

SYMPTOM SURVEY FORM

PATIENT _____

DOCTOR _____

DATE _____

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

(1) for MILD symptoms (occur once or twice a year)

(2) for MODERATE symptoms (occur several times a year)

(3) for SEVERE symptoms (you are aware of it almost constantly)

Leave the box BLANK if it does not apply to you!

GROUP 1

- 1 Acid foods upset
- 2 Get chilled, often
- 3 "Lump" in throat
- 4 Dry mouth-eyes-nose
- 5 Pulse speeds after meals
- 6 Keyed up—fail to calm
- 7 Cuts heal slowly
- 8 Gag easily
- 9 Unable to relax; startles easily
- 10 Extremities cold, clammy
- 11 Strong light irritates
- 12 Urine amount reduced
- 13 Heart pounds after retiring
- 14 "Nervous" stomach
- 15 Appetite reduced
- 16 Cold sweats often
- 17 Fever easily raised
- 18 Neuralgia-like pains
- 19 Staring, blinks little
- 20 Sour stomach frequent

GROUP 2

- 21 Joint stiffness after arising
- 22 Muscle-leg-toe cramps at night
- 23 "Butterfly" stomach, cramps
- 24 Eyes or nose watery
- 25 Eyes blink often
- 26 Eyelids swollen, puffy
- 27 Indigestion soon after meals
- 28 Always seems hungry; feels "lightheaded" often
- 29 Digestion rapid
- 30 Vomiting frequent
- 31 Hoarseness frequent
- 32 Breathing irregular
- 33 Pulse slow; feels "irregular"
- 34 Gagging reflex slow
- 35 Difficulty swallowing
- 36 Constipation, diarrhea alternating
- 37 "Slow starter"
- 38 Get "chilled" infrequently
- 39 Perspire easily
- 40 Circulation poor, sensitive to cold
- 41 Subject to colds, asthma, bronchitis

GROUP 3

- 42 Eat when nervous
- 43 Excessive appetite
- 44 Hungry between meals
- 45 Irritable before meals
- 46 Get "shaky" if hungry
- 47 Fatigue, eating relieves
- 48 "Lightheaded" if meals delayed
- 49 Heart palpitates if meals missed or delayed
- 50 Afternoon headaches
- 51 Overeating sweets upsets
- 52 Awaken after few hours sleep—hard to get back to sleep
- 53 Crave candy or coffee in afternoons
- 54 Moods of depression—"blues" or melancholy
- 55 Abnormal craving for sweets or snacks

GROUP 4

- 56 Hands and feet go to sleep easily, numbness
- 57 Sigh frequently, "air hunger"
- 58 Aware of "breathing heavily"
- 59 High altitude discomfort
- 60 Opens windows in closed room
- 61 Susceptible to colds and fevers
- 62 Afternoon "yawner"
- 63 Get "drowsy" often
- 64 Swollen ankles worse at night
- 65 Muscle cramps, worse during exercise; get "charley horses"
- 66 Shortness of breath on exertion
- 67 Dull pain in chest or radiating into left arm, worse on exertion
- 68 Bruise easily, "black/blue" spots
- 69 Tendency to anemia
- 70 "Nose bleeds" frequent
- 71 Noises in head or "ringing in ears"
- 72 Tension under the breastbone, or feeling of "tightness", worse on exertion

GROUP 5

- 73 Dizziness
- 74 Dry skin
- 75 Burning feet
- 76 Blurred vision
- 77 Itching skin and feet
- 78 Excessive falling hair
- 79 Frequent skin rashes
- 80 Bitter, metallic taste in mouth in mornings
- 81 Bowel movements painful or difficult
- 82 Worrier, feels insecure
- 83 Feeling queasy; headache over eyes
- 84 Greasy foods upset
- 85 Stools light-colored
- 86 Skin peels on foot soles
- 87 Pain between shoulder blades
- 88 Use laxatives
- 89 Stools alternate from soft to watery
- 90 History of gallbladder attack or gallstones
- 91 Sneezing attacks
- 92 Dreaming, nightmare type of dreams
- 93 Bad breath (halitosis)
- 94 Milk products cause distress
- 95 Sensitive to hot weather
- 96 Burning or itching anus
- 97 Crave sweets

- GROUP 6**
- 98 Loss of taste for meat
 - 99 Lower bowel gas several hours after eating
 - 100 Burning stomach sensations, eating relieves
 - 101 Coated tongue
 - 102 Pass large amounts of foul-smelling gas
 - 103 Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
 - 104 Mucus colitis or "irritable bowel"
 - 105 Gas shortly after eating
 - 106 Stomach "bloating" after eating

- GROUP 7**
- (A)
- 107 Insomnia
 - 108 Nervousness
 - 109 Can't gain weight
 - 110 Intolerance to heat
 - 111 Highly emotional
 - 112 Flush easily
 - 113 Night sweats
 - 114 Thin, moist skin
 - 115 Inward trembling
 - 116 Heart palpitates
 - 117 Increased appetite without weight gain
 - 118 Pulse fast at rest
 - 119 Eyelids and face twitch
 - 120 Irritable and restless
 - 121 Can't work under pressure
- (B)
- 122 Increase in weight
 - 123 Decrease in appetite
 - 124 Fatigue easily
 - 125 Ringing in ears
 - 126 Sleepy during day
 - 127 Sensitive to cold
 - 128 Dry or scaly skin
 - 129 Constipation
 - 130 Mental sluggishness
 - 131 Hair coarse, falls out
 - 132 Headaches upon arising wear off during day
 - 133 Slow pulse, below 65
 - 134 Frequency of urination
 - 135 Impaired hearing
 - 136 Reduced initiative

GROUP 7 (continued)

- (C)
- 137 Failing-memory
 - 138 Low blood pressure
 - 139 Increased sex drive
 - 140 Headaches, "spitting or rending" type
 - 141 Decreased sugar tolerance
- (D)
- 142 Abnormal thirst
 - 143 Bloating of abdomen
 - 144 Weight gain around hips or waist
 - 145 Sex drive reduced or lacking
 - 146 Tendency to ulcers, colitis
 - 147 Increased sugar tolerance
 - 148 Women: menstrual disorders
 - 149 Young girls: lack of menstrual function
- (E)
- 150 Dizziness
 - 151 Headaches
 - 152 Hot flashes
 - 153 Increased blood pressure
 - 154 Hair growth on face or body (female)
 - 155 Sugar in urine (not diabetes) (female)
 - 156 Masculine tendencies (female)
- (F)
- 157 Weakness, dizziness
 - 158 Chronic fatigue
 - 159 Low blood pressure
 - 160 Nails weak, ridged
 - 161 Tendency to hives
 - 162 Arthritic tendencies
 - 163 Perspiration increase
 - 164 Bowel disorders
 - 165 Poor circulation
 - 166 Swollen ankles
 - 167 Crave salt
 - 168 Brown spots or bronzing of skin
 - 169 Allergies—tendency to asthma
 - 170 Weakness after colds, influenza
 - 171 Exhaustion—muscular and nervous
 - 172 Respiratory disorders

- FEMALE ONLY**
- 173 Very easily fatigued
 - 174 Premenstrual tension
 - 175 Painful menses
 - 176 Depressed feelings before menstruation
 - 177 Menstruation excessive and prolonged
 - 178 Painful breasts
 - 179 Menstruate too frequently
 - 180 Vaginal discharge
 - 181 Hysterectomy/ovaries removed
 - 182 Menopausal hot flashes
 - 183 Menses scanty or missed
 - 184 Acne, worse at menses
 - 185 Depression of long standing

- MALE ONLY**
- 186 Prostate trouble
 - 187 Urination difficult or dribbling
 - 188 Night urination frequent
 - 189 Depression
 - 190 Pain on inside of legs or heels
 - 191 Feeling of incomplete bowel evacuation
 - 192 Lack of energy
 - 193 Migrating aches and pains
 - 194 Tire too easily
 - 195 Avoids activity
 - 196 Leg nervousness at night
 - 197 Diminished sex drive

IMPORTANT

TO THE PATIENT: Please list below the five main health complaints you have in order of their importance:

1. _____

2. _____

3. _____

4. _____

5. _____