



# 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*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

[YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## Immune System Questionnaire

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

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 weak immune system (Section A), symptoms commonly found in individuals with a compromised immune system (Section B), and drug use which may cause immune system deterioration (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 had my spleen, appendix or tonsils removed. **50 points**
- 2 I have been diagnosed with an Autoimmune Disease. **50 points**
3. I experience cold or flu symptoms more than twice each year. **20 points**
4. I have allergies, including seasonal allergies. **20 points**
5. I have taken antibiotics within the last 6 months. **40 points**
6. My diet often includes processed and or sugary foods. **50 points**
7. I am commonly under a lot of stress. **30 points**
8. If I am exposed to someone with a cough or cold, I usually “catch” it. **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. My lymph glands are swollen. **50 points**
3. I have currently have cold or flu symptoms. **100 points**
4. I have diarrhea. **100 points**
5. I am bothered by skin rashes, breakouts, etc. **30 points**
6. I am often fatigued / just don't have enough energy. **30 points**
7. I often have muscle aches and pains for no obvious reason. **20 points**
8. 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 health of your immune system. A weak immune system is almost certainly present with a grand total score higher than 100. Those with a score over 250 should see professional guidance and begin rebuilding their immune system immediately. As you can see, it doesn't take much to compromise our immune systems. We can all benefit from energizing and boosting our immune systems with natural and healthy measures.