

Body Diagnostic Test

0 - Never or almost never have a symptom 1 - Occasionally have it, effect is not severe 2 - Occasionally have it, effect is severe 3 - Frequently have it, effect is not severe 4 - Frequently have it, effect is severe	0	1	2	3	4
INTERNAL DIAGNOSTIC					
Bloating feeling					
Constipation					
Diarrhea					
Heartburn					
Nausea & Vomiting					
Stomach pain and/or cramps					
Ear Aches, infections					
Ringing Ears					
Energy Fatigue, sluggishness					
Restfulness					
Hyperactivity					
Apathy, lethargic					
Mood swings					
Depression/extended periods of sadness					
Anxiety, fear or nervousness					
Blurred vision					
Headaches					
Faintness					
Dizziness					
Insomnia					
Waking up tired					
Muscle weakness/constant Muscle tiredness					
Joint pain and aches					
Stiffness of the joints and muscles					
Poor Memory and retention					
Poor Concentration					
Difficulty making decisions					
Craving of certain foods					
Compulsive Eating					

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Fluid retention					
Congestion in the Lungs					
Asthma					
Bronchial issues					
Chest Pain					
Rapid or pounding heart					
Feeling like heart is skipping a beat					
Frequently sick					
Find the need to frequently urinate					
Sore throat					
Easily stressed					
EXTERNAL DIAGNOSTIC					
Slurred speech					
Poor physical coordination					
Stuffy Nose					
Hay Fever					
Excessive mucus					
Sneezing attacks					
Itchy Ears					
Watery or itchy eyes					
Swollen, reddish eyelids					
Bags under the eyes					
Underweight					
Overweight					
Shortness of Breath					
Difficulty in breathing					
Chronic coughing					
Cold Sores					
Gagging with a need to clear your throat					

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Acne					
Excessive sweating					
Uncounted Hair Loss					
Hives, rashes or dry skin					
Hot flushes					
Short tempered					

Result of Test
 Optimal- Less than 10
 Above Average- 10 -40
 Average - 41-60
 Below Average - 61- 100
 Attention required - Over 100

This tool is an adaptation of the toxicity test by Dr Mark Hyman