

Healthy Solutions

Child Metabolic Assessment

Name : _____ Date : _____

Please circle the numbers that best describes your child's symptoms
0 - Never 1-Occasionally 2-Frequently 3- Constantly

Category I

Feeling that bowels do not empty completely	0	1	2	3
Alternating constipation and diarrhea	0	1	2	3
Diarrhea	0	1	2	3
Constipation	0	1	2	3
Hard dry or small stool	0	1	2	3
Coated tongue or "fuzzy" debris on tongue	0	1	2	3
Pass large amount of foul smelling gas	0	1	2	3

Category II

Unable to focus or concentrate	0	1	2	3
Easily confused by instruction	0	1	2	3
Difficulty understanding cause and effect	0	1	2	3
Listless, weak, weary, fatigued	0	1	2	3
Loud talk, repetition	0	1	2	3
Short tempered and moody	0	1	2	3
Over-sensitivity to sensual stimuli	0	1	2	3
Agitated, excitable	0	1	2	3
Poor coordination, clumsy	0	1	2	3

Category III

Excessive perspiration	0	1	2	3
Expressionless face	0	1	2	3
Red nose, bright red cheek patches, red earlobes	0	1	2	3
Red, itchy, watery eyes	0	1	2	3
Eye puffiness, eye wrinkles	0	1	2	3
Glazed over eyes	0	1	2	3
Recurrent ear infections	0	1	2	3
Lip rash, broken skin on inside of gums/cheeks	0	1	2	3
Discolored and patchy red "geographic" tongue	0	1	2	3
Insatiable desire to eat or drink; food cravings	0	1	2	3
Leg aches or weak extremities, joint stiffness	0	1	2	3
Bladder problems	0	1	2	3
Sleep problems	0	1	2	3
Changes in writing or drawing	0	1	2	3

Category V

Unusual and unexplained fatigue	0	1	2	3
Excessive perspiration, changes in heart rate	0	1	2	3
Headaches	0	1	2	3
Depression, lethargy	0	1	2	3
Involuntary muscle movement	0	1	2	3
Anxiety, unusual or unexplained fear	0	1	2	3

Category VIII

Frontal headaches	0	1	2	3
Nasal Drip	0	1	2	3
Heart palpitations after eating	0	1	2	3
Stomach or intestinal pain or cramping	0	1	2	3
Mucous in throat	0	1	2	3
Skinny pencil size stool	0	1	2	3
Bloating after eating	0	1	2	3

Category V

Often fails to give close attention to details or makes careless mistakes in schoolwork/activities	0	1	2	3
Often has difficulty sustaining attention in tasks or play activities	0	1	2	3
Often does not seem to listen when spoken to directly	0	1	2	3
Often does not follow through on instructions and fails to finish schoolwork, chores (not due to oppositional behavior or failure to understand instructions)	0	1	2	3
Often has difficulty organizing tasks activities	0	1	2	3
Often avoids, dislikes or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework)	0	1	2	3
Often loses things necessary for tasks or activities (e.g., toys, school assignments, pencils, books)	0	1	2	3
Is often easily distracted by extraneous stimuli	0	1	2	3

Category VI

Often fidgets with hands or feet, squirms in seat	0	1	2	3
Often leaves seat in classroom or in other situations in which remaining in seat is expected	0	1	2	3
Often runs about or climbs excessively in situations in which it is inappropriate (in adolescents, may be limited to feelings of restlessness)	0	1	2	3
Often has difficulty playing or engaging in lesiure activities quietly	0	1	2	3
Is often "on the go" or often acts as if "driven by a motor"	0	1	2	3
Often talks excessibely	0	1	2	3
Often blurts out answers before questions have been completed	0	1	2	3