



## Female Quick Symptom Questionnaire

From *The Diet Cure* by Julia Ross

Here is a mini-questionnaire that will help us determine any imbalances in your body chemistry, if any.

*Circle the number next to any symptom that applies to you and follow the directions at the end of each section to calculate your score*

### **1. Is depleted brain chemistry the problem?**

- 4 Sensitivity to emotional (or physical) pain; cry easily
- 4 Eat as a reward of for pleasure, comfort, or numbness
- 4 Worry, anxiety, phobia, or panic
- 4 Difficulty getting to sleep or staying asleep
- 3 Difficulty with focus, attention deficits
- 2 Low energy, drive, and arousal
- 4 Obsessive thinking or behavior
- 2 Inability to relax after tension, stress
- 3 Depression, negativity
- 4 Low self-esteem, lack of confidence
- 4 More mood and eating problems in winter or at the end of the day
- 3 Irritability, anger
- 4 Use alcohol or drugs to improve mood

**Total Score** \_\_\_\_\_ If your score is over **10**, you may have depleted brain chemistry.

### **2. Are you suffering because of low-calorie dieting?**

- 4 Increased cravings for and focus on food; overeating
- 4 Regain weight after dieting, more than was lost
- 3 Increased moodiness, irritability, anxiety, or depression
- 3 Less energy and endurance
- 3 Usually eat less than 2,100 calories a day
- 3 Skip meals, especially breakfast
- 3 Eat mostly low-fat carbohydrates (bagels, pasta, frozen yogurt, and others)
- 2 Constantly think about weight
- 2 Use aspartame (NutraSweet) daily
- 2 Take Prozac or similar serotonin-boosting drugs
- 2 Have become vegetarian
- 3 Have decreased self-esteem
- 4 Have become bulimic or anorectic

**Total Score** \_\_\_\_\_ If your score is over **12**, you may be experiencing weight gain and fatigue due to low-calorie dieting.

### 3. Are you struggling with blood sugar instability and stress?

- 4 Crave a lift from sweets or alcohol, but later experience a drop in energy and mood after ingesting them
- 3 Dizzy, weak, or headachy, especially if meals are delayed
- 4 Family history of diabetes, hypoglycemia, or alcoholism
- 3 Nervous, jittery, irritable on and off throughout the day; calmer after meals
- 3 Crying spells
- 3 Mental confusion, decreased memory
- 3 Hear palpitations, rapid pulse
- 4 Frequent thirst
- 3 Night sweats (not menopausal)
- 5 Sores on legs that take a long time to heal
- 4 Crave salty foods
- 4 Often feel stresses, overwhelmed
- 4 Dark circles under eyes
- 4 More awake at night

**Total Score** \_\_\_\_\_ If your score is over **12**, you may have adrenal fatigue and/or hypoglycemia.

### 4. Do you have unrecognized low thyroid function?

- 4 Low energy
- 4 Easily chilled (especially hands and feet)
- 4 Other family members have thyroid problems
- 4 Can gain weight without overeating; hard to lose excess weight
- 3 Have to force yourself to do even moderate exercise
- 4 Find it hard to get going in the morning
- 3 High cholesterol
- 3 Low blood pressure
- 4 Weight gain began near the start of menses, a pregnancy, or menopause
- 3 Chronic headaches
- 3 Use food, caffeine, tobacco, and/or other stimulants to get going

**Total Score** \_\_\_\_\_ If your score is over **15**, your thyroid may be suboptimal.

### 5. Are you addicted to foods you are actually allergic to?

- 3 Crave milk, ice cream, yogurt, cheese, or doughy foods (pasta, bread, cookies, among others) and eat them frequently
- 3 Experience bloating after meals
- 4 Gas, frequent belching
- 3 Digestive discomfort of any kind
- 3 Chronic constipation and/or diarrhea
- 4 Respiratory problems, such as asthma, postnasal drip, congestion
- 3 Low energy or drowsiness, especially after meals
- 4 Allergic to milk products or other common foods
- 3 Under eat or often prefer beverages to solid food
- 3 Avoid food or throw up food because bloating after eating meals makes you feel fat or tired
- 4 Can't gain weight
- 3 Hyperactivity or manic-depression
- 3 Severe headaches, migraines
- 4 Food allergies in family

**Total Score** \_\_\_\_\_ If you score is over **12**, food sensitivities are most likely.

## 6. Are your hormones unbalanced?

- 4 Premenstrual mood swings
- 4 Premenstrual or menopausal food cravings
- 4 Irregular periods
- 3 Experienced a miscarriage, an abortion, or infertility
- 4 Use(d) birth control pills or other hormone medication
- 3 Uncomfortable period cramps, lengthy or heavy bleeding, or sore breasts
- 4 Peri- or postmenopausal discomfort (e.g., hot flashes, sweats, insomnia, or mental dullness)
- 3 Skin eruptions with period

**Total Score** \_\_\_\_\_ If your score is over **6**, hormone imbalance may be present.

## 7. Do you have yeast overgrowth triggered by anti-biotics, cortisone, or birth control pills?

- 4 Often bloated, abdominal distension
- 3 Foggy-headed
- 2 Depressed
- 4 Yeast infections
- 4 Used antibiotics extensively (at any time in life)
- 4 Used cortisone or birth control pills for more than one year
- 4 Have chronic fungus on nails or skin or athlete's foot
- 3 Recurring sinus or ear infections as an adult or child
- 3 Achy muscles and joints
- 3 Chronically fatigued
- 4 Rashes
- 3 Stool unusual in color, shape, or consistency

**Total Score** \_\_\_\_\_ If your score is over **13**, yeast overgrowth is possible.

## 8. Do you have fatty acid deficiency?

- 4 Crave chips, cheese, and other rich foods more than, or in addition to, sweets and starches
- 4 Have ancestry that includes Irish, Scottish, Welsh, Scandinavian, or coastal Native American
- 3 Alcoholism and depression in the family history
- 3 High cholesterol, low HDL levels
- 4 Feel heavy, uncomfortable, and "clogged up" after eating fatty foods
- 4 History of hepatitis or other liver or gallbladder problems
- 4 Light-colored stool
- 4 Pain on right side under your rib cage

**Total Score** \_\_\_\_\_ If your score is over **12**, you may need an oil change.

From The Diet Cure by Julia Ross, M.A.

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