

Symptom Survey

Name: _____

Instructions: **If it does not apply to you, leave it blank. Please add name to all pages.** Circle (1) for **MILD** symptoms (occurs rarely), (2) for **MODERATE** symptoms (occurs several times a month), or (3) for **SEVERE** symptoms (occurs almost constantly).

GROUP ONE

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

GROUP TWO

- | | | | | |
|-----|---|---|---|---|
| 21) | 1 | 2 | 3 | Joint stiffness after arising |
| 22) | 1 | 2 | 3 | Muscle-leg-toe cramps at night |
| 23) | 1 | 2 | 3 | Butterfly stomach, cramps |
| 24) | 1 | 2 | 3 | Eyes or nose watery |
| 25) | 1 | 2 | 3 | Eyes blink often |
| 26) | 1 | 2 | 3 | Eyelids swollen, puffy |
| 27) | 1 | 2 | 3 | Indigestion soon after meals |
| 28) | 1 | 2 | 3 | Always seem hungry; feels lightheaded often |
| 29) | 1 | 2 | 3 | Digestion rapid |
| 30) | 1 | 2 | 3 | Vomiting frequent |
| 31) | 1 | 2 | 3 | Hoarseness frequent |
| 32) | 1 | 2 | 3 | Breathing irregular |
| 33) | 1 | 2 | 3 | Pulse slow; feels irregular |
| 34) | 1 | 2 | 3 | Gagging reflex slow |
| 35) | 1 | 2 | 3 | Difficulty swallowing |
| 36) | 1 | 2 | 3 | Constipation, diarrhea alternating |
| 37) | 1 | 2 | 3 | Slow starter |
| 38) | 1 | 2 | 3 | Get chilled infrequently |
| 39) | 1 | 2 | 3 | Perspire easily |
| 40) | 1 | 2 | 3 | Circulation poor, sensitive to cold |
| 41) | 1 | 2 | 3 | Subject to colds, asthma, bronchitis |

GROUP THREE

- | | | | | |
|-----|---|---|---|--|
| 42) | 1 | 2 | 3 | Eat when nervous |
| 43) | 1 | 2 | 3 | Excessive appetite |
| 44) | 1 | 2 | 3 | Hungry between meals |
| 45) | 1 | 2 | 3 | Irritable before meals |
| 46) | 1 | 2 | 3 | Get shaky if hungry |
| 47) | 1 | 2 | 3 | Fatigue, eating relieves |
| 48) | 1 | 2 | 3 | Lightheaded if meals delayed |
| 49) | 1 | 2 | 3 | Heart palpitates if meals missed or delayed |
| 50) | 1 | 2 | 3 | Afternoon headaches |
| 51) | 1 | 2 | 3 | Overeating sweets upsets |
| 52) | 1 | 2 | 3 | Awaken after few hours sleep - hard to get back to sleep |
| 53) | 1 | 2 | 3 | Crave candy or coffee in afternoons |
| 54) | 1 | 2 | 3 | Moods of depression - blues or melancholy |

55) 1 2 3 Abnormal craving for sweets or snacks

GROUP FOUR

56) 1 2 3 Hands and feet go to sleep easily, numbness
57) 1 2 3 Sigh frequently, air hunger
58) 1 2 3 Aware of breathing heavily
59) 1 2 3 High altitude discomfort
60) 1 2 3 Opens windows in closed room
61) 1 2 3 Susceptible to colds and fevers
62) 1 2 3 Afternoon yawner
63) 1 2 3 Get drowsy often
64) 1 2 3 Swollen ankles worse at night
65) 1 2 3 Muscle cramps, worse during exercise; get charley horses
66) 1 2 3 Shortness of breath on exertion
67) 1 2 3 Dull pain in chest or radiating into left arm, worse on exertion
68) 1 2 3 Bruise easily, black and blue spots
69) 1 2 3 Tendency to anemia
70) 1 2 3 Nose bleeds frequent
71) 1 2 3 Noises in head, or ringing in ears
72) 1 2 3 Tension under the breastbone, or feeling of tightness, worse on exertion

GROUP FIVE

73) 1 2 3 Dizziness
74) 1 2 3 Dry skin
75) 1 2 3 Burning feet
76) 1 2 3 Blurred vision
77) 1 2 3 Itching skin and feet
78) 1 2 3 Excessive falling hair
79) 1 2 3 Frequent skin rashes
80) 1 2 3 Bitter, metallic taste in mouth in mornings
81) 1 2 3 Bowel movements painful or difficult
82) 1 2 3 Worrier, feels insecure
83) 1 2 3 Feeling queasy; headache over eyes
84) 1 2 3 Greasy foods upset
85) 1 2 3 Stools light-colored
86) 1 2 3 Skin peels on foot soles
87) 1 2 3 Pain between shoulder blades
88) 1 2 3 Use laxatives
89) 1 2 3 Stools alternate from soft to watery
90) 1 2 3 History of gallbladder attacks or gallstones
91) 1 2 3 Sneezing attacks
92) 1 2 3 Dreaming, nightmare type bad dreams
93) 1 2 3 Bad breath (halitosis)
94) 1 2 3 Milk products cause distress
95) 1 2 3 Sensitive to hot weather
96) 1 2 3 Burning or itching anus
97) 1 2 3 Crave sweets

GROUP SIX

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

GROUP SEVEN

(A)
106) 1 2 3 Insomnia
107) 1 2 3 Nervousness
108) 1 2 3 Can't gain weight

109)	1	2	3	Intolerance to heat
110)	1	2	3	Highly emotional
111)	1	2	3	Flush easily
112)	1	2	3	Night sweats
113)	1	2	3	Thin, moist skin
114)	1	2	3	Inward trembling
115)	1	2	3	Heart palpitates
116)	1	2	3	Increased appetite without weight gain
117)	1	2	3	Pulse fast at rest
118)	1	2	3	Eyelids and face twitch
119)	1	2	3	Irritable and restless
120)	1	2	3	Can't work under pressure
(B)				
121)	1	2	3	Increase in weight
122)	1	2	3	Decrease in appetite
123)	1	2	3	Fatigue easily
124)	1	2	3	Ringing in ears
125)	1	2	3	Sleepy during day
126)	1	2	3	Sensitive to cold
127)	1	2	3	Dry or scaly skin
128)	1	2	3	Constipation
129)	1	2	3	Mental sluggishness
130)	1	2	3	Hair coarse, falls out
131)	1	2	3	Headaches upon arising wear off during day
132)	1	2	3	Slow pulse, below 65
133)	1	2	3	Frequency of urination
134)	1	2	3	Impaired hearing
135)	1	2	3	Reduced initiative
(C)				
136)	1	2	3	Failing memory
137)	1	2	3	Low blood pressure
138)	1	2	3	Increased sex drive
139)	1	2	3	Headaches, splitting or rendering type
140)	1	2	3	Decreased sugar tolerance
(D)				
141)	1	2	3	Abnormal thirst
142)	1	2	3	Bloating of abdomen
143)	1	2	3	Weight gain around hips or waist
144)	1	2	3	Sex drive reduced or lacking
145)	1	2	3	Tendency to ulcers, colitis
146)	1	2	3	Increased sugar tolerance
147)	1	2	3	Women: menstrual disorders
148)	1	2	3	Young girls: lack of menstrual function
(E)				
149)	1	2	3	Dizziness
150)	1	2	3	Headaches
151)	1	2	3	Hot flashes
152)	1	2	3	Increased blood pressure
153)	1	2	3	Hair growth on face or body (female)
154)	1	2	3	Sugar in urine (not diabetes)
155)	1	2	3	Masculine tendencies (female)
(F)				
156)	1	2	3	Weakness, dizziness
157)	1	2	3	Chronic fatigue
158)	1	2	3	Low blood pressure
159)	1	2	3	Nails, weak, ridged
160)	1	2	3	Tendency to hives
161)	1	2	3	Arthritic tendencies
162)	1	2	3	Perspiration increase
163)	1	2	3	Bowel disorders
164)	1	2	3	Poor circulation

165)	1	2	3	Swollen ankles
166)	1	2	3	Crave salt
167)	1	2	3	Brown spots or bronzing of skin
168)	1	2	3	Allergies - tendency to asthma
169)	1	2	3	Weakness after colds, influenza
170)	1	2	3	Exhaustion - muscular and nervous
171)	1	2	3	Respiratory disorders

GROUP EIGHT

172)	1	2	3	Apprehension
173)	1	2	3	Irritability
174)	1	2	3	Morbid fears
175)	1	2	3	Never seems to get well
176)	1	2	3	Forgetfulness
177)	1	2	3	Indigestion
178)	1	2	3	Poor appetite
179)	1	2	3	Craving for sweets
180)	1	2	3	Muscular soreness
181)	1	2	3	Depression; feelings of dread
182)	1	2	3	Noise sensitivity
183)	1	2	3	Acoustic hallucinations
184)	1	2	3	Tendency to cry without reason
185)	1	2	3	Hair is coarse and/or thinning
186)	1	2	3	Weakness
187)	1	2	3	Fatigue
188)	1	2	3	Skin sensitive to touch
189)	1	2	3	Tendency towards hives
190)	1	2	3	Nervousness
191)	1	2	3	Headache
192)	1	2	3	Insomnia
193)	1	2	3	Anxiety
194)	1	2	3	Anorexia
195)	1	2	3	Inability to concentrate; confusion
196)	1	2	3	Frequent stuffy nose; sinus infections
197)	1	2	3	Allergy to some foods
198)	1	2	3	Loose joints

FEMALE ONLY

199)	1	2	3	Very easily fatigued
200)	1	2	3	Premenstrual tension
201)	1	2	3	Painful menses
202)	1	2	3	Depressed feelings before menstruation
203)	1	2	3	Menstruation excessive and prolonged
204)	1	2	3	Painful breasts
205)	1	2	3	Menstruate too frequently
206)	1	2	3	Vaginal discharge
207)	1	2	3	Hysterectomy/ovaries removed
208)	1	2	3	Menopausal hot flashes
209)	1	2	3	Menses scanty or missed
210)	1	2	3	Acne, worse at menses
211)	1	2	3	Depression of long standing

MALE ONLY

212)	1	2	3	Prostate trouble
213)	1	2	3	Urination difficult or dribbling
214)	1	2	3	Night urination frequent
215)	1	2	3	Depression
216)	1	2	3	Feeling of incomplete bowel evacuationPain on inside of legs or heels
217)	1	2	3	Lack of energy
218)	1	2	3	Migrating aches and pains
219)	1	2	3	Tire too easily
220)	1	2	3	Avoids activity
221)	1	2	3	Leg nervousness at night
222)	1	2	3	Diminished sex drive