

SYMPTOM SURVEY

Patient: _____ M / F Date: _____ Vegetarian: Y / N

INSTRUCTIONS: LEAVE THE QUESTION BLANK if it does not apply to you.

CIRCLE (1) for MILD symptoms -occurs once or twice a month

CIRCLE (2) for MODERATE symptoms-occurs several time a month

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

GROUP ONE		
1. 1 2 3 Acid foods upset	8. 1 2 3 Gag easily	15. 1 2 3 Appetite reduced
2. 1 2 3 Get chilled often	9. 1 2 3 Startles easily	16. 1 2 3 Cold sweats often
3. 1 2 3 "Lump" in throat	10. 1 2 3 Extremities cold, clammy	17. 1 2 3 Fever easily raised
4. 1 2 3 Dry mouth-eyes-nose	11. 1 2 3 Strong light irritates	18. 1 2 3 Neuralgia-like pains
5. 1 2 3 Pulse speeds after meal	12. 1 2 3 Urine amount reduced	19. 1 2 3 Staring, blinks little
6. 1 2 3 Keyed up-fail to calm	13. 1 2 3 Heart pounds after retiring	20. 1 2 3 Sour stomach frequent
7. 1 2 3 Cuts Heal Slowly	14. 1 2 3 "Nervous" stomach	
GROUP TWO		
21. 1 2 3 Joint stiffness after rising	29. 1 2 3 Digestion rapid	37. 1 2 3 "Slow starter"
22. 1 2 3 Muscle-leg-toe cramps at night	30. 1 2 3 Vomiting frequent	38. 1 2 3 Get "chilled" infrequently
23. 1 2 3 "Butterfly" stomach, cramps	31. 1 2 3 Hoarseness frequent	39. 1 2 3 perspire easily
24. 1 2 3 Eyes or nose watery	32. 1 2 3 Breathing irregular	40. 1 2 3 Circulation poor, sensitive to cold
25. 1 2 3 Eyes blink often	33. 1 2 3 Puls slow, feels irregular	41. 1 2 3 Subject to colds, asthma, bronchitis
26. 1 2 3 Eyelids swollen, Puffy	34. 1 2 3 Gagging reflex slow	
27. 1 2 3 Indigestion soon after meals	35. 1 2 3 Difficulty swallowing	
28. 1 2 3 Always seems hungry; feels light-headed often	36. 1 2 3 Constipation, Diarrhea alternating	
GROUP THREE		
42. 1 2 3 Eat when nervous	49. 1 2 3 Heart palpitates if meals missed or delayed	53. 1 2 3 Crave candy or coffee in afternoons
43. 1 2 3 Excessive appetite	50. 1 2 3 Afternoon headaches	54. 1 2 3 Moods of depression-"blues" or melancholy
44. 1 2 3 Hungry between meals	51. 1 2 3 Overeating sweets upsets	55. 1 2 3 Abnormal craving for sweets or snacks
45. 1 2 3 Irritable before meals	52. 1 2 3 Awaken after few hours sleep -hard to get back to sleep	
46. 1 2 3 Get "shaky" if hungry		
47. 1 2 3 Fatigue, eating relieves		
48. 1 2 3 "lightheaded" if meals delayed		
GROUP FOUR		
56. 1 2 3 Hands and feet go to sleep easily, numbness	63. 1 2 3 Get "drowsy" often	68. 1 2 3 Bruise easily, "black and blue" spots
57. 1 2 3 Sigh frequently, "air hunger"	64. 1 2 3 Swollen ankles worse at night	69. 1 2 3 Tendency to anemia
58. 1 2 3 Aware of "breathing heavily"	65. 1 2 3 Muscle cramps, worse during exercise get "charley horses"	70. 1 2 3 "Nose Bleeds" frequent
59. 1 2 3 High altitude discomfort	66. 1 2 3 Shortness of breath or exertion	71. 1 2 3 Noises in head, or "ringing in ears"
60. 1 2 3 Opens windows in closed rooms	67. 1 2 3 Dull pain in chest or radiating into left arm, worse on exertion.	72. 1 2 3 Tension under the breastbone, or feeling of "tightness" worse on exertion
61. 1 2 3 Susceptible to colds and fevers		
62. 1 2 3 Afternoon "yawner"		
GROUP FIVE		
73. 1 2 3 Dizziness	82. 1 2 3 Worrier, feels insecure	90. 1 2 3 History of gallbladder attacks or gallstones
74. 1 2 3 Dry Skin	83. 1 2 3 Feeling queasy; headache over eyes	91. 1 2 3 Sneezing attacks
75. 1 2 3 Burning Feet	84. 1 2 3 greasy foods upset	92. 1 2 3 Dreaming, nightmare type bad dreams
76. 1 2 3 Blurred Vision	85. 1 2 3 Stools light-colored	93. 1 2 3 Bad breath (halitosis)
77. 1 2 3 Itching skin and feet	86. 1 2 3 Skin peels on foot soles	94. 1 2 3 Milk products cause distress
78. 1 2 3 Excessive falling hair	87. 1 2 3 Pain between shoulder blades	95. 1 2 3 Sensitive to hot weather
79. 1 2 3 Frequent skin rashes	88. 1 2 3 Use laxatives	96. 1 2 3 Burning or itching anus
80. 1 2 3 Bitter, metallic taste in mouth in morning	89. 1 2 3 Stools alternate from soft to watery	97. 1 2 3 Crave sweets
81. 1 2 3 Bowel movements painful or difficult		

GROUP SIX

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

(A)

GROUP SEVEN

(E)

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|---|---|---|
| 107. 1 2 3 Insomnia | 129. 1 2 3 Constipation | 150. 1 2 3 Dizziness |
| 108. 1 2 3 Nervousness | 130. 1 2 3 Mental sluggishness | 151. 1 2 3 Headaches |
| 109. 1 2 3 Can't gain weight | 131. 1 2 3 Hair course, falls out | 152. 1 2 3 Hot flashes |
| 110. 1 2 3 Intolerance to heat | 132. 1 2 3 Headaches upon arising wear off during day | 153. 1 2 3 Increased blood pressure |
| 111. 1 2 3 Highly emotional | 133. 1 2 3 Slow pulse, below 65 | 154. 1 2 3 Hair growth on face or body (female) |
| 112. 1 2 3 Flush easily | 134. 1 2 3 Frequency of urination | 155. 1 2 3 Sugar in urine (not diabetes) |
| 113. 1 2 3 Night sweats | 135. 1 2 3 Impaired hearing | 156. 1 2 3 Masculine tendencies (female) |
| 114. 1 2 3 Thin, moist skin | 136. 1 2 3 Reduced initiative | |
| 115. 1 2 3 Inward trembling | 137. 1 2 3 Failing Memory | |
| 116. 1 2 3 Heart palpitates | 138. 1 2 3 Low blood pressure | |
| 117. 1 2 3 Increased appetite w/o weight gain | 139. 1 2 3 Increased sex drive | |
| 118. 1 2 3 Pulse fast at rest | 140. 1 2 3 Headaches, "splitting or rending" type | |
| 119. 1 2 3 Eyelids and face twitch | 141. 1 2 3 Decreased sugar tolerance | |
| 120. 1 2 3 Irritable and restless | | |
| 121. 1 2 3 Cant work under pressure | | |

(B)

(D)

(F)

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| 122. 1 2 3 Increase in weight | 142. 1 2 3 Abnormal thirst | 157. 1 2 3 Weakness, dizziness |
| 123. 1 2 3 Decrease in appetite | 143. 1 2 3 Bloating of abdomen | 158. 1 2 3 Chronic fatigue |
| 124. 1 2 3 Fatigue easily | 144. 1 2 3 Weight gain around hips or waist | 159. 1 2 3 Low blood pressure |
| 125. 1 2 3 Ringing in ears | 145. 1 2 3 Sex drive reduced or lacking | 160. 1 2 3 Nails weak, ridged |
| 126. 1 2 3 Sleepy during day | 146. 1 2 3 Tendency to ulcers, colitis | 161. 1 2 3 Tendency to hives |
| 127. 1 2 3 Sensitive to cold | 147. 1 2 3 Increased sugar tolerance | 162. 1 2 3 Arthritic tendencies |
| 128. 1 2 3 Dry or scaly skin | 148. 1 2 3 Women: menstrual disorders | 163. 1 2 3 Perspiration increase |
| | 149. 1 2 3 Young girls: lack of menstrual function | 164. 1 2 3 Bowel disorders |
| | | 165. 1 2 3 Poor circulation |
| | | 166. 1 2 3 Swollen ankles |
| | | 167. 1 2 3 Crave salt |
| | | 168. 1 2 3 Brown spots or bronzing of skin |
| | | 169. 1 2 3 Allergies-tendency to asthma |
| | | 170. 1 2 3 Weakness after colds, influenza |
| | | 171. 1 2 3 Exhaustion-muscular and nervous |
| | | 172. 1 2 3 Respiratory disorders. |

GROUP EIGHT

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| 173. 1 2 3 Apprehension | 182. 1 2 3 depression; feelings of dread | 191. 1 2 3 Nervousness |
| 174. 1 2 3 Irritability | 183. 1 2 3 Noise sensitivity | 192. 1 2 3 Headache |
| 175. 1 2 3 Morbid Fears | 184. 1 2 3 Acoustic hallucinations | 193. 1 2 3 Insomnia |
| 176. 1 2 3 Never seems to get well | 185. 1 2 3 Tendency to cry w/o reason | 194. 1 2 3 Anxiety |
| 177. 1 2 3 Forgetfulness | 186. 1 2 3 Hair is coarse and/or thinning | 195. 1 2 3 Anorexia |
| 178. 1 2 3 Indigestion | 187. 1 2 3 Weakness | 196. 1 2 3 Inability to concentrate; confusion |
| 179. 1 2 3 Poor appetite | 188. 1 2 3 Fatigue | 197. 1 2 3 Frequent stuffy nose; sinus infections |
| 180. 1 2 3 Craving for sweets | 189. 1 2 3 Skin sensitive to touch | 198. 1 2 3 Allergy to some foods |
| 181. 1 2 3 Muscular soreness | 190. 1 2 3 Tendency toward hives | 199. 1 2 3 Loose joints |

FEMALE ONLY

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|---|---|--|
| 200. 1 2 3 Very easily fatigues | 205. 1 2 3 Painful breasts | 210. 1 2 3 Menses scanty or missed |
| 201. 1 2 3 Premenstrual tension | 206. 1 2 3 Menstruate too frequently | 211. 1 2 3 Acne, worse at menses |
| 202. 1 2 3 Painful menses | 207. 1 2 3 Vaginal discharge | 212. 1 2 3 Depression of long standing |
| 203. 1 2 3 Depressed feelings | 208. 1 2 3 hysterectomy/ovaries removed | |
| 204. 1 2 3 Menstruation excessive and prolonged | 209. 1 2 3 Menopausal hot flashes | |

MALE ONLY

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|---|---|-------------------------------------|
| 213. 1 2 3 Prostate trouble | 217. 1 2 3 Pain on inside of legs or heels | 221. 1 2 3 Tire too easily |
| 214. 1 2 3 Urination difficult or dribbling | 218. 1 2 3 Feeling of incomplete bowel evacuation | 222. 1 2 3 Avoids activity |
| 215. 1 2 3 Night urination frequent | 219. 1 2 3 Lack of energy | 223. 1 2 3 Leg nervousness at night |
| 216. 1 2 3 Depression | 220. 1 2 3 Migrating aches and pains | 224. 1 2 3 Diminished sex drive |