

SYMPTOM SURVEY FORM

NAME _____ DOCTOR _____ DATE _____

AGE _____ SEX M _____ F _____

Phone # (_____) _____

INSTRUCTIONS: Number the boxes which apply to you with either a 1, 2, or 3
 (1) for **MILD** symptoms
 (2) for **MODERATE** symptoms
 (3) for **SEVERE** symptoms
 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; feel "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 sleeps - 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 Susceptive 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 movement painful or difficult
 - 82 Worries, feels insecure
 - 83 Felling 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 attacks or gallstones
 - 91 Sneezing attaches
 - 92 Dreaming, nightmare type bad 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 Metal 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, "splitting 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)
- 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 feeling 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

MALES 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 Avoid 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. _____