Patient
Date


INSTRUCTIONS: Fill in only the circles which apply to you.

- O O MILD symptoms (occurred once or twice last 6 months).

O O MODERATE symptoms (occurred once or twice last month).
O ○ SEVERE symptoms (chronic, occurred once or twice last week).
○ ○ ○ Leave circles BLANK if they don't apply to you!
123 GROUP 1
OOO Acid foods upset
○○○ Get chilled often
O○○ "Lump" in throat
OOO Dry mouth-eyes-nose
OOO Pulse speeds after meal
000 Keyed up - fail to calm
OOO Cut heals slowly
OOO Gag easily
OOO Unable to relax; startles easily
OOO Extremities cold, clammy
OOO Strong light irritates
OOO Urine amount reduced
OOO Heart pounds after retiring
OOO "Nervous" stomach
OOO Appetite reduced
000 Cold sweats often
OOO Fever easily raised
000 Neuralgia-like pains
OOO Staring, blinks little
OOO Sour stomach often

## GROUP 2

21
OOO Joint stiffness on arising
OOO Muscle-leg-toe cramps at night
OOO "Butterfly" stomach, cramps
OOO Eyes or nose watery
000 Eyes blink often
OOO Eyelids swollen, puffy
OOO Indigestion soon after meals
O○○ Always seems hungry; feels "lightheaded" often
OOO Digestion rapid
000 Vomiting frequent
OOO Hoarseness frequent
000 Breathing irregular
○○○ Pulse slow; feels "irregular"
000 Gagging reflex slow
OOO Difficulty swallowing
OOO Constipation, diarrhea alternating
OOO "Slow starter"
OOO Get "chilled" infrequently
000 Perspire easily
OOO Circulation poor, sensitive to cold
41
O OO Subject to colds, asthma, bronchitis
GROUP 3
2000 Eat when nervous
OOO Excessive appetite
OOO Hungry between meals
OOO Irritable before meals
OOO Get "shaky" if hungry
000 Fatigue, eating relieves
8 OOO "Lightheaded" if meals delayed
OOO Heart palpitates if meals missed or delayed
OOO Afternoon headaches
OOO Overeating sweets upsets

123
52000 Awaken after few hours sleep - hard to get back to sleep
53 OOO Crave candy or coffee in afternoons
400 Moods of depression - "blues" or melancholy
OOO Abnormal craving for sweets or snacks
GROUP 4
6 OOO Hands and feet go to sleep easily, numbness
7 O○○ Sigh frequently, "air hunger"
8 OOO Aware of "breathing heavily"
OOO High altitude discomfort
000 Opens windows in closed rooms
OOO Susceptible to colds and fevers
OOO Afternoon "yawner"
OOO Get "drowsy" often
OOO Swollen ankles, worse at night
O○○ Muscle cramps, worse during exercise; get "charley horses"
000 Shortness of breath on exertion
OOO Dull pain in chest or radiating into left arm, worse on exertion
OOO Bruise easily, "black and blue" spots
OOO Tendency to anemia
OOO "Nose bleeds" frequent
OOO Noises in head, or "ringing in ears"
O○○ Tension under the breastbone, or feeling of "tightness", worse on exertion
GROUP 5
000 Dizziness
OOO Dry skin
000 Burning feet
○OO Blurred vision
OOO Itching skin and feet
OOO Excessive falling hair
000 Frequent skin rashes
OOO Bitter, metallic taste in mouth in mornings
○○○ Bowel movements painful or difficult
000 Worrier, feels insecure
OOO Feeling queasy; headache over eyes
OOO Greasy foods upset
000 Stools light colored
OOO Skin peels on foot soles
000 Pain between shoulder blades
000 Use laxatives
○○O Stools alternate from soft to watery
OOO History of gallbladder attacks or gallstones
000 Sneezing attacks
OOO Dreaming, nightmare type bad dreams
000 Bad breath (halitosis)
OOO Milk products cause distress
OOO Sensitive to hot weather
000 Burning or itching anus
000 Crave sweets
GROUP 6
98 ○○○ Loss of taste for meat
99 OOO Lower bowel gas several hours after eating
100 OOO Burning stomach sensations, eating relieves
101 O OO Coated tongue
102 O OO Pass large amounts of foul-smelling gas
103 ○○○ Indigestion 1/2-1 hour after eating; may be up to 3-4 hrs.
104 OOO Mucous colitis or "irritable bowel"
105 OOO Gas shortly after eating
106 O OO Stomach "bloating" after eating
$\begin{aligned} & 123 \text { GROUP 7A } \\ & 107 \text { OOO Insomnia }\end{aligned}$
108 OOO Nervousness
109 O OO Can't gain weight
110 OOO Intolerance to heat
111 OOO Highly emotional
112
00 Flush easily
113
000 Night sweats
OOO Thin, moist skin
115 OOO Inward trembling
116 OOO Heart palpitates
117 OOO Increased appetite without weight gain
118
000 Pulse fast at rest
000 Eyelids and face twitch
120
OOO Irritable and restless
OOO Can't work under pressure
GROUP 7B
22 OOO Increase in weight
123000 Decrease in appetite
124 OOO Fatigue easily
125000 Ringing in ears
126 OOO Sleepy during day
127 OOO Sensitive to cold
128 OOO Dry or scaly skin
129 O
OOO Constipation
OOO Mental sluggishness
000 Hair coarse, falls out
OOO Headaches upon arising, wear off during day
OOO Slow pulse, below 65
000 Frequency of urination
OOO Impaired hearing
OOO Reduced initiative
GROUP 7C
000 Failing memory
000 Low blood pressure
OOO Increased sex drive
000 Headaches, "splitting or rending" type
OOO Decreased sugar tolerance

## GROUP 7D

142 OOO Abnormal thirst
143 OOO Bloating of abdomen
144 OOO Weight gain around hips or waist
145000 Sex drive reduced or lacking
146 OOO Tendency to ulcers, colitis
147 OOO Increased sugar tolerance
148 OOO Women: menstrual disorders
000 Young girls: lack of menstrual function

## GROUP 7E

150 OOO Dizziness
151 OOO Headaches
152 OOO Hot flashes
153 OOO Increased blood pressure
154000 Hair growth on face or body (female)
155 OOO Sugar in urine (not diabetes)
156 OOO Masculine tendencies (female)
GROUP 7F
157 OOO Weakness, dizziness
158000 Chronic fatigue
159 OOO Low blood pressure
160 OOO Nails weak, ridged
161 OOO Tendency to hives
162 OOO Arthritic tendencies
163 OOO Perspiration increase
164 OOO Bowel disorders
165 OOO Poor circulation
166 OOO Swollen ankles
167 OOO Crave salt
168 OOO Brown spots or bronzing of skin
169 OOO Allergies - tendency to asthma

123

171 OOO Exhaustion - muscular and nervous
172 ○○○ Respiratory disorders
GROUP 8
173
OOO Apprehension
OOO Irritability
000 Morbid fears
OOO Never seems to get well
OOO Forgetfulness
OOO Indigestion
OOO Poor appetite
OOO Craving for sweets
OOO Muscular soreness
OOO Depression; feelings of dread
OOO Noise sensitivity
000 Acoustic hallucinations
O○○ Tendency to cry without reason
OOO Hair is coarse and/or thinning
000 Weakness
000 Fatigue
000 Skin sensitive to touch
OOO Tendency toward hives
000 Nervousness
OOO Headache
OOO Insomnia
000 Anxiety
000 Anorexia
OOO Inability to concentrate; confusion
OOO Frequent stuffy nose; sinus infections
OOO Allergy to some foods
OOO Loose joints
FEMALE ONLY
200 OOO Very easily fatigued
000 Premenstrual tension
○○○ Painful menses
000 Depressed feelings before menstruation
000 Menstruation excessive and prolonged
OOO Painful breasts
000 Menstruate too frequently
000 Vaginal discharge
OOO Hysterectomy / ovaries removed
OOO Menopausal hot flashes
000 Menses scanty or missed
000 Acne, worse at menses
OOO Depression of long standing

## MALE ONLY

213000 Prostate trouble
214 OOO Urination difficult or dribbling
215 OOO Night urination frequent
216000 Depression
217 OOO Pain on inside of legs or heels
218 OOO Feeling of incomplete bowel evacuation
219 OOO Lack of energy
220 OOO Migrating aches and pains
000 Tire too easily
000 Avoids activity
000 Leg nervousness at night
000 Diminished sex drive

| List the five main complaints you have in the order of their importance: |
| :--- | :--- |
| 2. |
| 3. |
| 4. |
| 5. |

