

## Metabolic Assessment

Please check the appropriate numbered box (**0** = never to **3** = frequently)

### COLON

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Feeling that bowels do not empty completely				
Lower abdominal pain relieved with passing of gas or stool				
Alternating constipation or diarrhea				
Diarrhea				
Constipation				
Hard, dry or small stools				
Coated tongue; yellow or fuzzy debris				
Pass foul smelling gas				
More than 3 bowel movements per day				
Use of laxatives				

### STOMACH (hypo-acidity)

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Excessive belching, burping or bloating				
Gas immediately following a meal				
Offensive breath				
Experience difficulty with bowel movements				
Sense of fullness during or after meals				
Undigested foods found in stools				

### STOMACH (hyper-acidity)

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Stomach pain or burning following 1 to 4 hours after meals				
Do you frequently use antacids				
Often feel hungry 1 to 2 hours following meals				
Experience heartburn when lying or bending down				
Temporary relief from food, antacids or dairy				
Digestive problems subside with rest and relaxation				
Pain with spicy foods, chocolate, citrus, alcohol or caffeine				

### SMALL INTESTINE

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Roughage and fiber cause constipation				
Indigestion and fullness lasts 2 to 4 hours after eating				
Pain and tenderness on left side under rib cage				
Excessive passage of gas				
Nausea and vomiting				
Stool; undigested, foul smelling				
Experience frequent urination				
Increased thirst and appetite				
Difficulty losing weight				
Experience itchy anus a night				

### BILIARY

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Greasy or fatty foods cause distress				
Experience gas or bloating several hours following meals				
Bitter, metallic taste in mouth upon awakening				
Unexplained itchy skin				
Yellowish cast to eyes				
Stool colors tend to alternate from clay colors to normal				
Reddened skin, especially palms				
Dry or flaky skin and / or scalp				
History of gallstones, polyps or RUQ painful attacks				
History of taking hormones or birth control pills (Yes or No)				
Have you had your gallbladder removed? (Yes or No)				

### BLOOD SUGAR IMBALANCES

	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Crave sweets during the day				
Irritable if meals are missed				
Dependent on caffeine to keep going				
Become lightheaded when skipping meals				
Eating relieves your fatigue				

Often feel shaky, jittery, or even experience tremors				
Easily become agitated, upset or nervous	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Poor memory, forgetful				
Blurred vision				

### **INSULIN RESISTANCE**

Fatigue after meals	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Crave sweets during the day				
Eating sweets does not relieve cravings for sugar				
Must have sweets after meals				
Waist girth is larger than hip girth				
Frequent urination				
Increased thirst and appetite				
Difficulty losing weight				

### **ADRENAL (hypofunction)**

Cannot stay asleep	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Crave salt				
Slow starter in the morning				
Afternoon fatigue				
Experience dizziness when standing too quickly				
Afternoon headaches				
Headaches with exertion or stress				
Weak, brittle nails				

### **ADRENAL (hyperfunction)**

Difficulty in falling asleep	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Perspire easily				
Under high amounts of stress				
Gain weight easily when under stress				
Continue feeling very fatigued upon awakening				

Excessive perspiration with little to no activity				
---	--	--	--	--

**THYROID (hypofunction)**

Tired & sluggish > Lethargy	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Tendency to feel cold, especially feet and hands				
Require excessive amount of sleep to function properly				
Increase in weight gain, even on a low calorie diet				
Gains weight easily				
Difficult or infrequent bowel movements				
Depression or frequently lack motivation				
Morning headaches that wear off as the day passes				
Mental sluggishness or inability to focus				
Dryness to skin or scalp				
Excessive falling or thinning of hair to scalp, face or genitals				
Excessive thinning of outer third to eyebrow				

**THYROID (hyperfunction)**

Experience heart palpitations	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Inward trembling				
Increase pulse rate even at rest				
Frequently nervous or emotional				
Insomnia				
Night sweats				
Difficulty gaining weight				

**PITUITARY (hypofunction)**

Lethargy > Loss of strength	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Decrease tolerance for cold				
Diminished sex drive				
Decrease in body temperature				
Postural hypotension				

Visual disturbances				
Menstrual disorders > Infertility				
Increased ability to eat sugars without signs or symptoms				
Hypoglycemia	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

**PITUITARY** (hyperfunction)

Overall weakness	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Splitting headaches				
Depression				
Amenorrhea				
Increased sex drive				
Tolerance to sugars decreased > Diabetes				
Intra-cranial pressure > vomiting, papilledema, focal neurological deficits				
Difficulty in swallowing or voice changes				
Changes in the size of your rings, hats, gloves or shoes				

**Voss Medicinal Healing**  
 Veronika Voss Ph.D, L.A.c  
 2001 Barrington Ave, suite 111, Los Angeles, Ca. 90025  
 Phone: 424 248 VOSS Fax: 310 472 6556