

# SYMPTOM SURVEY

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 DOESN'T APPLY TO YOU!  
 Thank 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  Mucos 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. \_\_\_\_\_