



LONGEVITY HEALTH SOLUTIONS

GUT HEALTH ASSESSMENT

NAME _____

SURNAME _____

SEX _____

DATE OF BIRTH _____

MOBILE NUMBER _____

EMAIL ADDRESS _____

This Digestive and Gut Health Assessment has been created to help identify gut complaints. It is easy to miss signals of possible gut health problems. By answering these simple questions you can check your gut health and see whether you need to seek help.

SECTION 1

QUESTION/ STATEMENT	YES	NO
There has been a persistent change in my bowel habits which cannot be explained by stress, change of diet, medication or travel etc.		
I have seen blood on my stools (on the body or faeces) recently		
I have experienced persistent abdominal pain, which is not related to my diet or stress		
I have lost my appetite and/or fell sick frequently for no obvious reason		
I have had a persistent gut upset associated with symptoms of fever, shivering, sweating and feeling unwell		

If you have answered YES to one or more of these questions in SECTION 1, you may have a GI condition that requires medical treatment. We would strongly advise that you speak with your doctor as soon as possible. You can also make an appointment with Dr Warren to discuss the use of COLOSTRUM products for gut health

SECTION 2

QUESTION/ STATEMENT	YES	NO
I either open my bowels several times a day or don't go at all		
My stools can vary from being soft and watery to hard pellets		
I often feel the urge to go but can't		
Stress often upsets my stomach		
There are so many different foods that upset me, I don't know what to eat		
As well as abdominal and bowel symptoms, I can feel so tired and get indigestion, muscle pains and lots of other symptoms		
My stomach is so bad, it makes me feel frustrated and depressed		
The bloating is so bad, I can look as if I'm several months pregnant		

If you have answered YES to any of these questions in SECTION 2 and do not have any of the more severe symptoms in SECTION 1, the changes are high that you have IBS. Please read more about IBS and make an appointment to see Dr Warren regarding an IBS self-care plan and products that can help with improving your gut health.

SECTION 3

QUESTION/ STATEMENT	YES	NO
I rarely eat breakfast		
I do not eat 5 portions of fruit and vegetables a day and rarely have any other soluble or insoluble fibre foods like oats, legumes, apples, berries, sweet potatoes, nuts, seeds, avocados etc.		
I get very little physical exercise		
I sit in front of the television or computer for more than 2 hours every day		
I have put on too much weight or I have been overweight for a while now		
I rarely go a day without an alcoholic drink		
I smoke cigarettes regularly		

I have very poor sleep quality		
I suffer from stress		

If you have answered YES to 2 or more of the questions in SECTION 3, you may need to consider some lifestyle changes to improve your gut health and the affect this has on your gut-brain axis. Make an appointment with Dr Warren to discuss your gut health and devise a plan to improve this.

SECTION 4

QUESTION/ STATEMENT	YES	NO
I battle with arthritis		
I battle with joint pain		
I have psoriasis or eczema		
I have thyroid issues		
I have an autoimmune disease		
I have various food sensitivities or allergies		
I regularly battle with headaches		
I have rosacea or acne		

If you have answered YES to 1 or more of these statements, you might benefit greatly from giving more attention to your gut health. Make an appointment with Dr Warren to discuss this.

TYPES OF STOOL AND WHAT THEY SAY ABOUT YOUR HEALTH

This not a pleasant subject, but definitely a necessary discussion.

Paying attention to your bowel movements and stools is actually very important as it is a strong indication of your digestive and gut health. Changes in colour, shape and texture of your stool can be signs of infections, digestive issues or more serious health problems. We use the BRISTOL STOOL CHART to assess this. Faecal matter is 75% water and 25% solid matter, consisting of dead bacteria, indigestible food and inorganic substances. It usually takes about 3 days for food to pass through your system, resulting in a bowel movement. But when food passes through your system too quickly or too slowly, it can affect the size, colour and texture of your stool.

The BRISTOL STOOL CHART classifies stool types into a few basic categories based on size and texture.

BRISTON STOOL CHART

TYPE 1		Separate hard lumps, like nuts that are hard to pass. These stools stay in the colon the longest time, a sure sign you're constipated
TYPE 2		Sausage shaped but lumpy. Indicating toxic constipation and a need for cleansing
TYPE 3		NORMAL Stools come out similar to a sausage gut with cracks in the surface
TYPE 4		Like a sausage or snake, smooth and soft. This may indicate faecal waste build up, could also indicate a blockage or even more serious problems.
TYPE 5		Soft blobs with clear cut edges that are passed easily. Soft diarrhoea, that may indicate a possible risk for bowel disease, also indicates that your bowel is toxic and needs regular intestinal cleansing.
TYPE 6		Fluffy pieces with ragged edges, a mushy stool. This indicates diarrhoea and that your bowel is toxic and needs regular intestinal cleansing.
TYPE 7		Watery, no solid pieces, entirely liquid. Passed quickly through the colon, this is indicative of severe diarrhoea possibly as a result of a viral or bacterial infection.

TYPE 8		<p>Stool has a mucous like consistency, with bubbles and a foul odour, sprayed out. This may indicate unsafe amounts of alcohol and/or recreational drugs. This is also indicative of severe diarrhoea possibly as result of viral or bacterial infection.</p>
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FURTHER STOOL ASSESSMENT

COLOUR OF STOOL

This can also be a reflection of your overall health.

Healthy stool is usually brownish in colour. There is cause for concern when stool is black or reddish, which may be indicative of gastrointestinal bleeding. Stools that are grey in colour may also indicate liver problems.

Yellow, greasy, foul smelling stool indicated that the intestines didn't properly digest and absorb fat. This could be caused by a disease of the intestinal lining such as celiac disease or chronic pancreatitis.

COMMENTS:

If you have any concerns regarding your bowel movements or stool after this assessment, please feel free to make an appointment with Dr Warren to talk about your gut health and a program to seal, heal and optimise your gut function.

FORWARD THIS FORM TO DR WARREN AND MAKE CONTACT VIA PHONE, MAIL OR WHATSAPP IF YOU HAVE QUESTIONS OR NEED

HELP WITH YOUR GUT HEALTH

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