

TAKE "THE DIGESTIVE INFLAMMATION TEST"



THE  
THE UNDISCOVERED  
BACK  
KEY TO REDUCING  
PAIN  
INFLAMMATION AND  
RELIEF  
ELIMINATING PAIN  
DIET

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— THE SINETT SOLUTION —

# THE DIGESTIVE INFLAMMATION TEST



What you eat—whether it’s too much coffee, too many sweets, or a host of other edibles that have a unique impact on you—can agitate your digestive system and chemically induce back pain.

In order to determine if what you are eating is a significant cause of your back pain, the following questions will help you assess the digestive and hormonal factors that may be causing inflammation in one or more parts of your body.

When a patient has dietary issues, we look for either changes in the chemical system or repetitive patterns that can result in back pain. Hormonal changes also fall into the digestive/chemical category and can profoundly influence back health.

Answer **YES** or **NO** to each question, giving **one point** for **yes** and **zero points** for **no**.

- \_\_\_ Have you been constipated recently?
- \_\_\_ Have you had diarrhea recently?
- \_\_\_ Has your stomach been bothering you?
- \_\_\_ Have you had an increase in gas?
- \_\_\_ Have you eaten any types of food that you don't normally consume?
- \_\_\_ Have you eaten spicy foods recently?
- \_\_\_ Have you recently had a stomach virus?
- \_\_\_ Have you been on any new medication(s)?
- \_\_\_ Have you changed your diet?
- \_\_\_ Have you changed your vitamin regimen?
- \_\_\_ Have you increased your fiber intake?
- \_\_\_ Do you tend to have the same meals more than three times in a week?
- \_\_\_ Do you eat five large raw salads or more in a week?
- \_\_\_ Have you recently started to drink five or more fruit smoothies in a week?
- \_\_\_ Are you taking more than three different vitamins in a day?
- \_\_\_ Have you recently become a vegetarian?

- \_\_\_ Do you eat five or more cups of fruits and vegetables in a day?
- \_\_\_ Have you recently started to drink something different?
- \_\_\_ Have you drunk more than four alcoholic beverages in one sitting in the past week?
- \_\_\_ Do you depend on coffee or soda to stay awake during the day?
- \_\_\_ Do you have coffee at least once a day?
- \_\_\_ Are you having more than three protein bars in a week?
- \_\_\_ Do you use protein bars as meal replacements?
- \_\_\_ Do you eat more than one small dessert or treat during the day?
- \_\_\_ Do you use an artificial sweetener?
- \_\_\_ Do you have regular bowel movements?
- \_\_\_ Have you been diagnosed with IBS (Irritable Bowel Syndrome)?
- \_\_\_ Do you turn to food when you're stressed or upset?
- \_\_\_ Do you skip meals?
- \_\_\_ Do you ever eat when you're not hungry or continue eating after you are full?
- \_\_\_ Do you eat at your desk?

\_\_\_\_\_ Did you just begin your menstrual period, or have you recently started menopause?

\_\_\_\_\_ Has your hormonal system undergone any recent changes (menopause, change in birth control, missed menstrual period, pregnancy, etc.)?

*Add up the number of times you answered “yes.”*

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## SCORING YOUR STOMACH

### 4 POINTS OR LESS

If you answered “yes” fewer than four times, you are at low risk for a digestive cause of back pain. Your cause is likely structural and/or emotional. I suggest looking at my book *3 Weeks to a Better Back* to help you best focus your attention on the more likely causes of your back pain and find at-home treatment options. A local chiropractor also may be helpful in treating your structural pain, and a therapist may offer stress-coping mechanisms to help improve your daily life.

### 5 TO 10 POINTS

If you answered “yes” between five and ten times, you are at moderate risk for digestively induced back pain, which means digestive issues are probably contributing to your back pain. You will very likely find some relief by using my guide to digestive solutions found in Chapter 4 in order to identify some of

your trigger foods and by following one of the nutrition plans to reduce your internal inflammation.

## **MORE THAN 10 POINTS**

If you answered “yes” more than ten times, your back pain most definitely has a digestive root. “Digestive Solutions,” as outlined in Chapter 4, will help you begin your digestive evaluation and find the right nutrition plan to help reduce your stomach and back pain.