

CHRONIC FATIGUE QUESTIONNAIRE

Copyright Laura Power, 2000 – 2008

1. MICROCYTIC ANEMIA

- Anemia in the past
- Headaches
- Pale lips or pale face
- Poor memory and concentration
- Run out of breath easily
- Too tired to exercise

2. MACROCYTIC ANEMIA

- Autism, developmental delay
- Cervical dysplasia or cervical cancer
- Contraceptive use
- Diarrhea or light floating stools
- Drugs: Neomycin or Dilantin recently
- Drugs: sulfa drugs or barbiturates
- Multiple sclerosis
- Nerve tingling or numbness
- Poor appetite & digestion
- Poor coordination
- Poor short-term memory
- Senile dementia
- Vegetarian or vegan diet
- Viral infections: shingles, other

3. HYPOGLYCEMIA

- Crave sugar or sweets
- Dizziness or fainting
- Feel you must eat frequently
- Irritable when you have not eaten
- Sleepy or groggy 1-2 hours after lunch

4. LOW THYROID

- Cold hands and feet, chill easily
- Depression
- Dry skin and hair
- High or high-normal cholesterol
- Lethargy, poor motivation
- Low body temperature
- Poor memory
- Puffy face
- Weight gain, trouble losing it

5. LOW ADRENALS

- Cold hands and feet, chill easily
- Dizzy or shaking after exercise
- Exhausted from 4 – 8 pm
- Go into shock easily
- Insomnia, wake at 3 – 4 am

- Irregular blood sugar
- Low blood pressure, below 100 / 80
- Menopausal or post-menopausal
- Tire easily, and lose coordination

6. FOOD ALLERGIES

- Arthritis, joint pains, muscle pains
- Asthma, rhinitis, laryngitis, cough
- Hives, eczema, rashes, flushing
- Maldigestion, nausea, vomiting, cramp
- Migraines, seizures, vertigo
- Swollen eyes, tearing, water retention

7. LIVER DYSFUNCTION

- Alcohol: excess intake or intolerance
- Burning bile, or bitter tasting reflux
- Constipation, diarrhea, or cramps
- Drugs: Tylenol
- Fatigue after meals
- Fatty liver, pain under ribs on right
- Feel poisoned, headaches
- Jaundice: yellow eyes & palms
- Moody, nervous, irritable
- Nausea, vomiting, poor appetite
- Weight loss - severe

8. CHRONIC FATIGUE VIRUS

- 2-3 week bout of flu, tired ever since
- Dizziness or fainting
- Lack of hunger, weight loss
- Low grade chronic fever, 99 – 101
- Sleeping 10 – 18 hours nightly, naps
- Sore throat
- Swollen glands
- Too tired to exercise

9. CANDIDA ALBICANS

- Antibiotic use, frequent or recent
- Athlete's foot, or white skin patches
- Contraceptives, HRT, or pregnancy
- Corticosteroid inhalers or tablets
- Crave sweets and/or starches
- Gas, bloating, belching
- Itching – anal or genitals
- Nail fungus – white dead patches
- Thrush – yellow or white tongue

10. LYME DISEASE

- Circular or bullseye shaped rash
- Find tiny tick on body
- Fever, chills, headache
- Joint and muscle pains
- Swollen lymph nodes, malaise