



TAYLOR WELLNESS & CHIROPRACTIC CLINIC

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Name: _____

CHEMICAL BALANCE QUESTIONNAIRE

Speed of healing is determined by **chemical balance** in the body. Chemical balance is determined, in large, **by what you eat**. Please indicate the amounts of frequencies you partake in the following:

BE HONEST!

	Per Day	Per Week
1. Coffee (caf/decaf)	_____ cups	_____ cups
2. Tea (herbal/regular)	_____ cups	_____ cups
3. Sugar, sweets, desserts, candy, artificial sweetener	_____ times	_____ times
4. Salt, salty snacks, chips, etc	_____ servings	_____ servings
5. Do you add salt to food at meal time?	___yes___no	_____ occasionally
6. Red meat (beef, pork, bacon, ham, etc)	_____ times	_____ times
7. Chicken/Fish	_____ times	_____ times
8. Dairy (milk, cheese, ice cream, etc)	_____ servings	_____ servings
9. Water	_____ glasses	_____ glasses
10. Fresh fruits	_____ pieces	_____ pieces
11. Fresh Vegetables (non-canned)	_____ servings	_____ servings
12. Alcoholic beverages	_____ serving's	_____ servings
13. Soft drinks (caf/decaf)	_____ serving's	_____ servings
14. Smoking	_____ packs	_____ packs

What is a typical breakfast for you? _____

What is a typical lunch for you? _____

What is a typical evening meal for you? _____

List any supplements/ vitamins you are currently taking _____
