

Six Questions to Understand You Better

Below are six questions about your symptoms and general health. The purpose of these questions is to understand you and your needs to a deeper level.

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Your Details

Title First Name Last Name Date of Birth

1. What are the symptoms you have been experiencing?

Digestive

- Bloating
- Flatulence
- Diarrhoea
- Constipation
- Cramps
- Nausea
- Vomiting
- Acid reflux
- Belching
- Painful stomach

Skin

- Eczema
- Hives/ nettle rash
- Swelling
- Itchy eyes/ears/ throat/ mouth
- Psoriasis

Head

- Headaches
- Fuzzy headed

Respiratory

- Running nose
- Sneezing/ coughing
- Difficulty breathing
- Shortness of breath
- Sinus pain

Other (Please List)

2. How long have you been experiencing the symptoms?

- Less than 3 months 3-6 months 6 months -1 year 1 year - 2 years 2 years +

3. Have you seen your GP regarding the symptoms you've been experiencing?

- Yes No

4. Do you have any health conditions?

- Yes No

if yes please give details below

5. Do you take any medications or supplements?

- Yes No

if yes please give details below with purpose for use

6. Have you had any major surgeries or serious illnesses?

- Yes No

if yes please give details below