

LEAKY GUT QUESTIONNAIRE



Signs & Symptoms

1. If you suffer from any of these on a regular basis (i.e. one or more times per week) then check yes (2).
2. If you have a symptom 1-2 times a week at a mild or moderate level—even if you barely notice it—score 2 points.
3. If you have a mild/moderate symptom 3 or more times a week or a severe symptom 2 or more times a week, score 4 points.
4. If you have a bolded symptom, score 4 points.

Immune

Yes (2) Yes (4)

• Allergies

• Asthma

• Poor immune function

Autoimmune

• Multiple sclerosis

• Hashimoto's

• Rheumatoid arthritis

• Celiac Disease

• Crohn's Disease

GI Tract

• Gas/Bloating

• Irritable bowel syndrome (IBS)

Yes (2) Yes (4)

• Candida _____

• Constipation _____

• Diarrhea _____

Brain

• Attention deficient disorder (ADD) _____

• Autistic Spectrum _____

• Poor Memory _____

• Headaches _____

• Food Cravings _____

• Depression _____

• Anxiety _____

• Poor Focus, Brain "Fog" _____

Musculoskeletal/Energy

• Weight loss resistance _____

• Joint/Muscle Pain _____

• Osteoarthritis _____

• Fatigue _____

• Chronic Fatigue Syndrome _____

Respiratory

Yes (2) Yes (4)

• Shortness of Breath

• Congestion

• Throat clearing

• Sinusitis

• Asthma

Skin

• Excecema

• Psoriasis

• Hives

• Acne

• Rosacea

• Dark circles under eyes

TOTAL SCORE: _____

RESULTS

Score 1-5: Leaky gut less apt to be present.

Score 6-10: Leaky gut may possibly be present.

Score 11-19: Leaky gut probably present.

Score 20+: Leaky gut almost certainly present.

Leaky Gut Provokers

In order to minimize your likelihood of getting leaky gut syndrome and to heal from it if you do, you will want to minimize anything that can cause or exacerbate it. Note, do not go off any prescription medications without the approval of your doctor.

Check each provoker that applies to you:

- Stress ___
- Non-steroidal anti-inflammatory medicines (NSAIDS) like ibuprofen ___
- Antacids ___
- Pain medication ___
- Sugar – especially fructose, high-fructose corn syrup (HFCS), agave ___
- Gluten ___
- Alcohol (more than one drink per day) ___
- Small intestinal bacterial overgrowth (SIBO) ___
- Candida ___
- Bisphenol-A (BPA) ___
- Prednisone and other anti-inflammatory drugs ___
- Antibiotics ___
- Dietary induced nutrient deficiencies ___
- A low-fiber diet ___
- A high-sugar diet ___
- Regular intake of reactive foods (soy, corn, eggs, dairy, peanuts) ___

TOTAL PROVOKERS: _____

Note your goal is to get this number to **zero!** (or as close to that as possible). The higher your Leaky Gut Score, the lower you want your Leaky Gut Provokers score to be.