

Terrain Self-Assessment

Print and complete at baseline, then again at 30, 60, and 90 days to track your progress.

Check any symptoms or patterns that apply to you. There are no right or wrong answers.
This is a snapshot of where your terrain stands today.

DIGESTION & ELIMINATION

- ☐ Fewer than one bowel movement per day
- ☐ Loose, urgent, or inconsistent stools
- ☐ Bloating or gas after meals
- ☐ Undigested food visible in stool
- ☐ Acid reflux or heartburn
- ☐ Feeling full quickly or loss of appetite
- ☐ Difficulty digesting fats (greasy or floating stool)
- ☐ Light-colored or pale stool
- ☐ Nausea, especially in the morning

ENERGY & COGNITION

- ☐ Fatigue that sleep doesn't resolve
- ☐ Brain fog or difficulty concentrating
- ☐ Energy crashes in the afternoon
- ☐ Waking between 1 and 3 AM
- ☐ Difficulty falling or staying asleep
- ☐ Feeling wired but tired
- ☐ Poor memory or word retrieval

IMMUNE & INFLAMMATION

- ☐ Frequent colds or infections
- ☐ Seasonal allergies or histamine reactions
- ☐ Skin issues (eczema, rashes, acne, hives)
- ☐ Joint pain or stiffness
- ☐ Chronic sinus congestion
- ☐ Food sensitivities that seem to multiply
- ☐ Chemical sensitivity (fragrances, cleaners, off-gassing)

NERVOUS SYSTEM & MOOD

- ☐ Anxiety or restlessness
- ☐ Depression or low motivation
- ☐ Teeth grinding or jaw clenching, especially at night
- ☐ Easily startled or hypervigilant
- ☐ Irritability that seems disproportionate
- ☐ Difficulty relaxing even when nothing is wrong

POSSIBLE PARASITIC INDICATORS

- ☐ Itching around the nose or anus, especially at night
- ☐ Teeth grinding (bruxism)
- ☐ Sugar or carbohydrate cravings
- ☐ Unexplained weight changes
- ☐ Travel history to tropical or developing regions
- ☐ History of food poisoning that never fully resolved
- ☐ Pets in the household (dogs, cats)
- ☐ Visible mucus, strings, or unusual material in stool

None of these signs proves a parasitic infection. Patterns matter more than any single symptom.

MINERAL & NUTRIENT STATUS

- ☐ Muscle cramps or twitches
- ☐ White spots on fingernails
- ☐ Brittle nails or thinning hair
- ☐ Restless legs
- ☐ Slow wound healing
- ☐ Frequent headaches
- ☐ Cold hands and feet

SCORING

This is not a diagnostic tool. It is a mirror. The more boxes you checked, the more your terrain may benefit from foundation work before any cleansing protocol.

Teeth grinding appears in more than one category because it can reflect different patterns.

If you are counting total boxes, count it only once.

Date completed: _____ Total boxes checked: _____ Change from last: _____