

Methylation Questionnaire

Put the proper letter (N = Now – P = Past – B = Both) beside any of the exposures you have had in the past or now have. Comment below as needed.

- Alcohol Consumption
- Antibiotics
- B₃ Niacin
- Systemic Candida
- Cholesterol-binding drugs such as Cholestyramine or Colestipol
- Crohn's Disease, Celiac, Microbial GI tract Imbalances, Poor Diet, IBS
- High Simple Carb Diet
- Syndrome, Bulimia or Anorexia.
- Antibiotics
- Birth control pills
- Estrogen replacement drugs
- High stress levels
- Tylenol
- Blood Pressure pills like Ace inhibitors
- Green Coffee Bean Extract
- High simple carbohydrate intake
- Limited red meat intake
- Limited vegetable intake
- Lyme Disease
- Metformin
- Methotrexate
- Corticosteroids
- Sulfa drugs like Bactrim, Septra, or Dyazide
- Proton Pump Inhibitors (PPI) like Nexium, Prevacid and Prilosec
- High dose Niacin or prescription Slo-Niacin or Niaspan
- Multiple Chemical Sensitivities
- Hypothyroidism
- Ibuprofen
- Xenoestrogens (Fake estrogens like what leaches from plastics and all synthetic fragrances)
- Other Unusual Environmental Toxins
- Mercury and other heavy metals
- Nitrous Oxide

Comments:
