



Wellness Questionnaire Report

Sample Report

June 17, 2025

Brought to you by Whole Practice

How to Read This Report

In this section, we'll provide instructions on how to read this report and a general overview of what's contained in the report. Your specific results will start in the Summary section.

The Wellness Questionnaire Report analyzes your responses to the comprehensive list of questions that you completed. It captures information on current health symptoms and lifestyle and historical risk factors, which then point towards different types of potential imbalances that may be contributing to your health issues or keeping you from feeling your best. These imbalances are grouped into three major categories:



Gastrointestinal



Blood Sugar



Hormones & Stress

These three areas of focus are important drivers of your overall health and well-being. Imbalances in these categories may contribute to long term chronic health issues while improvements in these imbalances can reverberate throughout your entire body, improving symptoms in seemingly unrelated areas.

Potential Imbalances by Category

Here is a list of all the potential imbalances that will be covered in this report:



Gastrointestinal

- Low Stomach Acid
- Stomach Inflammation
- Liver/GB Dysfunction
- Yeast/Fungal Overgrowth
- Parasite Overgrowth
- Small Intestine Inflammation
- Large Intestine Imbalance
- Constipation



Blood Sugar

- Blood Sugar Swings
- High Blood Sugar



Hormones & Stress

- Adrenals
- Thyroid
- Estrogen
- Androgens

Importance Level

For each potential imbalance, the report analyzes all of the related current symptoms and risk factors and determines whether the Importance Level is Low, Medium, or High. You can think of these Importance Levels as the level of likelihood that a potential imbalance is present based on your responses. For example, if the Low Stomach Acid imbalance is High Importance, then your combination of responses indicates that you are likely experiencing a Low Stomach Acid imbalance. Note that the Importance Level is not solely based on your current symptom score. A higher current symptom score will make it more likely that the Importance Level for that imbalance is High, but many combinations of individual symptoms and risk factors are considered when determining the Importance Level.

Top Priorities

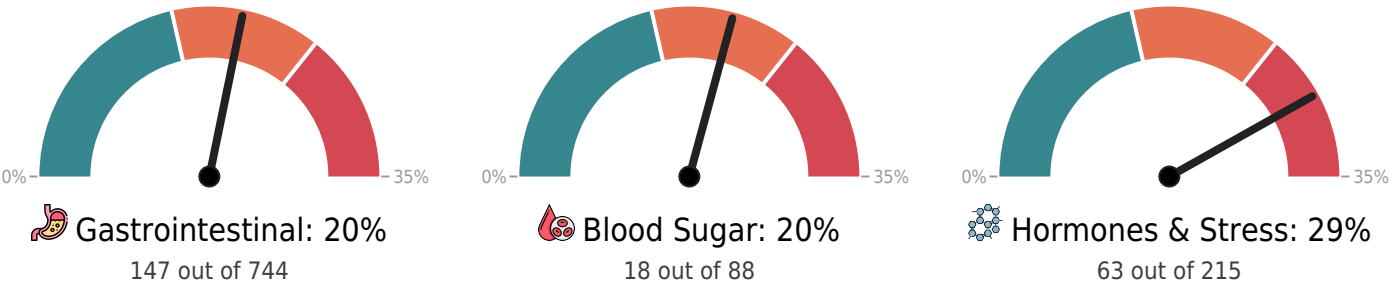
This report also determines the most beneficial next steps for improving your health based on the principles of functional medicine. These Top Priorities are clearly listed after the Summary section of the report. Due to how our bodies work and prioritize healing, the Top Priorities are not necessarily the areas with the highest current symptom scores. Often Top Priorities may be "upstream" from where the majority of symptoms are appearing, but focusing on these imbalances first can make dramatic differences across multiple areas. All of your scores are provided in the report so that you can see where your potential imbalances are and measure progress, but the Top Priorities highlight the most important places to focus based on your specific combination of symptoms.

Disclaimer: You and your practitioner have the most complete understanding of your unique health challenges. This report is meant to help and not replace that understanding. Always give precedence to your and your practitioners expertise.

Summary

Symptoms by Category

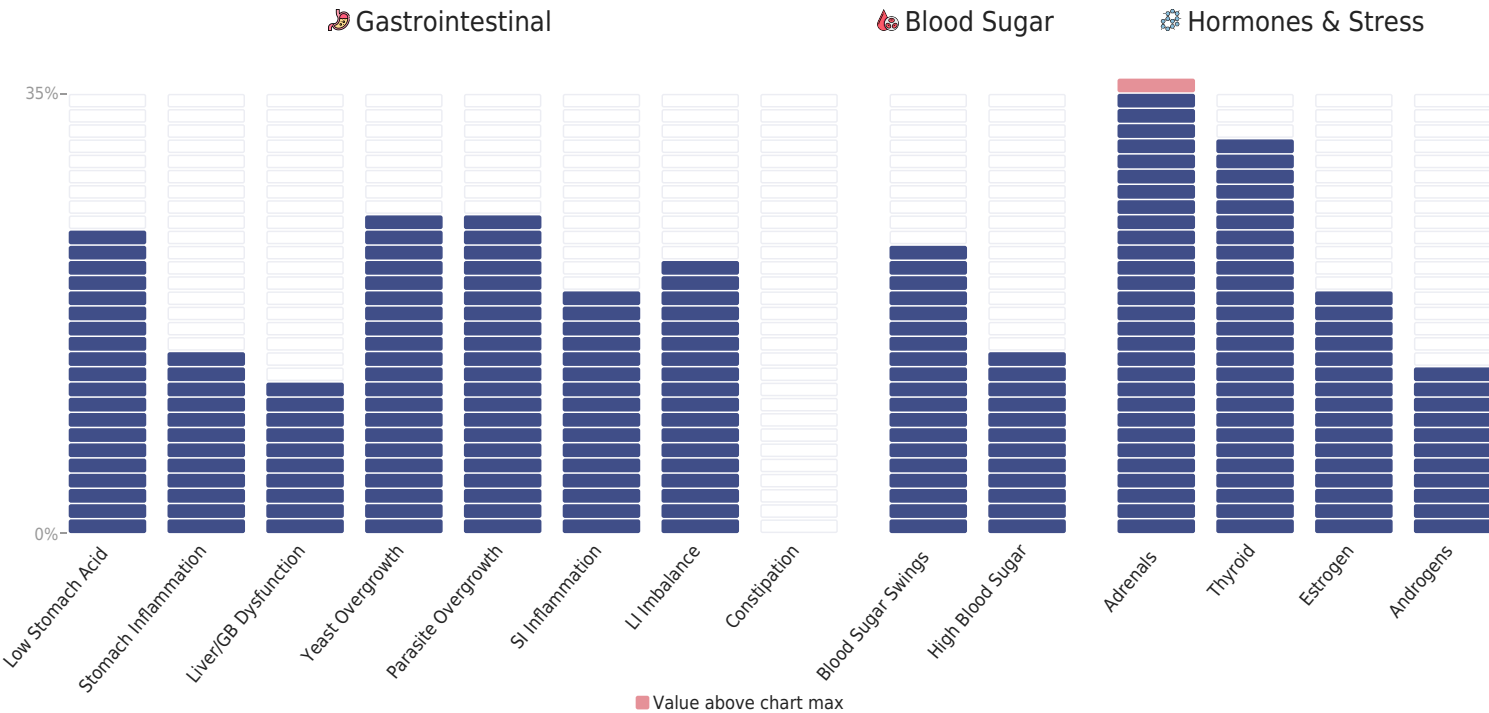
We'll start by looking at your current level of symptoms in each of the three major categories. While your symptoms indicate quite a bit of dysregulation with stress/hormones, your most important areas to focus on first are your GI health and blood sugar regulation.



What do these gauges represent?
These gauges show your current symptoms (and previous if applicable) for each of the three major health categories. They do not include historical risk factors and things that cannot change. This is a great way to quickly see which areas are currently producing the most symptoms and to easily measure progress over time as your symptoms decrease.

Symptoms by Potential Imbalance

Next we'll take those same current symptoms represented in the gauges above and break them down into the potential imbalances they are associated with in the chart below.



What does this graph represent?
The bars on this graph show your current symptom level (and previous if applicable) for each of the potential imbalances covered by this report. They do not include historical risk factors and things that cannot change. You can use this to quickly see what imbalances your symptoms are pointing towards and to easily measure progress over time as you work to correct these imbalances.

Top Priorities

After analyzing your current symptoms across the 14 potential imbalances, the following have been identified as your Top Priorities. Focusing on these first will provide the most benefit.

Stomach Inflammation TOP PRIORITY

Importance: High

Your symptoms suggest that healing your stomach will likely be beneficial to your overall health.

Note that you indicated that you aren't currently taking supplemental HCl, and you had issues with it when you tried it in the past.

Current Symptom Score: 4

Your current symptoms that may be related to stomach inflammation:

Heartburn (2 of 3)

Current Risks

These current dietary/lifestyle factors may impact stomach inflammation:

Take NSAIDs (1 of 2)

Historical Risks

Historical factors that are either associated with or may increase the likelihood of stomach inflammation.

Past issues with supplemental HCl (2 of 3)

What is stomach and upper GI inflammation and why is it important to address it?

The stomach plays a crucial early step in the digestive process. It should be a very acidic environment and that acidity allows it to start breaking down proteins and preparing minerals so that they can be properly absorbed later in the digestive process. When the stomach becomes inflamed it can be hard to tolerate the acidity necessary for digestion. The stomach and upper GI tissue must heal first so that stomach acid can then be increased to support proper digestion.

Dietary changes that may be beneficial:

- Minimize coffee since it can be irritating.
- Incorporate soothing teas such as slippery elm bark, licorice root, marshmallow root, or Throat Coat.
- Avoid food sensitivities since these will contribute to inflammation.
- Consume cruciferous vegetables such as cabbage, broccoli, kale, and Brussels sprouts.

Lifestyle changes that may be beneficial:

- Find ways to reduce stress.
- Prioritize sleep and aim for 7-9 hours per night.
- Minimize alcohol since it can be irritating.

Supplement changes that may be beneficial:

- Minimize NSAIDs (aspirin, ibuprofen/Advil, and naproxen/Aleve) if possible since these can contribute to stomach inflammation. (Always consult your doctor first before making any changes to medications.)
- Aloe juice (inner fillet only and not whole leaf).
- Herbal supplements containing deglycyrrhizinated licorice, meadowsweet, and/or chamomile

Yeast/Fungal Overgrowth TOP PRIORITY

Importance: High

Your symptoms suggest a possible yeast/fungal overgrowth that may be driving your symptoms and negatively impacting your health. You also have some signs of a parasite overgrowth as well.

Current Symptom Score: 36

Your current symptoms that may be related to yeast/fungal overgrowth:

- Fungal infections (2 of 2)
- Crave breads, pastas, or sugars (2 of 3)
- Poor memory (2 of 3)
- Sensitive to moldy places (2 of 3)
- Anxiety (2 of 3)
- Excessive fatigue (2 of 3)
- Sensitive to wheat or gluten (2 of 3)
- Overly itchy skin or itchy inside of ears (1 of 3)
- Overeating sweets upsets stomach (1 of 3)
- Bloating hours after eating (1 of 3)
- Sensitive to chemicals (1 of 3)
- Cramping in the lower abdomen (1 of 3)
- Sensitive to dairy (1 of 3)
- Diarrhea, unrelated to eating meals (1 of 3)
- Excessively full after eating (1 of 3)
- Excessive gas (1 of 3)

Current Risks

These current dietary/lifestyle factors may impact yeast/fungal overgrowth:

- Stress (3 of 3)
- Stressful major life event (2 of 2)

Historical Risks

Historical factors that are either associated with or may increase the likelihood of yeast/fungal overgrowth.

- Cumulative antibiotic usage (3 of 3)
- Cumulative birth control usage (2 of 2)
- History of ear infections as a child (1 of 1)
- Lived in a water-damaged/moldy building (1 of 2)
- History of chronic inflammatory response syndrome (CIRS) (1 of 2)
- History of vaginal yeast infections (1 of 3)

What is a yeast or fungal overgrowth and how does it occur?

Yeast and other types of fungus are naturally part of the GI microbiome, but when the balance between beneficial bacteria and yeasts or fungus is disrupted they can overgrow and cause health and digestive issues. One common example of how this can happen is through antibiotic usage. Antibiotics target bacteria but they usually don't affect fungus. This can potentially shift your microbiome, removing some of the bacteria that was keeping the fungus in check and creating more space for the fungus or yeast to reproduce.

Dietary changes that may be beneficial:

- Minimize carbs (sugars and starches) and dairy products.
- Consider doing an anti-candida diet.
- Focus on whole foods and non-starchy vegetables.

Lifestyle changes that may be beneficial:

- Drink plenty of filtered water. Fungal overgrowths can release toxins as they are being killed off. The additional water will dilute these toxins and help your body remove them more easily.
- Minimize alcohol since it can promote fungal growth.
- Find ways to reduce stress. Too much stress can suppress your immune system and you want your immune system in top form to help combat a fungal overgrowth.
- Prioritize sleep and aim for 7-9 hours per night. This will also help support your immune system.

Supplement changes that may be beneficial:

- Antifungal supplements containing agents such as caprylic acid, grapefruit seed extract, or undecylenic acid.
- Biofilm disruptors made from monolaurin or enzyme-based formulas such as Interfase Plus by Klaire Labs. This will help ensure that the antifungal agents can reach below the surface.
- Probiotics, either spore-based or traditional lactobacillus/bifidobacterium, to help support your beneficial bacteria.

Blood Sugar Swings TOP PRIORITY

Importance: High

Your symptoms suggest that stabilizing your blood sugar levels and resolving your blood sugar swings (hypoglycemia) may be key for positively impacting your health.

Current Symptom Score: 15

Your current symptoms that may be related to blood sugar swings:

- Insomnia where you wake up and can't go back to sleep (3 of 3)
- Wake in the night to urinate (3 of 3)
- Fatigue that is relieved by eating (2 of 3)
- Difficulty making decisions (2 of 3)
- Cravings for coffee/sweets to relieve fatigue (1 of 3)

Current Risks

These current dietary/lifestyle factors may impact blood sugar swings:

- Stress (3 of 3)
- Stressful major life event (2 of 2)
- Average alcoholic drinks per week (2 of 4)
- Average nightly sleep (1 of 3)

Historical Risks

You don't have historical factors associated with blood sugar swings.

What are blood sugar swings and why are they a problem?

Blood sugar swings happen as your body becomes less able to regulate blood glucose levels properly. After a higher carbohydrate snack or meal, blood glucose levels increase. Your body responds by producing insulin, but with early blood sugar dysregulation an overproduction of insulin can cause blood sugar levels to drop lower than they should. This is called hypoglycemia, and it can make your energy levels feel like they're on a rollercoaster with ups occurring during and shortly after meals followed by crashes later on. The overall goal is to stabilize blood sugar and energy levels and get off of this roller coaster.

Dietary changes that may be beneficial:

- Limit sugars and processed grains. Choose whole grains instead of processed and powdered grains that have been made into pastas and flours.
- Include adequate amounts of protein with meals. This will help with satiation.
- Pair unprocessed carbohydrates (vegetables, beans, and whole grains) with proteins and healthy fats.

Lifestyle changes that may be beneficial:

- Eat smaller meals more regularly. Include protein and/or healthy fats with all meals and snacks.
- Prioritize daily movement. Walking and physical exercise help use the circulating glucose and improve metabolic health.
- Drink plenty of filtered water.
- Find ways to reduce stress since stress raises blood sugar levels.
- Prioritize sleep and aim for 7-9 hours per night.
- Minimize alcohol since it can make low blood sugar even lower for some people.
- Consider using a glucose monitor or continuous glucose monitor to learn how certain meals or snacks impact your blood sugar.

Supplement changes that may be beneficial:

- Multivitamin and mineral supplements designed to support blood sugar. These should contain a full spectrum of vitamins and minerals with extra focus on chromium and B vitamins.
- Supplements containing berberine HCl.

Symptom Summary Table

Here you can find your current symptom scores (and previous if applicable) next to the maximum possible scores. The maximums represent the scores if every possible related symptom was currently occurring to the highest degree.

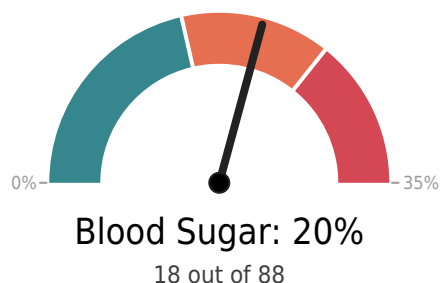
	Score (Jun 17, 2025)		Max
 Gastrointestinal	147	20%	744
Low Stomach Acid	17	23%	74
Stomach Inflammation ^{TOP PRIORITY}	4	13%	30
Liver/GB Dysfunction	10	12%	85
Yeast/Fungal Overgrowth ^{TOP PRIORITY}	36	25%	144
Parasite Overgrowth	16	25%	64
Small Intestine Inflammation	42	19%	224
Large Intestine Imbalance	22	21%	105
Constipation	0	0%	18
	Score (Jun 17, 2025)		Max
 Blood Sugar	18	20%	88
Blood Sugar Swings ^{TOP PRIORITY}	15	23%	66
High Blood Sugar	3	14%	22
	Score (Jun 17, 2025)		Max
 Hormones & Stress	63	29%	215
Adrenals	24	41%	58
Thyroid	26	31%	83
Estrogen	11	19%	58
Androgens	2	13%	16

Gastrointestinal



Your current top priority is to focus on healing Stomach Inflammation so that your stomach will be able to handle the acidity necessary to digest your food. You'll also want to focus on eliminating potential gut pathogens since you have symptoms that suggest a possible yeast/fungal overgrowth.

Blood Sugar



Your current top priority in this section is to focus on your blood sugar regulation, specifically on smoothing out your blood sugar levels to avoid high spikes and low dips.

Hormones & Stress



While you have symptoms of stress/hormonal dysregulation, there are more important areas to focus on first. Improvements in these other areas often have a positive impact on stress/hormone balance.