

Symptom Survey Form

This form must be submitted before your appointment

First Name

Last Name

INSTRUCTIONS: Fill in only the circles which apply to you.
Leave circles BLANK if they do not apply to you!
MILD symptoms (occurred once or twice last 6 months)
MODERATE symptoms (occurred once or twice last months)
SEVERE symptoms (occurred once or twice last week)
Leave circles BLANK if they don't apply to you!

GROUP 1

MILD MODERATE SEVERE

- 1 Acid foods upset
- 2 Get chilled often
- 3 "Lump" in throat
- 4 Dry mouth-eyes-nose
- 5 Pulse speeds after meal
- 6 Keyed up - fail to calm
- 7 Cut heals 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 often

GROUP 2

MILD MODERATE SEVERE

- 21 Joint stiffness on 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 "light-headed" 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

MILD MODERATE SEVERE

- 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 "Light-headed" 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

MILD

MODERATE

SEVERE

56 Hand 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 rooms

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 and 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

MILD MODERATE SEVERE

- 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 food 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 attacks
- 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

MILD MODERATE SEVERE

- 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 Mucous colitis or "irritable bowel"
- 105 Gas shortly after eating
- 106 Stomach "bloating" after eating

GROUP 7A

MILD MODERATE SEVERE

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- 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

GROUP 7B

MILD MODERATE SEVERE

-
- 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 rising, wear off during day
 - 133 Slow pulse, below 65
 - 134 Frequency of urination
 - 135 Impaired hearing
 - 136 Reduced initiative

GROUP 7C

MILD MODERATE SEVERE

-
- 137 Failing memory
 - 138 Low blood pressure
 - 139 Increased sex drive
 - 140 Headaches, "splitting or rendering" type
 - 141 Decreased sugar tolerance

GROUP 7D

MILD MODERATE SEVERE

- 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

GROUP 7E

MILD MODERATE SEVERE

- 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)

GROUP 7F

MILD MODERATE SEVERE

- 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

GROUP 8

MILD MODERATE SEVERE

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

FEMALE ONLY

MILD MODERATE SEVERE

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

MALE ONLY

MILD

MODERATE

SEVERE

213 Prostate trouble

214 Urination difficult or dribbling

215 Night urination frequent

216 Depression

217 Pain on inside of legs or heels

218 Feeling of incomplete bowel evacuation

219 Lack of energy

220 Migrating aches and joints

221 Tire too easily

222 Avoids activity

223 Leg nervousness at night

224 Diminished sex drive

List the five main complaints you have in the order of their importance

Email
