

SYMPTOM SURVEY FORM
(Restricted to Professional Use)

PATIENT _____ AGE _____ DOCTOR _____ DATE _____

INSTRUCTIONS: Circle the number that applies to you. If a symptom does not apply, leave it blank.
Circle either: (1) for **MILD** symptoms (occurs rarely), (2) for **MODERATE** symptoms (occurs several times a month),
or (3) for **SEVERE** symptoms (occurs almost constantly).

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 meal | 12 - 1 2 3 Urine amount reduced | 19 - 1 2 3 Staring, blinks little |
| 6 - 1 2 3 Keyed up - fail to calm | 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

- | | | |
|---|--|--|
| 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 seem hungry;
feels "lightheaded" often | 36 - 1 2 3 Constipation,
diarrhea alternating | |

GROUP THREE

- | | | |
|---|--|---|
| 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 afternoons |
| 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
hunger" | 64 - 1 2 3 Swollen ankles
worse at night | 69 - 1 2 3 Tendency to 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 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 the
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

- | | | |
|---|--|---|
| 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 foot soles | 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

- | | | |
|--|--|--|
| 98 - 1 2 3 Loss of taste for meat | 101 - 1 2 3 Coated tongue | 104 - 1 2 3 Mucous colitis or "irritable bowel" |
| 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 1/2 - 1 hour after eating; may be up to 3-4 hours | 106 - 1 2 3 Stomach "bloating" after eating |

GROUP SEVEN

(A)

- 107** - 1 2 3 Insomnia
- 108** - 1 2 3 Nervousness
- 109** - 1 2 3 Can't gain weight
- 110** - 1 2 3 Intolerance to heat
- 111** - 1 2 3 Highly emotional
- 112** - 1 2 3 Flush easily
- 113** - 1 2 3 Night sweats
- 114** - 1 2 3 Thin, moist skin
- 115** - 1 2 3 Inward trembling
- 116** - 1 2 3 Heart palpitates
- 117** - 1 2 3 Increased appetite without weight gain
- 118** - 1 2 3 Pulse fast at rest
- 119** - 1 2 3 Eyelids and face twitch
- 120** - 1 2 3 Irritable and restless
- 121** - 1 2 3 Can't work under pressure

(B)

- 122** - 1 2 3 Increase in weight
- 123** - 1 2 3 Decrease in appetite
- 124** - 1 2 3 Fatigue easily
- 125** - 1 2 3 Ringing in ears
- 126** - 1 2 3 Sleepy during day
- 127** - 1 2 3 Sensitive to cold
- 128** - 1 2 3 Dry or scaly skin
- 129** - 1 2 3 Constipation
- 130** - 1 2 3 Mental sluggishness
- 131** - 1 2 3 Hair coarse, falls out
- 132** - 1 2 3 Headaches upon arising wear off during day
- 133** - 1 2 3 Slow pulse, below 65
- 134** - 1 2 3 Frequency of urination
- 135** - 1 2 3 Impaired hearing
- 136** - 1 2 3 Reduced initiative

(C)

- 137** - 1 2 3 Failing memory
- 138** - 1 2 3 Low blood pressure
- 139** - 1 2 3 Increased sex drive
- 140** - 1 2 3 Headaches, "splitting or rendering" type
- 141** - 1 2 3 Decreased sugar tolerance

(D)

- 142** - 1 2 3 Abnormal thirst
- 143** - 1 2 3 Bloating of abdomen
- 144** - 1 2 3 Weight gain around hips or waist
- 145** - 1 2 3 Sex drive reduced or lacking
- 146** - 1 2 3 Tendency to ulcers, colitis
- 147** - 1 2 3 Increased sugar tolerance
- 148** - 1 2 3 Women: menstrual disorders
- 149** - 1 2 3 Young girls: lack of menstrual function

(E)

- 150** - 1 2 3 Dizziness
- 151** - 1 2 3 Headaches
- 152** - 1 2 3 Hot flashes
- 153** - 1 2 3 Increased blood pressure
- 154** - 1 2 3 Hair growth on face or body (female)
- 155** - 1 2 3 Sugar in urine (not diabetes)
- 156** - 1 2 3 Masculine tendencies (female)

(F)

- 157** - 1 2 3 Weakness, dizziness
- 158** - 1 2 3 Chronic fatigue
- 159** - 1 2 3 Low blood pressure
- 160** - 1 2 3 Nails, weak, ridged
- 161** - 1 2 3 Tendency to hives
- 162** - 1 2 3 Arthritic tendencies
- 163** - 1 2 3 Perspiration increase
- 164** - 1 2 3 Bowel disorders
- 165** - 1 2 3 Poor circulation
- 166** - 1 2 3 Swollen ankles
- 167** - 1 2 3 Crave salt
- 168** - 1 2 3 Brown spots or bronzing of skin
- 169** - 1 2 3 Allergies - tendency to asthma
- 170** - 1 2 3 Weakness after colds, influenza
- 171** - 1 2 3 Exhaustion - muscular and nervous
- 172** - 1 2 3 Respiratory disorders

GROUP EIGHT

- 173 - 1 2 3 Apprehension
- 174 - 1 2 3 Irritability
- 175 - 1 2 3 Morbid fears
- 176 - 1 2 3 Never seems to get well
- 177 - 1 2 3 Forgetfulness
- 178 - 1 2 3 Indigestion
- 179 - 1 2 3 Poor appetite
- 180 - 1 2 3 Craving for sweets
- 181 - 1 2 3 Muscular soreness
- 182 - 1 2 3 Depression; feelings of dread
- 183 - 1 2 3 Noise sensitivity
- 184 - 1 2 3 Acoustic hallucinations
- 185 - 1 2 3 Tendency to cry without reason
- 186 - 1 2 3 Hair is coarse and/or thinning
- 187 - 1 2 3 Weakness
- 188 - 1 2 3 Fatigue
- 189 - 1 2 3 Skin sensitive to touch
- 190 - 1 2 3 Tendency toward hives
- 191 - 1 2 3 Nervousness
- 192 - 1 2 3 Headache
- 193 - 1 2 3 Insomnia
- 194 - 1 2 3 Anxiety
- 195 - 1 2 3 Anorexia
- 196 - 1 2 3 Inability to concentrate; confusion
- 197 - 1 2 3 Frequent stuffy nose; sinus infections
- 198 - 1 2 3 Allergy to some foods
- 199 - 1 2 3 Loose joints

FEMALE ONLY

- 200 - 1 2 3 Very easily fatigued
- 201 - 1 2 3 Premenstrual tension
- 202 - 1 2 3 Painful menses
- 203 - 1 2 3 Depressed feelings before menstruation
- 204 - 1 2 3 Menstruation excessive and prolonged
- 205 - 1 2 3 Painful breasts
- 206 - 1 2 3 Menstruate too frequently
- 207 - 1 2 3 Vaginal discharge
- 208 - 1 2 3 Hysterectomy/ovaries removed
- 209 - 1 2 3 Menopausal hot flashes
- 210 - 1 2 3 Menses scanty or missed
- 211 - 1 2 3 Acne, worse at menses
- 212 - 1 2 3 Depression of long standing

MALE ONLY

- 213 - 1 2 3 Prostate trouble
- 214 - 1 2 3 Urination difficult or dribbling
- 215 - 1 2 3 Night urination frequent
- 216 - 1 2 3 Depression
- 217 - 1 2 3 Pain on inside of legs or heels
- 218 - 1 2 3 Feeling of incomplete bowel evacuation
- 219 - 1 2 3 Lack of energy
- 220 - 1 2 3 Migrating aches and pains
- 221 - 1 2 3 Tire too easily
- 222 - 1 2 3 Avoids activity
- 223 - 1 2 3 Leg nervousness at night
- 224 - 1 2 3 Diminished sex drive

IMPORTANT

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

1. _____
2. _____
3. _____
4. _____
5. _____