



Rapid Evaluation Questionnaireⁱ

Please, select any symptom that applies to you and then return the document, before the next meeting, Thank you.

Groupe 1

- Sensitivity to emotional (or physical) pain; cry easily
- Eat as a reward or for pleasure, comfort, or numbness
- Worry, anxiety, phobia, or panic
- Difficulty getting to sleep or staying asleep
- Difficulty with focus, attention deficits
- Low energy, drive, and arousal
- Obsessive thinking or behavior
- Inability to relax after tension, stress
- Depression, negativity
- Low self-esteem, lack of confidence
- More mood and eating problems in winter or at the end of the day
- Irritability, anger
- Use alcohol or drugs to improve mood

Total :

Notes : _____

Groupe 2

- Increased cravings for and focus on food; overeating
- Regain weight after dieting, more than was lost
- Increased moodiness, irritability, anxiety, or depression
- Less energy and endurance
- Usually eat less than 2,100 calories a day
- Skip meals, especially breakfast
- Eat mostly low-fat carbohydrates (bagels, pasta, frozen yogurt, and others)
- Constantly think about weight
- Use aspartame (NutraSweet) daily

- Take Prozac or similar serotonin-boosting drugs
- Have become vegetarian
- Have decreased self-esteem
- Have become bulimic, anorectic, or over-exercizer

Total :

Notes : _____

Groupe 3

- Crave a lift from sweets or alcohol, but later experience a drop in energy and mood after ingesting them
- Dizzy, weak, or headachy, especially if meals are delayed
- Family history of diabetes, hypoglycemia, or alcoholism
- Nervous, jittery, irritable on and off throughout the day; calmer after meals
- Crying spells, mood swings
- Mental confusion, decreased memory
- Heart palpitations, rapid pulse
- Frequent thirst , night sweats (not menopausal)
- Frequently fatigued, over-stressed, overwhelmed
- Dark circles under eyes; sensitive to sounds, odors

Total :

Notes : _____

Groupe 4

- Low energy
- Easily chilled (especially hands and feet)
- Other family members have thyroid problems

- Can gain weight without overeating; hard to lose excess weight
- Have to force yourself to do even moderate exercise
- Find it hard to get going in the morning
- High cholesterol
- Low blood pressure
- Weight gain began near the start of menses, a pregnancy, or menopause
- Chronic headaches
- Use food, caffeine, tobacco, and/or other stimulants to get going

Total :

Notes : _____

Groupe 5

- Crave milk, ice cream, yogurt, cheese, or doughy foods (pasta, bread, cookies, among others) and eat them frequently
- Experience bloating after meals
- Gas, frequent belching
- Digestive discomfort of any kind
- Chronic constipation and/or diarrhea
- Respiratory problems, such as asthma, postnasal drip, congestion
- Low energy or drowsiness, especially after meals
- Allergic to milk products or other common foods
- Undereat or often prefer beverages to solid food
- Avoid food or throw up food because bloating after eating makes you feel fat or tired
- Can't gain weight
- Hyperactivity or manic-depression

- Severe headaches, migraines
- Food allergies in family

Total :

Notes : _____

Groupe 6

- Premenstrual mood swings
- Premenstrual or menopausal food cravings
- Irregular periods
- Experienced a miscarriage, an abortion, or infertility
- Use(d) birth control pills or other hormone medication
- Uncomfortable periods cramps, lengthy or heavy bleeding, or sore breasts
- Peri- or postmenopausal discomfort (e.g., hot flashes, sweats, insomnia, or poor memory)
- Skin eruptions with period

Total :

Notes : _____

Groupe 7

- Often bloated, abdominal distention
- Foggy-headed
- Depressed
- Yeast infections
- Used antibiotics extensively (at any time in life)
- Used cortisone or birth control pills for more than one year total
- Have chronic fungus on nails or skin or athlete's foot

- Recurring sinus or ear infections as an adult or child
- Achy muscles and joints
- Chronically fatigued
- Rashes
- Stool unusual in color, shape, or consistency

Total :

Notes : _____

Groupe 8

- Crave chips, cheese, creamy foods, and other rich foods more than, or in addition to, sweets and starches
- Have ancestry that includes Irish, Scottish, Welsh, Scandinavian, or coastal Native American
- Alcoholism or depression in the family history
- Have dry skin or dry eyes
- Feel heavy, uncomfortable, and clogged up after eating fatty foods
- History of hepatitis or other liver or gallbladder problems
- Light-colored stool
- Hard or foul-smelling stool
- Pain on right side under your rib cage
- Have lost your gall bladder or had gall stones

Total :

Notes : _____