

Inflammation Index

Use the Inflammation Index to rate each of the following symptoms based upon your typical health profile for the past 30 days. Inflammation can affect many systems and organs. Use the scale below to rate yourself from 0-4. High scores in any area or throughout can be a sign of systemic inflammation.

Point Scale

- 0 - Never or almost never have the symptom
- 1 - Occasionally have the symptom, the effect is not severe
- 2 - Occasionally have the symptom, the effect is severe
- 3 - Frequently have the symptom, the effect is not severe
- 4 - Frequently have the symptom, the effect is severe

HEAD

- _____ Headaches/migraines
- _____ Dizziness
- _____ Trouble sleeping
- _____ Faintness

Total: _____

EARS

- _____ Itchy ears
- _____ Earaches
- _____ Drainage from ears
- _____ Ringing or hearing loss

Total: _____

THROAT

- _____ Chronic coughing
- _____ Frequent need to clear throat
- _____ Sore throat or hoarseness
- _____ Discolored tongue, gums, lips

Total: _____

EYES

- _____ Watery or itchy eyes
- _____ Red or swollen eyes/eyelids
- _____ Bags/dark circles under eyes
- _____ Vision problems

Total: _____

NOSE

- _____ Stuffy nose
- _____ Sinus problems
- _____ Hay fever
- _____ Sneezing attack
- _____ Excessive mucus formation

Total: _____

SKIN

- _____ Acne
- _____ Rash/hives
- _____ Hair loss
- _____ Hot flashes
- _____ Excessive sweating

Total: _____

HEART

- Irregular heartbeat
- Racing or pounding heart
- Chest pain

Total:

DIGESTION

- Nausea
- Diarrhea
- Constipation
- Bloating
- Gas
- Heartburn
- Stomach pain

Total:

WEIGHT

- Excessive weight
- Binge eating
- Cravings
- Compulsive eating

Total:

BRAIN

- Poor memory
- Confusion
- Brain Fog
- Difficulty making decisions
- Speech problems

Total:

LUNGS

- Chest Congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing

Total:

MUSCULOSKELETAL

- Pain or aches in joints
- Arthritis
- Stiffness
- Pain in muscles
- Generalized weakness

Total:

ENERGY

- Fatigue, sluggishness
- Lethargic
- Hyperactivity
- Restlessness

Total:

MOOD

- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability
- Depression

Total:

Add up your total score and take note of the specific areas where you seem to have the most issues. After 60 days of an anti-inflammatory diet and lifestyle, take the quiz again to see if your inflammation score has decreased and note which symptoms have improved.