

## Health Questionnaire

### Essential Fatty Acids (EFAs)

**This questionnaire will help you to decide if you might benefit from taking an essential fatty acid supplement, such as fish or flaxseed oil (vegetarians).**

**Make note of how many items in each group apply to you:**

#### Group A

- Arthritis
- Asthma
- Premenstrual Syndrome  
(swollen or tender breasts, mood changes, abdominal bloating)
- Elevated cholesterol
- Elevated triglycerides
- Autoimmune disease
- Eat foods containing trans fats (partially hydrogenated fats or oils)

#### Group B

- Low Back Pain
- Neck Pain
- Shoulder Pain
- Knee Pain
- Excessive Sweating
- Difficulty cooling off after exercise
- Strongly dislike the cold or strongly dislike like the heat
- Dry Skin or scaly skin
- High blood pressure
- Heart disease
- Changes in mood – depression, anxiety

#### Group C

- Regular recurring headaches – stress-related or otherwise
- Bloating and/or heartburn
- More than 10 pounds overweight
- Sensitivity to temperature changes
- Memory changes
- Eat fish less than one a week
- Eat few vegetables
- Eat a lot of carbohydrates from grains (including baked goods)

#### Scoring:

You will likely benefit from an essential fatty acid supplement if your answers above were positive for:

Any one item from Group A

or

Any two Items from Group B

or

Any two Items from Group C

Although some people notice immediate changes when starting an essential fatty acid supplement, it often takes three to four weeks for the newly introduced fats to reach a level where symptoms noticeable change for the better.

***Cautions:***

*Do not take essential fatty acids if you are on a blood thinner (e.g., Coumadin, Warfarin, Pradaxa, Plavix, Effient, etc.) without first consulting your doctor.*

*If taking EFAs causes any digestive upset such as burping, belching, gas, bloating, constipation or yellow stools, immediately consult your doctor, as these symptoms may be indicative of gallbladder problem.*