haematomas at the puncture point of a vein, bleeding gums, heavy menstruation in women)	
20	Bloating, flatulence, flatulence	
21	Stool marks on the toilet wall	
22	Burping when taking fish oil\omega 3	
23	No laxative effect when taking choleretic	
24	Increased cholesterol, bilirubin	
Total points:		

**Interpretation of results**

**5 POINTS OR  
MORE**

**THERE MAY BE LIVER AND GALLBLADDER DYSFUNCTION**

**Bowel assessment questionnaire**

Assess whether the following symptoms are characteristic of you. Give 1 point for each answer 'Yes', calculate the total number of points.

No	Symptoms	Yes
1	Feeling of constant fatigue, tiredness, fog in the head	
2	Fluid stools 1-2 times a week	
3	Cramps, feeling of incomplete bowel movement 1 or more times a week	
4	Constipation (no stools for more than 1 day)	
5	Meteorism and bloating on food rich in fibre (legumes, vegetables and fruit)	
6	Rashes on the skin, acne.	
7	Use of antibiotics within the last year	
8	Abdominal pain in the navel region	
9	Painful sensations when emptying the bowels	
10	Decreased memory and performance	
11	Chronic stress	
12	Frequent long-distance and time-zone-changing journeys	
13	"Traveler's diarrhoea" (stool upsets during long journeys, holidays)	
14	Lack of fermented foods in the diet (sauerkraut, natural yoghurt)	
15	Frequent cystitis, thrush	
16	Lack of fibre in the diet (less than 30 grams a day)	
17	Bad breath	
18	Unpleasant, pungent smell of gas after consuming protein or carbohydrate food	
19	White coating on tongue	
Total points:		

### Interpretation of results

#### 0-4 points

There is probably a balance of microflora in the gut. Nevertheless, a low score does not guarantee that the microbiota is completely intact, but it is probably in mild form and does not require the use of specialised medication.

It is important to use natural fermented foods regularly (fermented and fermented fruit and vegetables, fermented drinks, bacterial fermented milk products) and to watch the amount of fibre in the diet - at least 30 grams per day.

#### 5-9 points

The microflora are probably out of balance. You need to take active steps to repopulate the gut with beneficial microbiota.

**10 and  
more  
points**

A severe microbiota disorder is likely, requiring the use of antifungal medication and a special treatment protocol. Consult a specialist.