

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 ½ - 1 hour after eating; may be up to 3 – 4 hrs.
 104 Mucus 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 Mental sluggishness
 131 Hair coarse, falls out
 132 Headaches upon arising wear off during the 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 fatigues
 174 Premenstrual tension
 175 Painful menses
 176 Depressed feelings 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

MALE 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 Avoids 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. _____

SYMPTOM SURVEY FORM

PATIENT: _____ DOCTOR: _____ DATE: _____

INSTRUCTIONS: Number the boxes which apply to you with a 1, 2, or 3.

(1) for MILD symptoms (occur once or twice a year)

(2) for MODERATE symptoms (occur several times a year)

(3) for SEVERE symptoms (you are aware of it almost constantly)

Leave the box BLANK if it does not apply to 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 clam
- 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; feels "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 sleep – 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 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 Susceptible 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 movements painful or difficult
- 82 Worrier, feels insecure
- 83 Feeling queasy; headache over eyes
- 84 Greasy food 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 attacks
- 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