

Symptom Survey Form

Patient Name: _____ Date: _____

Instructions: If you've had any of the symptoms listed below within the last six months, place a check in the box before the listed item.

Group 1

- Suffer from canker sores
- Sores at corner of mouth
- Get chilled, frequently
- "lump" in throat
- Dry mouth-eyes-nose
- Pulse speeds after meals
- Keyed up – fail to calm
- Cuts/sores heal slowly
- Gag easily
- Unable to relax; startles easily
- Extremities cold, clammy
- Strong light irritates
- Urine amount reduced
- Heart pounds after retiring
- "Nervous" stomach
- Appetite reduced
- Cold sweats often
- Fever easily raised
- Neuralgia-like pains, pins & needles
- Staring, blinks little
- Sour stomach, acid upset

Group 2

- Joint Stiffness after rising
- Muscle-leg-toe cramps at night
- "Butterfly" stomach, cramps
- Eyes or nose watery
- Eyes blink often
- Eyelids swollen, puffy
- Indigestion soon after meals
- Always seems hungry; feels "lightheaded" often
- Vomiting frequent
- Hoarseness frequent
- Breathing irregular
- Pulse slow; feels "irregular"
- Difficulty swallowing
- Constipation, diarrhea alternating
- "Slow starter"
- Always hot
- Perspire easily
- Circulation poor, sensitive to cold
- Subject to colds, bronchitis
- Subject to asthma
- Subject to emphysema

Group 3

- Eat when nervous
- Excessive appetite
- Hungry between meals
- Irritable before meals
- Get "shaky" if hungry, hypoglycemic
- Fatigue and eating relieves
- "lightheaded" if meals delayed
- Heart palpitates if meals missed or delayed
- Afternoon headaches
- Overeating sweets upsets digestion
- Awaken after few hours sleep – hard to get back to sleep
- Crave candy or coffee in afternoons
- Moods of depression – "blues" or melancholy
- Abnormal craving for sweets or snacks
- Exercise: Times per week _____

Group 4

- Hands and feet go to sleep easily; numbness
- Sigh frequently, "air hunger"
- Aware of "breathing heavily"
- High altitude discomfort
- Opens windows in closed room
- Susceptible to colds and fevers
- Afternoon "yawner"
- Get "drowsy" often
- Swollen ankles worse at night
- Muscle cramps, worse during exercise; get "charley horses"
- Shortness of breath on exertion
- Dull pain in chest or radiating into left arm, worse on exertion
- Bruise easily, "black/blue" spots
- Tendency to anemia
- "nose bleeds" frequently
- Noises in head; "ringing in ears"
- Tension under the breastbone, or feeling of "tightness", worse on exertion
- Varicose veins
- Troubles with blood clots

Group 5

- Dizziness
- Dry Skin
- Burning feet
- Blurred vision
- Itching skin and feet
- Excessive loss of hair
- Frequent skin rashes
- Bitter, metallic taste in mouth in mornings
- Bowel movements painful or difficult
- Worrier, feels insecure
- Feeling queasy
- Headache over eyes
- Stools light-colored
- Skin peels on soles of feet
- Pain between shoulder blades
- Use laxatives
- Stools alternate from soft to watery
- History of gallbladder attacks or gallstones
- Sneezing attacks
- Dreaming, nightmare type bad dreams
- Don't remember dreams
- Bad breath (halitosis)
- Milk products cause distress
- Sensitive to hot weather
- Burning or itching anus
- Crave sweets
- Greasy foods upset stomach

Group 6

- Loss of taste for meat
- Lower bowel gas several hours after eating
- Burning stomach sensations, eating relieves
- History of ulcers
- Coated tongue, white tongue
- Pass large amounts of foul smelling gas
- Indigestion ½-1 hour after eating; may be up to 3-4 hours
- Mucus colitis or 'irritable bowel'
- Gas shortly after eating, burping
- Stomach 'bloating' after eating

Group 7**(A)**

- Insomnia
- Nervousness
- Can't gain weight
- Intolerance to heat
- Highly emotional
- Flush easily
- Night sweats
- Thin, moist skin
- Inward trembling
- Heart palpitates
- Increased appetite without weight gain
- Pulse fast at rest
- Eyelids and face twitch
- Irritable and restless
- Can't work under pressure

(B)

- Increase in weight
- Decrease in appetite
- Fatigue easily
- Ringing in ears
- Sleepy during day
- Sensitive to cold
- Dry or scaly skin
- Constipation
- Mental sluggishness
- Hair coarse, falls out
- Headaches upon arising wear off during day
- Slow pulse, below 65
- Frequency of urination
- Impaired hearing
- Reduced initiative

(C)

- Failing memory
- Low blood pressure
- Increased sex drive
- Headaches, "splitting or rending" type
- Decrease sugar tolerance

(D)

- Abnormal thirst
- Bloating of abdomen
- Weight gain around hips or waist
- Sex drive reduced or lacking
- Tendency to ulcers, colitis
- Increased sugar tolerance

Group 7 (cont.)**(E)**

- Dizziness
- Headaches
- Hot flashes
- Increased blood pressure
- Hair growth on face or body (if female)
- Sugar in urine (not diabetes)
- Masculine tendencies (if female)

(F)

- Weakness, dizziness
- Chronic fatigue
- Low blood pressure
- Nails weak, ridged, white spots
- Tendency to hives
- Arthritic tendencies: type _____
- Perspiration increase
- Bowel disorders
- Poor circulation
- Swollen ankles
- Crave salt
- Brown spots or bronzing of skin
- Allergies – tendency to asthma
- Weakness after colds, influenza is prolonged
- Exhaustion-muscular and nervous
- Respiratory disorders
- Chronic sinus infections
- Hayfever
- Painful stiff joints upon rising
- Painful stiff joints before bed

(G)

- Nearsighted – can't see objects far away
- Farsighted – can't see objects up close
- History of cataracts
- History of glaucoma
- History of hypertension, high blood pressure
- History of hypotension, low blood pressure
- Smoke: How much? _____
Type _____

Female Only

- Very easily fatigued
- Premenstrual tension
- Painful menses
- Depressed feelings before menstruation
- Menstruation excessive and prolonged
- Painful breasts
- Menstruate too frequently
- Vaginal discharge
- Hysterectomy/ovaries removed or partial
- Menopausal hot flashes
- Menses scanty or missed
- Acne, worse at menses
- Depression of long standing
- Young girl lack of menstrual

Male Only

- Prostate trouble
- Urination difficult or dribbling
- Bladder does not completely empty
- Night urination frequent
- Depression
- Pain on inside of legs or heels
- Feeling of incomplete bowel evacuation
- Lack of energy
- Migrating aches and pains
- Tire too easily
- Avoids activity
- Leg nervousness at night
- Diminished sex drive

IMPORTANT

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

1. _____

2. _____

3. _____

4. _____

5. _____
