

Symptom Survey Form

Name: _____ Date: _____

Instructions: Number the boxes which apply to you with either a 1, 2 or 3

(1) For MILD symptoms (Occurs occasionally)

(2) For MODERATE symptoms (Occurs often)

(3) For SEVERE symptoms (Symptoms are constant)

GROUP 1

- Acid foods upset
- Get chilled often
- "Lump" in the throat
- Dry mouth-eyes-nose
- Pulse speeds after meals
- Keyed up, difficult to calm
- Cuts heal slowly
- Gag easily
- Unable to relax, startle easily
- Extremities cold, clammy
- Strong light irritates
- Urine amount reduced
- Heart pounds after retiring
- "Nervous" stomach
- Appetite reduced
- Cold sweats often
- Fever easily raised
- Neuralgia-like pains
- Staring, blink very little
- Sour stomach frequent

GROUP 2

- Joint stiffness after arising
- Muscle-leg-toe cramps at night
- "Butterfly" stomach, cramps
- Eyes or nose watery
- Eyes blink often
- Eyelids swollen, puffy
- Indigestion soon after meals
- Always seem hungry; feel "lightheaded" often
- Digestion rapid
- Vomiting frequent
- Hoarseness frequent
- Breathing irregular
- Pulse slow, feels irregular
- Gagging reflex slow
- Difficulty swallowing
- Constipation / diarrhea alternating
- "Slow starter"
- Get "chilled" infrequently
- Perspire easily
- Circulation poor, sensitive to cold
- Subject to colds, asthma, bronchitis

GROUP 3

- Eat when nervous
- Excessive appetite
- Hungry between meals
- Irritable before meals
- Get "shaky" if hungry
- Fatigue, eating relieves
- "Lightheaded" if meals delayed
- Heart palpitates if meals missed or delayed
- Afternoon headaches
- Overeating sweets upsets
- Awaken after few hours sleep, hard to get back to sleep
- Crave candy or coffee in the afternoon
- Moods of depression - "blues" or melancholy
- Abnormal cravings for sweets or snacks

GROUP 4

- Hands and feet go to sleep easily, numbness
- Sigh frequently, "air hunger"
- Aware of "breathing heavily"
- High altitude discomfort
- Open windows in closed room
- Susceptible to colds & fevers
- Afternoon "yawner"
- Get "drowsy" often
- Swollen ankles worse at night
- Muscle cramps, worse during exercise, get "Charley Horses"
- Shortness of breath on exertion
- Dull pain in chest or radiating into left arm, worse on exertion
- Bruise easily, "black/blue spots"
- Tendency to anemia
- "Nose bleeds" frequent
- Noises in head or "ringing ears"
- Tension under the breastbone, or feeling of "tightness", worse with exertion

GROUP 5

- Dizziness
- Dry skin
- Burning feet
- Blurred vision
- Itching skin & feet
- Excessive falling hair
- Frequent skin rashes
- Bitter, metallic taste in the mouth in mornings
- Bowel movements painful or difficult
- Worrier, feels insecure
- Feeling queasy, headaches over eyes
- Greasy foods upset
- Stools light-colored
- Skin peels on foot soles
- Pain between shoulder blades
- Use laxatives
- Stools alternate between soft to watery
- History of gallbladder attacks or gallstones
- Sneezing attacks
- Dreaming, nightmare type bad dreams
- Bad breath (halitosis)
- Milk products cause distress
- Sensitive to hot weather
- Burning or itching anus
- Crave sweets

GROUP 6

- Loss of taste for meat
- Lower bowel gas several hours after eating
- Burning stomach sensations, eating relieves
- Coated tongue
- Pass large amounts of foul smelling gas
- Indigestion 1/2-1 hour after eating; may be up to 3- 4 hrs
- Mucus colitis or "irritable bowel"
- Gas shortly after eating
- Stomach "bloating" after eating

GROUP 7

(A)

- Insomnia
- Nervousness
- Can't gain weight
- Intolerance to heat
- Highly emotional
- Flush easily
- Night sweats
- Thin, moist skin
- Inward trembling
- Heart palpitates
- Increased appetite without weight gain
- Pulse fast at resting
- Eyelids and face twitch
- Irritable and restless
- Can't work under pressure

(B)

- Increase in weight
- Decrease in appetite
- Fatigue easily
- Ringing in ears
- Sleepy during the day
- Sensitive to cold
- Dry or scaly skin
- Constipation
- Mental Sluggishness
- Hair coarse, falls out
- Headaches upon arising, wears off during the day
- Slow pulse, below 65
- Frequency of urination
- Impaired hearing
- Reduced initiative

GROUP 7

(C)

- Failing memory
- Low blood pressure
- Increased sex drive
- Headaches, "splitting" type
- Decreased sugar tolerance

(D)

- Abnormal thirst
- Bloating of abdomen
- Weight gain around hips & waist
- Sex drive reduced or lacking
- Tendency to ulcers, colitis
- Increased sugar tolerance
- Women: Menstrual disorders
- Young girls: Lack of menstrual function

(E)

- Dizziness
- Headaches
- Hot flashes
- Increased blood pressure
- Hair growth on face or body (female)
- Sugar in urine (not diabetes)
- Masculine tendencies (female)

(F)

- Weakness, dizziness
- Chronic Fatigue
- Low blood pressure
- Nails weak, ridged
- Tendency to hives
- Arthritic tendencies
- Perspiration increase
- Bowel disorders
- Poor circulation
- Swollen ankles
- Crave salt
- Brown spots or bronzing of skin
- Allergies - tendency to asthma
- Weakness after colds, influenza
- Exhaustion - muscular and nervous
- Respiratory disorders

FEMALE ONLY

- Very easily fatigued
- Premenstrual tension
- Painful menstruation
- Depressed feelings before menstruation
- Menstruation excessive and prolonged
- Painful breasts
- Menstruate too frequently
- Vaginal discharge
- Hysterectomy/ovaries removed
- Menopausal hotflashes
- Menses scanty or missed
- Acne worse at menses
- Depression, long standing

MALE ONLY

- Prostate trouble
- Urination difficult or dribbling
- Night urination frequent
- Depression
- Pain on inside of legs or heels
- Feeling of incomplete bowel evacuation
- Lack of energy
- Migrating aches and pains
- Tire too easily
- Avoid activity
- Leg nervousness at night
- Diminished sex drive

IMPORTANT

To the client: Please list below the five main health complaints you have in order of their importance:

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