

# SYMPTOM SURVEY FORM

Patient \_\_\_\_\_ Doctor \_\_\_\_\_ Date \_\_\_\_\_



Vegetarian:    Yes        No

**INSTRUCTIONS:** Fill in only the circles which apply to you. Leave blank if you don't have the problem.

- \* Fill in the circle marked 1 for MILD symptoms (occur once or twice a year).
- \* Fill in the circle marked 2 for MODERATE symptoms (occur several times a month).
- \* Fill in the circle marked 3 for SEVERE symptoms (you are aware of it almost constantly).

**Leave circles BLANK if they don't apply to you!**

## GROUP ONE

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| <p style="text-align: center; margin: 0;">1 2 3</p> <p>1 ○○○ Acid foods upset</p> <p>2 ○○○ Get chilled often</p> <p>3 ○○○ "Lump" in throat</p> <p>4 ○○○ Dry mouth-eyes-nose</p> <p>5 ○○○ Pulse speeds after meal</p> <p>6 ○○○ Keyed up - fail to calm</p> <p>7 ○○○ Cut heals slowly</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>8 ○○○ Gag easily</p> <p>9 ○○○ Unable to relax; startles easily</p> <p>10 ○○○ Extremities cold, clammy</p> <p>11 ○○○ Strong light irritates</p> <p>12 ○○○ Urine amount reduced</p> <p>13 ○○○ Heart pounds after retiring</p> <p>14 ○○○ "Nervous" stomach</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>15 ○○○ Appetite reduced</p> <p>16 ○○○ Cold sweats often</p> <p>17 ○○○ Fever easily raised</p> <p>18 ○○○ Neuralgia-like pains</p> <p>19 ○○○ Staring, blinks little</p> <p>20 ○○○ Sour stomach often</p> |
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## GROUP TWO

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| <p style="text-align: center; margin: 0;">1 2 3</p> <p>21 ○○○ Joint stiffness on arising</p> <p>22 ○○○ Muscle-leg-toe cramps at night</p> <p>23 ○○○ "Butterfly" stomach, cramps</p> <p>24 ○○○ Eyes or nose watery</p> <p>25 ○○○ Eyes blink often</p> <p>26 ○○○ Eyelids swollen, puffy</p> <p>27 ○○○ Indigestion soon after meals</p> <p>28 ○○○ Always seems hungry; feels "lightheaded" often</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>29 ○○○ Digestion rapid</p> <p>30 ○○○ Vomiting frequent</p> <p>31 ○○○ Hoarseness frequent</p> <p>32 ○○○ Breathing irregular</p> <p>33 ○○○ Pulse slow; feels "irregular"</p> <p>34 ○○○ Gagging reflex slow</p> <p>35 ○○○ Difficulty swallowing</p> <p>36 ○○○ Constipation, diarrhea alternating</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>37 ○○○ "Slow starter"</p> <p>38 ○○○ Get "chilled" infrequently</p> <p>39 ○○○ Perspire easily</p> <p>40 ○○○ Circulation poor, sensitive to cold</p> <p>41 ○○○ Subject to colds, asthma, bronchitis</p> |
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## GROUP THREE

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| <p style="text-align: center; margin: 0;">1 2 3</p> <p>42 ○○○ Eat when nervous</p> <p>43 ○○○ Excessive appetite</p> <p>44 ○○○ Hungry between meals</p> <p>45 ○○○ Irritable before meals</p> <p>46 ○○○ Get "shaky" if hungry</p> <p>47 ○○○ Fatigue, eating relieves</p> <p>48 ○○○ "Lightheaded" if meals delayed</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>49 ○○○ Heart palpitates if meals missed or delayed</p> <p>50 ○○○ Afternoon headaches</p> <p>51 ○○○ Overeating sweets upsets</p> <p>52 ○○○ Awaken after few hours sleep - hard to get back to sleep</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>53 ○○○ Crave candy or coffee in afternoons</p> <p>54 ○○○ Moods of depression - "blues" or melancholy</p> <p>55 ○○○ Abnormal craving for sweets or snacks</p> |
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## GROUP FOUR

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| <p style="text-align: center; margin: 0;">1 2 3</p> <p>56 ○○○ Hands and feet go to sleep easily, numbness</p> <p>57 ○○○ Sigh frequently, "air hunger"</p> <p>58 ○○○ Aware of "breathing heavily"</p> <p>59 ○○○ High altitude discomfort</p> <p>60 ○○○ Opens windows in closed rooms</p> <p>61 ○○○ Susceptible to colds and fevers</p> <p>62 ○○○ Afternoon "yawner"</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>63 ○○○ Get "drowsy" often</p> <p>64 ○○○ Swollen ankles, worse at night</p> <p>65 ○○○ Muscle cramps, worse during exercise; get "charley horses"</p> <p>66 ○○○ Shortness of breath on exertion</p> <p>67 ○○○ Dull pain in chest or radiating into left arm, worse on exertion</p> | <p style="text-align: center; margin: 0;">1 2 3</p> <p>68 ○○○ Bruise easily, "black and blue" spots</p> <p>69 ○○○ Tendency to anemia</p> <p>70 ○○○ "Nose bleeds" frequent</p> <p>71 ○○○ Noises in head, or "ringing in ears"</p> <p>72 ○○○ Tension under the breastbone, or feeling of "tightness", worse on exertion</p> |
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## SYMPTOM SURVEY FORM - PAGE 2

### GROUP FIVE

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

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

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

