

Ama Survey

	Does not apply	2	3	4	5	Applies most 6
I tend to feel a sense of blockage or obstruction in the body (constipation, congestion in the head, general feeling of non-clarity, etc)	1	2	3	4	5	6
When I wake in the morning, I do not feel clear; it takes me quite some time to feel awake	1	2	3	4	5	6
I tend to feel physically weak without a clear reason	1	2	3	4	5	6
I catch cold or similar ailments several times per year	1	2	3	4	5	6
I tend to feel heaviness in the body	1	2	3	4	5	6
I tend to feel that something is not functioning correctly in the body (eg breathing, digestion, elimination, etc)	1	2	3	4	5	6
I tend to feel disinclined toward work, find it difficult	1	2	3	4	5	6
I often suffer from indigestion	1	2	3	4	5	6
I feel the need to expectorate frequently	1	2	3	4	5	6
I often have no appetite and do not enjoy eating	1	2	3	4	5	6
I tend to feel mentally and physically tired/exhausted	1	2	3	4	5	6

Total score _____