

SYMPTOM SURVEY FORM

Patient _____ Doctor _____ Date _____

INSTRUCTIONS: Number the boxes which apply to you. Use (1) for MILD symptoms (occur once or twice a month), (2) for MODERATE symptoms (occur several times a week), and (3) for SEVERE symptoms (you are aware of it almost constantly).

GROUP ONE

1	Acid Foods Upset	8	Gag Easily	15	Appetite Reduced
2	Get "Chilled" Frequently	9	Unable to Relax, Startles	16	Cold Sweats Often
3	"Lump" in Throat	10	Extremities Cold, Clammy	17	Fever Easily Raised
4	Dry Mouth-Eyes-Nose	11	Strong Light Irritates	18	Neuralgia-Like Pains
5	Pulse Speeds up after Meals	12	Urine Amount Reduced	19	Staring Blinks Little
6	Keyed Up – Fail to Calm	13	Heart Pounds After Retiring	20	Sour Stomach Frequent
7	Cuts Heal Slowly	14	"Nervous" Stomach		

GROUP TWO

21	Joint Stiffness After Rising	29	Digestion Rapid	37	"Slow Starter"
22	Muscle Leg & Toe Cramps at Night	30	Vomiting Frequent	38	Get "Chilled" Frequently
23	"Butterfly" Stomach, Cramps	31	Hoarseness Frequent	39	Perspire Easily
24	Eyes or Nose Watery	32	Breathing Irregular	40	Circulation Poor, Sensitive to Cold
25	Eyes Blink Often	33	Pulse Slow; Feels "irregular"	41	Subject to Colds, Asthma, Bronchitis
26	Eyelids Swollen or Puffy	34	Gagging Reflex Slow		
27	Indigestion Soon After Meals	35	Difficulty Swallowing		
28	Always Seems Hungry; Feels "Lightheaded" Often	36	Constipation, Diarrhea Alternating		

GROUP THREE

42	Eat When Nervous	47	Fatigue, Eating Relieves	52	Awaken After Few Hours Sleep- Hard to get Back to Sleep
43	Excessive Appetite	48	"Lightheaded" if Meals Missed	53	Crave Candy or Coffee in Afternoons
44	Hungry Between Meals	49	Heart Palpates if Meals Missed	54	Moods of Depression- "Blues or Melancholy"
45	Irritable Before Meals	50	Afternoon Headaches	55	Abnormal Craving for Sweets or Snacks
46	Get "Shaky" if Hungry	51	Overeating Sweets Upsets		

GROUP FOUR

56	Hands & Feet go to Sleep Easily, Numbness	62	Get "Drowsy" Often	68	Bruise Easily "Black & Blue"
57	Sigh Frequently, "Air Hunger"	63	Swollen Ankles Worse at Night	69	Tendency to Anemia
58	Aware of "Breathing Heavily"	64	Muscle Cramps, Worse during Exercise; Get "Charlie Horses"	70	"Nose Bleeds" Frequent
59	High Altitude Discomfort	65	Shortness of Breath on Exertion	71	"Noises in Head" or "Ringing in Ears"
60	Opens Windows in Closed Rooms	66	Dull Pain in Chest or Radiating into Left Arm, Worse on Exertion	72	Tension Under the Breastbone or Feeling of "Tightness"; Worse on Exertion
61	Susceptible to Colds & Fevers	67	Afternoon "Yawner"		

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GROUP FIVE

73	Dizziness	81	Bowel Movements Painful or Difficult	89	Stools Alternate from Soft to Watery
74	Dry Skin	82	Worrier, Feel Insecure	90	History of Gallbladder Attacks or Gallstones
75	Burning Feet	83	Feeling Queasy, Headache	91	Sneezing Attacks
76	Blurred Vision	84	Greasy Foods Upset	92	Dreaming, Nightmare Type, Bad Dreams
77	Itching Skin & Feet	85	Stools Light -Colored	93	Bad Breath (Halitosis)
78	Excessive Falling Hair	86	Skin Peels on Foot Soles	94	Milk Products Cause Distress
79	Frequent Skin Rashes	87	Pain Between Shoulder Blades	95	Sensitive to Hot Weather
80	Bitter, Metallic Taste in Mouth in Mornings	88	Use Laxatives	96	Burning or Itching Arms
				97	Crave Sweets

GROUP SIX

98	Loss of Taste for Meat	101	Coated Tongue	104	Mucous Colities or "Irritable Bowel"
99	Lower Bowel Gas, Several Hours after Eating	102	Pass Large Amounts of Foul Smelling Gas	105	Gas Shortly after Eating
100	Burning Stomach Sensations, Eating Relieves	103	Indigestion ½ - 1 Hour After Eating May be up to 3-4 Hours	106	Stomach "Bloating after Eating

GROUP SEVEN

	(A)		(B)		(C)	
107	Insomnia	122	Increase in Weight	137	Failing Memory	
108	Nervousness	123	Decrease in Appetite	138	Low Blood Pressure	
109	Can't Gain Weight	124	Fatigue Easily	139	Increased Sex Drive	
110	Intolerance to Heat	125	ringing in Ears	140	Decrease Sugar Tolerance	
111	Highly Emotional	126	Sleeping During Day	141	Headaches, "Splitting" or "Rendering" Type	
112	Flush Easily	127	Sensitive to Cold			
113	Night Sweats	128	Dry or Scaly Skin		(D)	
114	Thin, Moist Skin	129	Constipation	142	Abnormal Thirst	
115	Inward Trembling	130	Mental Sluggishness	143	Bloating of Abdomen	
116	Heart Palpates	131	Hair Coarse, Falls Out	144	Weight Gain Around Hips	
117	Increased Appetite w/o Weight Gain	132	Headaches Upon Rising	145	Sex Drive Reduced or Lacking	
118	Pulse Fast at Rest	133	Slow Pulse Below 65	146	Tendency of Ulcers or Colitis	
119	Eyelids & Face Twitch	134	Frequency of Urination	147	Women: Menstrual Disorders	
120	Irritable & Restless	135	Impaired Hearing	148	Young Girls: Lack of Menstrual Function	
121	Can't Work Under Pressure	136	Reduced Initiative	149		

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GROUP SEVEN cont

(E)		(F)			
150	Dizziness	157	Weakness, Dizziness	165	Poor Circulation
151	Headaches	158	Chronic Fatigue	166	Swollen Ankles
152	Hot Flashes	159	Low Blood Pressure	167	Crave Salt
153	Increased Blood Pressure	160	Nails Weak, Ridged	168	Brown Spots or Bronzing Skin
154	Hair Growth on Face or Body (FEMALE)	161	Tendencies to Hives	169	Allergies-Tendencies to Asthma
155	Sugar in Urine (Not Diabetes)	162	Arthritic Tendencies	170	Weakness After Colds, Influenza
156	Masculine Tendencies (FEMALE)	163	Perspiration Increase	171	Exhaustion – Muscular & Nervous
		164	Bowel Disorders	172	Respiratory Disorders

	FEMALE ONLY			MALE ONLY
173	Very Easily Fatigued	181	Hysterectomy / Ovaries Removed	186 Prostate Trouble
174	Premenstrual Tension	182	Menopausal Hot Flashes	187 Urination Difficult
175	Painful Menses	183	Menses Scanty or Missed	188 Night Urination Frequent
176	Depressed Feelings Before Menstruation	184	Acne, Worse at Menses	189 Depression
177	Menstruation Excessive & Prolonged	185	Depression of Long Standing	190 Pain on Inside of Legs or Heels
178	Painful Breast			191 Feeling of Incomplete Bowel Evacuation
179	Menstruate to Frequently			192 Lack of Energy
180	Vaginal Discharge			193 Migrating Aches & Pains
				194 Tire to Easily
				195 Avoids Activity
				196 Leg Nervousness at Night
				197 Diminished Sex Drive

IMPORTANT

TO THE PATIENT: Please list below the five (5) main Physical Complaints you have in Order of their Importance

1	
2	
3	
4	
5	

