

Mineral deficiency profile questionnaire

Instructions. Read each question carefully before placing a tick in the box that you think most applies to you. Please feel free to make any additional comments.

Never 0 1 2 4
In the past
Sometimes
Often

- Do you find it difficult to sustain concentration for any time, and/or forget things easily?
- Do you ever get weepy, depressed or find it hard to motivate yourself?
- Are you over-sensitive to certain noises or bright light?
- Do you ever panic if away from home, even for a short time, or dislike being left alone?
- Do you ever feel anxious, panicky, or shaky inside, often when there may be no reason to?
- Do you become impatient, irritable or aggressive too easily?
- Do you feel better in yourself when you eat, or are in company?
- Do you crave carbohydrates (biscuits, sweets etc.) or pick at food between meals?
- Do you sigh or yawn a lot?
- Does a drink of alcohol settle you down and make you feel better?
- Do you suffer sharp shooting pains in the body, or twitching of the face or eye muscles?
- Do you experience any palpitations or hot flushes soon after going to bed?
- Do you have difficulty getting to sleep or wake during the night?
- Do you wake up feeling tired?
- Do you wake in the morning, or are woken during the night with stiff and painful joints?
- Do you suffer from headaches at work, after work, or at weekends?
- Do you suffer from dandruff, or dry flaky skin on your face, arms or legs?
- Does your scalp get oily, or moist and sticky if not washed every 2-3 days?
- Does your head ever feel fuzzy, as if it's full of cotton wool?
- Does your hair fall or do the ends split?
- Are your fingernails soft, or do they flake or crack?
- Do you catch colds and other infections too easily?
- Do you suffer from tinea or thrush (candida)?
- Do you suffer from blocked sinuses or sinus headaches?
- Do you have any post-nasal, throat or chest mucus that is yellow-green in colour?
- Do you have any post-nasal, throat or chest mucus that is white in colour?
- Does the skin on your lips, hands or feet crack?
- Do you have acne that has pure white heads or is blind and sore under the skin?
- Do you have acne that heals very slowly and tends to leave scars?
- Do you have acne that has yellow pus-filled heads?
- Is your skin too oily with a tendency to form blackheads?
- Do you suffer indigestion, gastric reflux and/or flatulence after meals?
- Do rich, fatty foods or chocolate disagree with you?

Never 0 1 2 4
In the past
Sometimes
Often

- Do you ever feel as if you have a tight band around your chest, head, throat or abdomen?
- Do you pass a lot of gas or become bloated with gas?
- Do you suffer from haemorrhoids (piles)?
- Do you suffer from haemorrhoids that itch or bleed?
- Do you ever suffer from cystitis or urethritis?
- If you are male, do you ever have difficulty urinating, with a reduction in flow?
- Do you bruise easily, or do cuts take a long time to heal?
- Do you suffer any weakness of tendons, cartilages, ligaments, discs or bones?
- If you are female, do you suffer cramps on the first day of your period?
- If you are female, do you lose large clots of blood during your period?
- If you are female, do you retain fluid in your breasts, stomach, face or fingers, etc?
- Do you suffer from mouth ulcers or any form of herpes?
- Are you more sensitive to the cold than other people that you know?
- Are any of your symptoms worse during cold weather?
- Are any of your symptoms worse during changeable weather?
- Are any of your symptoms worse during damp weather?
- Are any of your symptoms worse during hot humid weather?
- Are any of your symptoms worse in hot, stuffy rooms or buildings?
- Are any of your symptoms made worse if you are under stress?
- Are any of your symptoms improved by hot humid weather?
- Are any of your symptoms improved by hot applications to the affected area?
- Are any of your symptoms improved by cold applications to the affected area?
- Are any of your symptoms improved by pressure to the affected area?

PLEASE RETURN THIS CHART COMPLETED TO YOUR PRACTITIONER

Minerals												Total score			
MP	PP	PS	PC	IP	S	CF	CP	SP	SS						