

GUT QUIZ

A family history of any of the following diseases or conditions: what follows is a mess and needs some structure.

- Fatigue after eating.
- Heartburn
- Chronic yeast or fungal infections (jock itch, vaginal yeast infection, athlete's foot, toenail fungus).
- Chronic abdominal pains
- Have a bloated or full feeling, and/or belching, burning, or flatulence right after meals
- Diarrhea or constipation
- Greasy, large, poorly formed, or foul-smelling stools
- Regularly use antacids
- Food allergies, intolerance, or reactions
- Thrush (whitish tongue)
- Geographic tongue (map-like rash on tongue indicating food allergy or yeast overgrowth).
- Anal itching
- Crave sweets and bread
- Drink more than 3 alcoholic beverages a week
- Frequently use or have frequently used antibiotics in the past
- History of NSAID (ibuprofen, naproxen, etc.) or other anti-inflammatory use
- A family history of any of the following diseases or conditions:
 - Autism
 - ADHD (attention deficit hyperactivity disorder)
 - Rosacea (dilated blood vessels in the nose and cheeks, giving a red appearance)
 - Acne after adolescence
 - Eczema
 - Psoriasis
 - Celiac disease (gluten allergy)
 - Chronic autoimmune diseases
 - Chronic hives or urticaria
 - Inflammatory bowel disease
 - Irritable bowel syndrome
 - Chronic fatigue syndrome
 - Fibromyalgia