

WellnessPlus

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# Drainage Pathways Assessment

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Everyone starts with drainage, no matter what condition you are dealing with. It is so important to be able to tell when organs and pathways are stagnant as well as making it more clear about when it is time to move onto the killing phase.

This resource is a simple questionnaire to start the process of assessing your drainage pathways to see what needs to be addressed! It also can be helpful as you begin to detox, as the symptoms that come up during the process can give you clues about what or where may need some additional support.

How to Use this Questionnaire: It's simple! If you have two or more answers to each category that are YES, then consider that drainage pathway, at least, partially stagnant or blocked. Check back in every few weeks to see how things are shifting.

## **Bowels/Digestive System:**

- Regularity: Do you have more or less than 1-3 “normal” bowel movements/day?
  - Normal meaning well formed, well digested with no mucus or blood.
- Do you regularly experience constipation and/or diarrhea?
- Are you bloated/gassy?
  - Particularly in the lower abdomen (Large Intestine)
- Do you have acid reflux?
  - Note: can also be related to liver/gallbladder drainage pathway
- Do you have hemorrhoids/anal fissures?

## **Bile/GallBladder:**

- Do you see undigested food in your stool and/or floating stools?
- Do you get queasy with digestive enzymes?
- Are you bloated?
  - Particularly in the upper abdomen or area right around the belly button (small intestine).
- Do you have right upper quadrant heaviness or pain?
- Have you had your gallbladder removed?
- Have you had/do have thyroid gland dysfunction?
  - Both Hyper and Hypo Thyroid increase formation of Gallstones.

## Liver:

- Do you have horrible hangovers after drinking?
- Do you become anxious or lightheaded after caffeine, especially coffee?
- Does extended fasting make you hangry, irritable or lightheaded?
- If you are a menstruating woman, do you get extra irritable right before you bleed? Or around ovulation?
- Are you able to process anger? Do you allow yourself to feel anger? Are you either eruptive/angry all the time or else tend to suppress your anger?

## Lymphatic:

- Do you have cellulite, lumps and bumps?
- Do you have painful connective tissue/massages?
- Does dry brushing hurt?
- Do you have persistent sore throats or tonsil stones?
- Have you experienced trauma?
  - Particularly are you still experiencing the emotional and physical effects of past trauma, or are there are aspects of your present life that you find challenging to accept, and/or keep you in fight or flight?

## Glymphatic:

- Do you experience sleep difficulties?
- Do you sleep less than 7-9 hours/night?
- Do you feel rested in the mornings?
- Do you have brain fog or difficulty with word finding/executive function?
- Do you have memory issues?
- Do you have recurrent headaches?

## Kidneys/Urinary Tract:

- Do you drink half your body weight in clean water/day (in ounces)?
- Do you see foam in the urine?
- Have you had UTIs? Interstitial Cystitis or other inflammation of the bladder or urethra?
- Do you have BPH or an other condition which makes voiding difficult?
  - This can also include postpartum or surgical trauma to the pelvic floor
- The Kidney/Bladder are related to Fear, do you find yourself with difficulty in feeling safe? Do you experience nightmares?

## Lungs/Respiratory Tract:

- Do you have trouble breathing slowly and with your belly, rather do you tend to breathe shallow/into your chest and rapidly?
- Do you have a history of respiratory infections?
  - Do Colds and Flus tend to result in significant mucus/phlegm and coughing?
- Do you have trouble breathing through your nose?
  - Do you have a deviated septum or chronic sinus inflammation which makes this difficult.
- Do you have sleep apnea?
- Do you currently or do you have a history of Asthma or Reactive Airway Disease?
- Do you get easily short of breath and find it difficult to do cardiovascular exercise?
- The Lungs are related to sadness/grief, have you experienced loss in your life that you still find “heavy” at times? Do you tend towards depression?

## Womb/Vagina/Menstrual Cycle Cycles:

Skip the Questions related to Menstrual Cycle if Post Menopausal

- Do you have an irregular or absent menstrual cycle?
  - Do you have PCOS?
- Do you have painful cycles, with either scanty or very heavy bleeding?
- Do you have ovarian cysts or endometriosis?
- Do you have issues with vaginal pain/lubrication?
- Do you have either very little or significant vaginal discharge?
  - Chronic BV or Yeast Infections?
- Did you have a surgical procedure in this area?
  - Such as a hysterectomy, C-Section, Leep Procedure for Cervical Dysplasia, Episiotomy or Tearing during Labor?
- Do you have a history of sexual trauma? And or trauma related to your feminine nature?

## Mitochondria/Energy/Cellular Health:

- Do you have good, sustained energy throughout the day?
- Do you have pins and needles sensations on the legs or arms?
- Do you have brain fog and severe chronic fatigue?
  - Particularly that is not relieved by sleep?
- Do you have trouble with exercise, particularly strength training?
- Do you find yourself easily overwhelmed and/or easily frustrated?

## Autonomic Nervous System:

This is not a drainage pathway but should be screened and balanced before and throughout detoxing. There is a lot of crossover between symptoms of Mitochondrial Dysfunction/Nervous System Dysfunction and “Adrenal Fatigue”

- Do you have trouble with temperature regulation?
- Do you have trouble with palpitations or skipped heart beats?
- Do you pass out easily?
- Do you have trouble jolting awake or reactively respond to others?
- Do you have trouble dealing with stress?
- Do you have trouble going to sleep or sitting still?

## Chronic Infections/Toxic Burden:

Again, this is not a drainage pathway but should be screened so you know where to focus your time, and what is overwhelming the drainage pathways resulting in stagnation and illness.

- Do you have root canals, mercury fillings or other dental issues?
- Did you have a dry socket after wisdom tooth removal?
- Do you have cavities that have not been filled?
- Do you have breast implants?
- Are you worse with insomnia or anxiety around full moons?
- Do you have rectal itching?
- Do you have dairy sensitivity?
- Do you have muscle twitches or fasciculations?
- Do you have joint pains?
- Do you grind your teeth at night, especially around full moons?
- Do you have eczema, psoriasis or hives?
- Do you need to urinate multiple times at night?
- Do you crave sugar or fermented drinks like beer especially after 7pm?
- Are you extremely sensitive to smells/chemicals?

**Now that you have an idea of what needs addressing, check out our other amazing resources on each drainage pathway to start healing and optimizing your detoxification process!**

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