

DOUGLAS LABORATORIES® TUNE-UP PROGRAM QUESTIONNAIRE

[Developed by Dr. Jacob Teitelbaum]*

Name _____

Date _____

Please briefly describe (in one sentence) your main health objectives:

	Check Here	Assessment Place a check mark next to the areas you would like to improve or optimize.	Clinical Objectives†
Hormone Tune-Up		Achieving a healthy body weight	Support overall thyroid health and wellness Healthy thyroid function
		Improved energy	
		Memory and focus	
		Cold intolerance - "I am always cold"	
		Healthy blood lipids	
		Occasional, minor achiness	
		Sluggish bowel movements, occasional constipation	
		Heavy menstrual cycle (females only)	
		Shakiness or irritability when hungry	Support healthy adrenal function and stress management
		Immune function	
		Dizzy upon standing	Support healthy estrogen hormone balance and function Support premenstrual symptoms Support urinary health
	---	<u>Women only:</u>	
		Irritability around your menstrual cycle	
		Overall well-being during your menstrual cycle	
		Vaginal lubrication	
		Day or night sweats, or hot flashes	
		Symptoms of menopause	
		Low libido	
		Urinary tract health and function	Support prostate, testicular, and urinary flow function Optimize overall blood vessel health
	---	<u>Men only:</u>	
	Low libido		
	Sexual function		
	Healthy blood sugar		
	Healthy blood lipids		
	Urinary tract health and function		



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Sleep Tune-Up	---	On average, how many hours of sleep do you get per night? _____ hours	Support healthy sleep and nocturnal rhythms Support restful sleep Support healthy sleep breathing
		Trouble falling and/or staying asleep	
		Jumping legs	
		Snoring	
		If you snore, do you fall asleep easily during the day?	
		If you snore, are you more than 20 lbs. overweight?	
Upper Digestive Tune-Up		Occasional acid regurgitation	Provide healthy upper digestive support
		Burning sensation in your solar plexus or under your chest bone related to recent meals	Support healthy gastric pH and protein digestion
		Prolonged feeling of fullness after eating	Support a healthy stomach mucous lining and gastrointestinal health
Lower Digestive Tune-Up		Occasional difficulty passing irregular bowel movements	Support bowel movements, healthy microflora; improve gas and bloating
		Occasional loose stools	
		Uncomfortable gas production	
		Foul gas odor (sulfur)	
Circle the numbers that apply and add the Total Score at the bottom.			
Lower Digestive Tune-Up - microbial balance	50	Increased nasal mucous production	Support healthy fungal/candida microbial balance (When Total Score is 70 or greater)
	50	History of taking antibiotics for greater than 30 days	
	50	History of taking a course of antibiotics 3 times over a 12-month period	
	50	Gas/bloating, hard or loose stools	
	15	History of birth control pills	
	15	History of corticosteroid use (Prednisone/Medrol)	
	20	Itching (skin, nail, jock itch, athlete's foot)	
	20	Cravings for sugar or bread	
		Total Score	
Mood Tune-Up		Occasional feelings of stress, tension	Support sense of well-being/mood and calm
		Sudden shortness of breath/unable to take a deep breath	
		Feelings of sadness	
		Numbness/tingling sensation around mouth	



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Cognitive Tune-Up		Memory including name and word retrieval, parking locations	Support healthy memory and cognition
Heart Tune-Up		Winded easily without exercise	Support heart energy metabolism
		Ankle swelling (both ankles)	Support healthy heart function and blood flow
		Healthy blood markers (lipids)	Support cardiovascular health and biomarkers
		Tired, desire for more stamina	
Musculoskeletal Tune-Up		Nerve comfort	Comfort/support healthy nerve function
		Head comfort	
		Muscular comfort	Support healthy joint structure
		Joint comfort	
Energy Tune-Up		Muscle comfort	Support energy production and metabolism
		Optimize iron or ferritin levels (keep over 60)	
		Maintain alertness and cognitive function	
		Low energy/tired; cold intolerance	
Foundational Tune-Up		Occasional dry eyes	Support foundational nutritional support for various systems
		Occasional dry mouth	
		Energy level	
		Tight muscles	
		Healthy cognition	

+Dr. Teitelbaum is a retained advisor to Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at douglaslabs.com/tune-up-teitelbaum



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