

Here is an example of Self Assessment tool developed by the Father of Functional Medicine, Dr. Jeffery Bland.

Take a few moments to review to see if you would like to learn more about a Functional Medicine approach to your health and wellness needs.

- Do you feel your health has gotten worse over the past two years?
- Have you had fluctuations in your weight (more than 10%) over the past 3-5 years and you were not doing anything intentionally differently?
- Do you have trouble falling asleep and staying asleep? Do you wake up night after night and not feel rested?
- Do you have joint pain or muscle pain that limits your physical activity and or mobility? Do you have joint pain when you wake up but it seems to go away once you are up and moving?
- Do you feel fatigued for no apparent reason?
- Do you feel overly anxious or depressed?
- Do you have problems with your memory or experience brain fog?
- Do you have constant ringing in your ears?
- Do you feel like you are losing overall body strength?
- Do you take prescription medication? Do you take more than two on a regular basis?
- Do you take over the counter medication? Do you frequently take any of these:
 - Anti-Inflammatories
 - Antacids
 - Analgesics
 - Antihistamines
 - Sleeping Remedies
- Do you have allergies (Seasonal or chronic)
- Do you have periodic episodes of poor concentration that concern you?
- Do you ever feel short of breath?
- Has your sense of smell decreased or totally diminished over the past few years?
- Have you ever been told you have:
 - Elevated blood pressure
 - Elevated blood cholesterol
 - Elevated blood glucose
 - Gum or Periodontal problems
- Do you frequently alternate between diarrhea and constipation or have pain or discomfort in your digestive area?
 - Do you have cold hands and feet even when it you are in a comfortable environment?
 - Have you noticed thinning of your hair or changes in nail strength?
 - Have you been told you have chronic bad breath?
 - Are you shorter than you used to be?
 - Do you catch every bug that goes around?