

SYMPTOM SURVEY FORM

NAME: _____ AGE: _____ DATE: _____

Assign a number to the symptoms that you experience, using the following scale: (1) for MILD symptoms, (2) for MODERATE symptoms, and (3) for SEVERE symptoms. *LEAVE BLANK IF YOU DON'T EXPERIENCE SYMPTOM.*

GROUP 1

- Upset by acid foods
- Often chilled
- "Lump" in throat
- Dry mouth/eyes/nose
- Pulse speeds after meals
- Cuts heal slowly
- Gag easily
- Keyed up, can't calm down
- Unable to relax, startle easily
- Extremities cold, clammy
- Irritated by strong light
- Urine amount reduced
- Heart pounds after retiring
- "Nervous" stomach
- Appetite reduced
- Cold sweats often
- Nerve pains
- Staring, blinks little
- Frequent sour stomach

GROUP 2

- Joint stiffness after arising
- Muscle/leg/toe cramps at night
- Butterflies in stomach, cramps
- Watery eyes or nose
- Eyes blink often
- Puffy, swollen eyelids
- Indigestion soon after meals
- Always hungry, often lightheaded
- Rapid digestion
- Frequent vomiting
- Frequent hoarseness
- Breathing irregular
- Slow pulse, feels irregular
- Slow gagging reflex
- Difficulty swallowing
- Alternating diarrhea/constipation
- "Slow starter"
- Perspire easily
- Poor circulation, sensitive to cold
- Frequent colds/asthma/bronchitis

GROUP 3

- Eat when nervous
- Excessive appetite
- Hungry between meals
- Irritable/lightheaded if meals delayed
- Get "shaky" if hungry
- Eating relieves fatigue
- Heart palpitates if meals missed/delayed
- Afternoon headaches
- Overeating sweets upsets stomach
- Wake after few hours, hard to return to sleep
- Crave candy/coffee/caffeine in afternoon
- Moods of depressions/blues/melancholy
- Abnormal craving for sweets/snacks

GROUP 4

- Limbs fall asleep easily/numb
- Sigh frequently, "air hunger"
- Aware of breathing heavily
- High altitude discomfort
- Opens windows in closed rooms
- Susceptible to colds/fevers
- Afternoon "yawner"
- Often drowsy
- Swollen ankles worse at night
- Muscle cramps worse with exercise
- Dull pain in chest, radiating to left arm, worse with exertion
- Shortness of breath on exertion
- Bruise easily, black & blue spots
- Tendency to anemia
- Frequent nosebleeds
- Ringing in ears, noises in head
- Tension under breastbone, "tight" feeling worse with exertion

GROUP 5

- Dizziness
- Dry skin
- Burning feet
- Blurred vision
- Itching skin and feet
- Losing excessive hair
- Frequent skin rashes
- Bitter metallic taste in mouth in AM
- Painful/difficult stool
- Queasy, headaches over eyes
- Greasy foods are upsetting
- Light-colored stools
- Skin peels from foot sole
- Pain between shoulder blades
- Uses laxatives
- Alternating soft/watery stools
- Gallbladder attacks/stones
- Sneezing attacks
- Bad dreams/nightmares
- Halitosis/bad breath
- Milk products cause distress
- Sensitive to hot weather
- Burning/itching anus
- Craves sweets

GROUP 6

- Loss of taste for meat
- Lower bowel gas hours after eating
- Burning stomach relieved with eating
- Reduced initiative
- Coated tongue
- Passing large amts of foul gas
- Mucus colitis, "irritable bowel"
- Gas shortly after eating
- Stomach bloating after eating
- Indigestion 30" to 4 hrs after eating

(TURN OVER)

GROUP 7-A

- Insomnia
- Nervousness
- Can't gain weight
- Intolerance to heat
- Highly emotional
- Flushes easily
- Night sweats
- Thin, moist skin
- Inward trembling
- Heart palpitates
- Increased appetite, no weight gain
- Fast pulse when resting
- Twitching of eyelids/face
- Irritable and restless
- Unable to work under pressure

GROUP 7-B

- Increase in weight
- Decrease in appetite
- Easily fatigued
- Ringing in ears
- Sleepy during the day
- Sensitive to cold
- Dry or scaly skin
- Constipation
- Mental sluggishness
- Coarse hair, falling out
- Headache when waking, then wears off
- Slow pulse (below 65)
- Frequent urination
- Impaired hearing
- Bowel disorders

GROUP 7-C

- Failing memory
- Low blood pressure
- Increased sex drive
- "Splitting" types of headaches
- Decreased sugar tolerance

GROUP 7-D

- Abnormal thirst
- Abdomen bloating
- Weight gain in hips or waist
- Reduced/lacking sex drive
- Tendency towards ulcers/colitis
- Increased sugar tolerance
- Women: menstrual disorders
- Young girls: no menstrual function

GROUP 7-E

- Dizziness
- Headaches
- Hot flashes
- Increased blood pressure
- Sugar in urine (not diabetes)
- Women: hair growth on face/body
- Women: masculine tendencies

GROUP 7-F

- Weakness, dizziness
- Chronic fatigue
- Low blood pressure
- Nails weak, ridged
- Tendency towards hives
- Arthritic tendencies
- Increased perspiration
- Bowel disorders
- Poor circulation
- Swollen ankles
- Craves salt
- Brown spots/bronzing of skin
- Allergies/asthma
- Weakness after colds/flu
- Exhaustion-muscular/nervous
- Respiratory disorders

FEMALES ONLY

- Very easily fatigued
- Premenstrual tension
- Painful menstruation
- Depressed before menstruation
- Menstruation excessive and prolonged
- Painful breasts
- Menstruating too frequently
- Vaginal discharge
- Hysterectomy/ovaries removed
- Menopausal hot flashes
- Menstruation scanty or missed
- Acne worse with menstruation
- Depression of long-standing

MALES ONLY

- Prostate trouble
- Urination difficult, or dribbling
- Frequent night urination
- Depression
- Pain on inside of legs or heels
- Bowel evacuation feels incomplete
- Lack of energy
- Migrating aches and pains
- Fatigued too easily
- Avoids activities
- Leg nervousness at night
- Diminished sex drive

PLEASE LIST YOUR 5 MAIN HEALTH COMPLAINTS, IN ORDER OF IMPORTANCE:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____