



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

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Inflammation Questionnaire

Name: _____ Age: _____ Date: _____

Address: _____

Primary Phone: _____

Email Address: _____

Instructions: This questionnaire is designed for adults. The scoring system is not appropriate for children. It lists factors in your medical history that may allude to inflammation (Section A), symptoms commonly found in individuals with inflammation (Section B), and drug use which may cause inflammation and diminish immune functions (Section C).

For each “Yes” answer in Section A, circle the point score and then total and record it at the end of the section. Move onto Sections B and C and score and record as directed. Then evaluate the grand total.

Section A: History

1. I have a previously have had an “-itis” health condition (arthritis, bursitis, colitis, etc.). **50 points**
- 2 I have been diagnosed with an Autoimmune Disease. **50 points**
3. I experience days or episodes of “just not feeling well”, often achy and sluggish. **20 points**
4. I have allergies, including seasonal allergies. **20 points**
5. I take anti-inflammatory or other medication. **40 points**
6. My diet often includes processed and/or sugary foods. **30 points**
7. I am commonly under a lot of stress. **30 points**
8. I sometimes avoid work or social/recreational events because I feel unable to fully participate. **30 points**

Total Score, Section A _____



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Section B: Major Symptoms

1. I feel dehydrated or am showing symptoms of dehydration. **10 points**
2. I have swollen, stiff, warm or achy joints or areas of my body. **50 points**
3. I have digestive upsets, discomfort or diarrhea. **100 points**
4. I am bothered by skin rashes, red cheeks, breakouts, itching, etc. **30 points**
5. I am often fatigued / just don't have enough energy. **30 points**
6. I often have muscle aches and pains for no obvious reason. **20 points**
7. I sometimes have fevers for no known reason. **20 points**

Total Score, Section B _____

Section C: Drug Use

1. I drink more than 1 or 2 alcoholic beverages daily. **20 points**
2. I use recreational drugs (including marijuana). **50 points**
3. I use tobacco products. **50 points**
4. I take corticosteroids (prednisone, cortisone, etc.). **100 points**
5. I take TNF (tumor necrosis factor) inhibitors. (Humira®, Enbrel®, etc.). **100 points**
6. I take PPIs (proton pump inhibitors) to prevent or treat heartburn. (Nexium®, Prilosec®, etc.). **50 points**
7. I take Statin Drugs (Lipitor®, Mevacor®, etc.). **50 points**
8. I use opioid drugs (hydrocodone, oxycodone, fentanyl, etc.). **50 points**
9. I use acetaminophen (Tylenol®) more than once/week. **20 points**
10. I use NSAIDs (aspirin, Motrin®, Advil®, etc.) more than once/week. **20 points**

Total Score, Section C _____



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Grand Total Score _____

The Grand Total Score will help you determine the presence of inflammation. If you have a grand total score higher than 100, consider that inflammation is almost certainly present. Those with a score over 250 should see professional guidance and begin addressing their inflammation immediately. As you will see, it doesn't take much to stimulate inflammation. We can all benefit from calming down or preventing inflammation with natural and healthy measures.