

WellnessPlus

by DR. JESS
MD

Drainage Pathways Assessment

WAIVER OF LIABILITY

This program offers health, wellness, fitness and nutritional information and is provided for informational purposes only. This information is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem. If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have seen or heard in an educational program or read on this web site. The use of any information provided on this web site is solely at your own risk. Nothing stated or posted on this web site or available through any services offered by Dr. Jessica Peatross are intended to be, and must not be taken to be, the practice of medicine. Information provided on this web site DOES NOT create a doctor-patient relationship between you and any doctor affiliated with our web site. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

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!

The wellness subscription that will change your life

Be more confident, vibrant and healthier through education on WellnessPlus



Specialty Courses

New courses are added each quarter personally designed by Dr. Jess. They include a guided experience with professionally filmed 30 minute+ videos, read-along written content, quizzes, certificates, and product recommendations.



Interactive Webinars

Biweekly scheduled live streams in a group consult environment featuring community chat sessions with Dr. Jess. Webinars go in-depth on varying topics along with action plans. Members may submit a question beforehand for consideration.



Podcast Talks

A new feature on our growing platform, Dr. Jess invites industry experts from all over the world in varying specialties to privately discuss edgy topics you care about. You won't find these pre-recorded disruptive video interviews anywhere else.



PDF Resources

We add at least 20 written pieces of content monthly to our library of 140+ resources & scientific studies. Find everything you need to know about wellness from trusted sources including questionnaires, lifestyle prescriptions, food plans, and more.



Insight Articles

Nearly 200 functional medicine news and emerging research articles written by Dr. Jess and other industry experts. In this day and age with so much misinformation we ensure you have access to the truth from a source you can trust.



Community Forum

We understand how isolating and frustrating your path to health can be - you're not alone. Use our forum to ask questions, share your story, and interact with others going through it. Dr. Jess and her ambassadors monitor daily and are here to help.



Product Discounts

Save up to 50% off popular products or services personally endorsed and used by Dr. Jess. The products and services in our store have a high success rate with her patients and she is now extending them to you.



CellCore Access

CellCore Biosciences has developed a clear treatment protocol designed to systematically tackle the various iterations of chronic illness that individuals face. Skip a traditional consultation and gain access to our sought after practitioner code.

[Click Here to Receive A Free Specialty Course](#)

Specialty course available to new subscribers only