

What's the MSQ All Mean?

You've discovered you've got some elevated levels of inflammation, now what?

Existing symptoms (every item on this questionnaire is a symptom) are indicative of an underlying problem that exists *somewhere* in your body.

For example, a runny nose is just a symptom that could have several different root causes depending on the person. It could be a cold you picked up from your grandchild or an allergic reaction to food you have eaten or even chemicals in your environment.

Symptoms that eventually get strong enough or linger long enough to create chronic inflammation and disturb our immune system will usually lead us to the doctor.

Unfortunately, most medical professionals aren't trained to get to the root cause of your problem, they are trained to give you a prescription drug to give you **relief** from your symptoms. Basically, prescription drugs aren't fixing anything. While they maybe a short term solution (often with side effects) they are not what your body needs to heal itself. This means the symptoms don't go away (like your cold getting better and your runny nose drying up) and you will have to continue the medication because the root cause of the problem still persists.

Determining the root cause for **you** is a highly individualized process and I strongly recommend bringing in a functional medicine professional to help you hone in on your core issues.

That said, there are *trends* in inflammation. If you rate high in any of these particular categories, then it could be indicative of several issues. Of course, I am *not* diagnosing anything, just pointing out trends that I typically see with certain inflammatory responses.

Skim your chart. Where are your highest numbers? Look below to see what they could be pointing to.

Digestive Track can indicate issues with low probiotics, poor gut health, acid reflux, low stomach acid and any of the irritable bowel syndromes (IBS, IBD, Crohns, SIBO).

Ears, Eyes & Nose can indicate allergies, candida or food intolerances.

Emotions, Head & Mind can indicate food intolerances and leaky gut.

Energy and Muscles can indicate food allergies, autoimmune issues, toxic overload and lack of nutrition.

Heart can indicate thyroid issues and food intolerances.

Lungs can indicate allergies and food or chemical intolerances.

Mouth/Throat can indicate gastrointestinal issues, poor digestion and candida.

Skin can indicate gastrointestinal issues and thyroid problems.

Weight can indicate candida, gut health, generalized inflammation and toxic overload.

Other can indicate candida, food intolerances and problems with your thyroid.