



Essential Fatty Acid Status Evaluation

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Instructions:

Answer each multiple-choice question as accurately as you can. Your answers will create a "score" that will be used to assess your risk of an essential fatty acid deficiency and related illnesses.

Each multiple choice question has a numeric value that is also your "score" for that question. A general point scale is provided (alternative criteria are provided in brackets in case you need to adjust your reading of any particular questions).

Answer each question, then add up the sum of your scores. Enter the total in the specified blank at the bottom of the assessment.

Point Scale:

0 = never (also: least, no, never tried/experienced)

1 = mild (also: occasionally; symptom occurs rarely - i.e. a couple of times a month at most)

2 = moderate (also: some severity/intensity, and/or frequency, often; symptom occurs weekly)

3 = severe/absolute (also: frequent, intense, most, always, yes)

Essential Fatty Acids Questionnaire

1. Do you experience pain relief with aspirin?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

2. Do you crave fatty or greasy foods?
0 = never
1 = mild
2 = moderate
3 = severe/absolute
3. Do you have a history of following a low or reduced-fat diet?
0 = never
1 = years ago
2 = within last year
3 = within past 3 months
4. Do you experience tension headaches at the base of your skull?
0 = never
1 = mild
2 = moderate
3 = severe/absolute
5. Do you get headaches when out in the hot sun?
0 = never
1 = mild
2 = moderate
3 = severe/absolute
6. Do you sunburn easily or suffer sun poisoning?
0 = never
1 = mild
2 = moderate
3 = severe/absolute
7. Do your muscles easily fatigue?
0 = never
1 = mild
2 = moderate
3 = severe/absolute

8. Do you have dry, flaky skin?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

9. Do you ever experience "goose flesh/goose bumps"?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

10. Do you have ridged, cracked, and/or peeling nails?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

11. Do you have magnesium and Vitamin B6 deficiencies that don't respond to supplementation?

0 = no

3 = yes

12. Do you have dandruff?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

13. Do you have areas of inflamed soft tissue?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

14. Do you have inflamed joints?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

15. Do you have cracks in your heels?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

16. Do you have red cuticles?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

17. Do you have acne?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

18. Do you have breast cysts?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

19. Do you suffer from diarrhea?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

20. Do you have dry hair?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

21. Do you have Eczema?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

22. Do you have excess ear wax?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

23. Do you have gall stones?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

24. Have you experienced hair loss?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

25. Do you suffer from any immune impairment?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

26. Do you have a history of infertility?

0 = never

1 = years ago

2 = within last year

3 = within past 3 months

27. Do you have a history of liver degeneration?

0 = never

1 = years ago

2 = within last year

3 = within past 3 months

28. Are you prone to poor wound healing?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

29. Are you prone to premenstrual syndrome? (males select "0")

0 = never

1 = mild

2 = moderate

3 = severe/absolute

30. Do you have sores around your mouth?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

31. Do you have dry lips?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

32. Do you have split cuticles?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

33. Do you ever notice splitting nails?

0 = never

1 = mild

2 = moderate

3 = severe/absolute

TOTAL: _____ (÷ by total possible score of 99) = _____ %

Scoring:

0-10% - Overall good balance. Sound nutrition and healthy habits will maintain good balance.

11-20% - In need of a tune up to restore balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.

21-35% - Things are out of balance and need attention.

36-50% - Very compromised and likely to significantly affect your state of health, well-being and energy level.

51-100% - Severely compromised and requires immediate attention.