SYMPTOM SURVEY FORM



<u> </u>		. •			
Patient		Doctor			Date
Birth Date	/ /	Approx Weight			Sex: Male · · Female · ·
Pulse: Rec	umbent	Standing			 Vegetarian: Yes · · No · ·
	sure: Recumbent	/ Standing	r		/ Ragland's Test is Positive
5.000 p.000		- Ctanding	9 .		
	ONS: Fill in only the circles whi			1 2 3	
	D symptoms (occurred once or twice DERATE symptoms (occurred once	· · · · · · · · · · · · · · · · · · ·			Awaken after few hours sleep - hard to get back to sleep Crave candy or coffee in afternoons
	ERE symptoms (chronic, occurred				Moods of depression - "blues" or melancholy
	ve circles BLANK if they don't a				Abnormal craving for sweets or snacks
400	analin 4				GROUP 4
	GROUP 1 Acid foods upset				Hands and feet go to sleep easily, numbness
	Get chilled often				Sigh frequently, "air hunger" Aware of "breathing heavily"
3 0 0 0	"Lump" in throat				High altitude discomfort
	Dry mouth-eyes-nose				Opens windows in closed rooms
	Pulse speeds after meal Keyed up - fail to calm				Susceptible to colds and fevers
	Cut heals slowly				Afternoon "yawner" Get "drowsy" often
	Gag easily				Swollen ankles, worse at night
	Unable to relax; startles easily				Muscle cramps, worse during exercise; get "charley horses"
	Extremities cold, clammy Strong light irritates				Shortness of breath on exertion
	Urine amount reduced				Dull pain in chest or radiating into left arm, worse on exertion Bruise easily, "black and blue" spots
	Heart pounds after retiring				Tendency to anemia
	"Nervous" stomach				"Nose bleeds" frequent
	Appetite reduced Cold sweats often				Noises in head, or "ringing in ears"
	Fever easily raised		72	000	Tension under the breastbone, or feeling of "tightness", worse on exertion
	Neuralgia-like pains				GROUP 5
	Staring, blinks little		73	000	Dizziness
20 0 0 0	Sour stomach often				Dry skin
21 0 0 0	GROUP 2 Joint stiffness on arising				Burning feet
	Muscle-leg-toe cramps at night				Blurred vision Itching skin and feet
	"Butterfly" stomach, cramps				Excessive falling hair
	Eyes or nose watery				Frequent skin rashes
	Eyes blink often Eyelids swollen, puffy				Bitter, metallic taste in mouth in mornings
	Indigestion soon after meals				Bowel movements painful or difficult Worrier, feels insecure
28 000	Always seems hungry; feels "light	theaded" often			Feeling queasy; headache over eyes
	Digestion rapid				Greasy foods upset
	Vomiting frequent Hoarseness frequent				Stools light colored
	Breathing irregular				Skin peels on foot soles Pain between shoulder blades
	Pulse slow; feels "irregular"				Use laxatives
	Gagging reflex slow				Stools alternate from soft to watery
	Difficulty swallowing Constipation, diarrhea alternating				History of gallbladder attacks or gallstones
	"Slow starter"				Sneezing attacks Dreaming, nightmare type bad dreams
	Get "chilled" infrequently				Bad breath (halitosis)
	Perspire easily				Milk products cause distress
	Circulation poor, sensitive to cold Subject to colds, asthma, bronchit	is			Sensitive to hot weather
000	GROUP 3				Burning or itching anus Crave sweets
42 0 0 0	Eat when nervous		0.	000	GROUP 6
43 000	Excessive appetite		98	000	Loss of taste for meat
	Hungry between meals		99	000	Lower bowel gas several hours after eating
	Irritable before meals Get "shaky" if hungry				Burning stomach sensations, eating relieves
	Fatigue, eating relieves				Coated tongue Pass large amounts of foul-smelling gas
48 000	"Lightheaded" if meals delayed				Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
	Heart palpitates if meals missed o	r delayed	104	000	Mucous colitis or "irritable bowel"
	Afternoon headaches Overeating sweets upsets				Gas shortly after eating
3, 300	Cro. odding officers apocts		106	000	Stomach "bloating" after eating

	123	GROUP 7A		1 2 3	
107		Insomnia	170		Weakness after colds, influenza
		Nervousness			Exhaustion - muscular and nervous
		Can't gain weight			Respiratory disorders
		Intolerance to heat	112	000	
		Highly emotional	470	000	GROUP 8
					Apprehension
		Flush easily			Irritability
		Night sweats			Morbid fears
		Thin, moist skin			Never seems to get well
		Inward trembling			Forgetfulness
		Heart palpitates			Indigestion
		Increased appetite without weight gain			Poor appetite
		Pulse fast at rest	180	000	Craving for sweets
		Eyelids and face twitch	181	000	Muscular soreness
		Irritable and restless			Depression; feelings of dread
121	000	Can't work under pressure	183	000	Noise sensitivity
		GROUP 7B	184	000	Acoustic hallucinations
122	000	Increase in weight	185	000	Tendency to cry without reason
123	000	Decrease in appetite	186	000	Hair is coarse and/or thinning
124	000	Fatigue easily	187	000	Weakness
125	000	Ringing in ears	188	000	Fatigue
		Sleepy during day			Skin sensitive to touch
		Sensitive to cold			Tendency toward hives
		Dry or scaly skin			Nervousness
					Headache
		Constipation Montal alugaishness			
		Mental sluggishness			Insomnia
		Hair coarse, falls out			Anxiety
		Headaches upon arising, wear off during day			Anorexia
		Slow pulse, below 65			Inability to concentrate; confusion
		Frequency of urination			Frequent stuffy nose; sinus infections
		Impaired hearing	198	000	Allergy to some foods
136	000	Reduced initiative	199	000	Loose joints
		GROUP 7C			FEMALE ONLY
137	000	Failing memory	200	000	Very easily fatigued
		Low blood pressure			Premenstrual tension
		Increased sex drive			Painful menses
		Headaches, "splitting or rending" type			Depressed feelings before menstruation
		Decreased sugar tolerance			Menstruation excessive and prolonged
171					Painful breasts
4.40		GROUP 7D			
		Abnormal thirst			Menstruate too frequently
		Bloating of abdomen		_	Vaginal discharge
		Weight gain around hips or waist	208		Hysterectomy / ovaries removed
		Sex drive reduced or lacking			Menopausal hot flashes
146	000	Tendency to ulcers, colitis			Menses scanty or missed
147	000	Increased sugar tolerance			Acne, worse at menses
148	000	Women: menstrual disorders	212	000	Depression of long standing
149	000	Young girls: lack of menstrual function			MALE ONLY
		GROUP 7E	213	000	Prostate trouble
150	000	Dizziness	214	000	Urination difficult or dribbling
		Headaches	215	000	Night urination frequent
		Hot flashes			Depression
		Increased blood pressure			Pain on inside of legs or heels
		·			Feeling of incomplete bowel evacuation
		Hair growth on face or body (female)			Lack of energy
		Sugar in urine (not diabetes)			••
156	000	Masculine tendencies (female)			Migrating aches and pains
		GROUP 7F			Tire too easily
157	000	Weakness, dizziness			Avoids activity
158	000	Chronic fatigue			Leg nervousness at night
159	000	Low blood pressure	224	000	Diminished sex drive
160	000	Nails weak, ridged	П	ist the f	ive main complaints you have in the order of their importance:
		Tendency to hives	-		The main complaints you have in the crack of their imperiance.
		Arthritic tendencies	1		
		Perspiration increase			
		Bowel disorders	2		
		Poor circulation	_		
		Swollen ankles	3		
			_		
		Crave salt	4		
		Brown spots or bronzing of skin	_		
169	000	Allergies - tendency to asthma	5		