

## SYMPTOM SURVEY FORM

Patient \_\_\_\_\_ Date \_\_\_\_\_ Doctor's Name \_\_\_\_\_

INSTRUCTIONS:        CIRCLE (1) for MILD symptoms (occurring once or twice a year).  
                              CIRCLE (2) for MODERATE symptoms (occurring several times a year).  
                              CIRCLE (3) for SEVERE symptoms (you are aware of it almost constantly)  
                              LEAVE THE QUESTION BLANK if the question does not apply to you.

### 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 Unable to relax; 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 meals     | 12. 1 2 3 Urine amount reduced            | 19. 1 2 3 Staring, blinks little |
| 6. 1 2 3 Keyed up – fail to calm down | 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

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|--|--|--|
| 21. 1 2 3 Joint stiffness after arising                  | 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 Pulse 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 "lightheaded" often | 36. 1 2 3 Constipation, diarrhea alternating |  |

### GROUP THREE

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|--|--|---|
| 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 afternoon          |
| 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"                      | 64. 1 2 3 Swollen ankles worse at night                                    | 69. 1 2 3 Tendency towards 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 on exertion                                  | 71. 1 2 3 Noises in head, or "ringing in the ears"                              |
| 60. 1 2 3 Opens windows in closed room                | 67. 1 2 3 Dull pain in chest or radiating into left arm, worse on exertion | 72. 1 2 3 Tension under 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

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

### 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               |
| 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 ½ - 1 hour after eating; may be up to 3 – 4 hrs. | 106. 1 2 3 Stomach “bloating” after eating |

### GROUP SEVEN

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|--|---|---|
| <p style="text-align: center;">(A)</p> <p>107. 1 2 3 Insomnia</p> <p>108. 1 2 3 Nervousness</p> <p>109. 1 2 3 Can't gain weight</p> <p>110. 1 2 3 Intolerance to heat</p> <p>111. 1 2 3 Highly emotional</p> <p>112. 1 2 3 Flush easily</p> <p>113. 1 2 3 Night sweats</p> <p>114. 1 2 3 Thin, moist skin</p> <p>115. 1 2 3 Inward trembling</p> <p>116. 1 2 3 Heart palpitates</p> <p>117. 1 2 3 Increased appetite without weight gain</p> <p>118. 1 2 3 Pulse fast at rest</p> <p>119. 1 2 3 Eyelids and face twitch</p> <p>120. 1 2 3 Irritable and restless</p> <p>121. 1 2 3 Can't work under pressure</p> <p style="text-align: center;">(B)</p> <p>122. 1 2 3 Increase in weight</p> <p>123. 1 2 3 Decrease in appetite</p> <p>124. 1 2 3 Fatigue easily</p> <p>125. 1 2 3 Ringing in ears</p> <p>126. 1 2 3 Sleepy during day</p> <p>127. 1 2 3 Sensitive to cold</p> <p>128. 1 2 3 Dry or scaly skin</p> <p>129. 1 2 3 Constipation</p> <p>130. 1 2 3 Mental sluggishness</p> <p>131. 1 2 3 Hair coarse, falls out</p> <p>132. 1 2 3 Headaches upon arising, wear off during day</p> <p>133. 1 2 3 Slow pulse, below 65</p> <p>134. 1 2 3 Frequency of urination</p> <p>135. 1 2 3 Impaired hearing</p> <p>136. 1 2 3 Reduced initiative</p> | <p style="text-align: center;">(C)</p> <p>137. 1 2 3 Failing memory</p> <p>138. 1 2 3 Low blood pressure</p> <p>139. 1 2 3 Increased sex drive</p> <p>140. 1 2 3 Headaches, “splitting or rending” type</p> <p>141. 1 2 3 Decreased sugar tolerance</p> <p style="text-align: center;">(D)</p> <p>142. 1 2 3 Abnormal thirst</p> <p>143. 1 2 3 Bloating of abdomen</p> <p>144. 1 2 3 Weight gain around hips or waist</p> <p>145. 1 2 3 Sex drive reduced or lacking</p> <p>146. 1 2 3 Tendency toward ulcers, colitis</p> <p>147. 1 2 3 Increased sugar tolerance</p> <p>148. 1 2 3 Women: menstrual disorders</p> <p>149. 1 2 3 Young girls: lack of menstrual function</p> | <p style="text-align: center;">(E)</p> <p>150. 1 2 3 Dizziness</p> <p>151. 1 2 3 Headaches</p> <p>152. 1 2 3 Hot flashes</p> <p>153. 1 2 3 Increased blood pressure</p> <p>154. 1 2 3 Hair growth on face or body (female)</p> <p>155. 1 2 3 Sugar in urine (not diabetes)</p> <p>156. 1 2 3 Masculine tendencies (female)</p> <p style="text-align: center;">(F)</p> <p>157. 1 2 3 Weakness, dizziness</p> <p>158. 1 2 3 Chronic fatigue</p> <p>159. 1 2 3 Low blood pressure</p> <p>160. 1 2 3 Nails, weak, ridged</p> <p>161. 1 2 3 Tendency toward hives</p> <p>162. 1 2 3 Arthritic tendencies</p> <p>163. 1 2 3 Perspiration increase</p> <p>164. 1 2 3 Bowel disorders</p> <p>165. 1 2 3 Poor circulation</p> <p>166. 1 2 3 Swollen ankles</p> <p>167. 1 2 3 Crave salt</p> <p>168. 1 2 3 Brown spots or bronzing of skin</p> <p>169. 1 2 3 Allergies – tendency to asthma</p> <p>170. 1 2 3 Weakness after colds, influenza</p> <p>171. 1 2 3 Exhaustion – muscular and nervous</p> <p>172. 1 2 3 Respiratory disorders</p> |
|--|---|---|

#### FEMALE ONLY

173. 1 2 3 Very easily fatigued
174. 1 2 3 Premenstrual tension
175. 1 2 3 Painful menses
176. 1 2 3 Depressed feelings before menstruation
177. 1 2 3 Menstruation excessive and prolonged
178. 1 2 3 Painful breasts
179. 1 2 3 Menstruate too frequently
180. 1 2 3 Vaginal discharge
181. 1 2 3 Hysterectomy/ovaries removed
182. 1 2 3 Menopausal hot flashes
183. 1 2 3 Menses scanty or missed
184. 1 2 3 Acne, worse at menses
185. 1 2 3 Depression of long standing

#### MALE ONLY

186. 1 2 3 Prostate trouble
187. 1 2 3 Urination difficult or dribbling
188. 1 2 3 Night urination frequent
189. 1 2 3 Depression
190. 1 2 3 Pain on inside of legs or heels
191. 1 2 3 Feeling of incomplete bowel evacuation
192. 1 2 3 Lack of energy
193. 1 2 3 Migrating aches and pains
194. 1 2 3 Tire too easily
195. 1 2 3 Avoids activity
196. 1 2 3 Leg nervousness at night
197. 1 2 3 Diminished sex drive

#### IMPORTANT

Please list below the five main physical complaints you have in order of their importance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_