| Patient | | | etor | | | | 0 | - Muestr |
|------------------|--|----------------------|----------|---------|--------------------------------------|---|-----------------------|------------------|
| Birth Date | / / | Doo Approx Weight | | | | Dat Sex: | e Male | Female ·· |
| Pulse: Reci | umbont | | | | | | | |
| | | Standing | | | . , | Vegetarian: | Yes ··· | No · · |
| Blood press | sure: Recumbent | / | Standing | | / | Ragla | and's lest | is Positive ··· |
| NSTRUCTI | ONS: Fill in only the circles | which apply to you. | | 123 | | | | |
| | symptoms (occurred once or | | | 2 0 0 0 | Awaken after f | ew hours sleep - | hard to get | back to sleep |
| | ERATE symptoms (occurred o | | | | | r coffee in afterno | | |
| | ERE symptoms (chronic, occu | | | | | ession - "blues" of | • | / |
| | ve circles BLANK if they dor | n't apply to you! | 5 | 000 | | ing for sweets or | snacks | |
| 123 | GROUP 1 | | 5 | | GROUP 4 Hands and fee | t go to sleep easil | v numbness | |
| 1000 | Acid foods upset | | | | Sigh frequently | | y, numbriese | 5 |
| 2000 | Get chilled often | | | | Aware of "brea | - | | |
| 3000 | "Lump" in throat | | | | High altitude di | | | |
| | Dry mouth-eyes-nose | | | | - | s in closed room | s | |
| | Pulse speeds after meal | | 6 | 1 0 0 0 | Susceptible to | colds and fevers | | |
| | Keyed up - fail to calm | | | | Afternoon "yav | | | |
| | Cut heals slowly Gag easily | | | | Get "drowsy" o | | | |
| | Unable to relax; startles easily | 1 | | | | s, worse at night | | |
| | Extremities cold, clammy | | | | • | s, worse during ex | xercise; get | "charley horses" |
| | Strong light irritates | | | | | reath on exertion | a loft arm w | oreo on evertion |
| | Urine amount reduced | | | | • | est or radiating int black and blue" s | | orse on exertion |
| | Heart pounds after retiring | | | | Tendency to ar | | polo | |
| 14 0 0 0 | "Nervous" stomach | | | | "Nose bleeds" | | | |
| 15 0 0 0 | Appetite reduced | | | | | , or "ringing in ear | rs" | |
| | Cold sweats often | | 7 | 2 0 0 0 | Tension under | the breastbone, o | or feeling of ' | 'tightness", |
| | Fever easily raised | | | | worse on exer | tion | | |
| | Neuralgia-like pains | | | | GROUP 5 | | | |
| | Staring, blinks little Sour stomach often | | 7 | 3 0 0 0 | Dizziness | | | |
| | | | 7 | 4 0 0 0 | Dry skin | | | |
| | GROUP 2 | | | | Burning feet | | | |
| | Joint stiffness on arising Muscle-leg-toe cramps at nigh | ot | | | Blurred vision | | | |
| | "Butterfly" stomach, cramps | n | | | Itching skin and | | | |
| | Eyes or nose watery | | | | Excessive fallin | 0 | | |
| | Eyes blink often | | | | Frequent skin i Bitter metallic t | aste in mouth in n | ornings | |
| 26 0 0 0 | Eyelids swollen, puffy | | | | | ents painful or diff | - | |
| 27 0 0 0 | Indigestion soon after meals | | | | Worrier, feels i | • | | |
| | Always seems hungry; feels | "lightheaded" often | | | | ; headache over | eyes | |
| | Digestion rapid | | 8 | 4 0 0 0 | Greasy foods | upset | | |
| | Vomiting frequent | | 8 | 5 0 0 0 | Stools light colo | ored | | |
| | Hoarseness frequent Breathing irregular | | | | Skin peels on f | | | |
| | Pulse slow; feels "irregular" | | | | Pain between s | shoulder blades | | |
| | Gagging reflex slow | | | | Use laxatives | a from a off to wat | lon. | |
| | Difficulty swallowing | | | | | e from soft to wat ladder attacks or | | |
| | Constipation, diarrhea alternat | ting | | | Sneezing attac | | galistones | |
| | "Slow starter" | | | | - | tmare type bad dr | eams | |
| | Get "chilled" infrequently | | | | Bad breath (ha | | | |
| | Perspire easily | | | | Milk products of | , | | |
| | Circulation poor, sensitive to o | | | | Sensitive to ho | | | |
| 41 0 0 0 | Subject to colds, asthma, brow | nchitis | 9 | 6 0 0 0 | Burning or itchi | ing anus | | |
| | GROUP 3 | | 9 | 7 0 0 0 | Crave sweets | | | |
| | Eat when nervous | | | | GROUP 6 | | | |
| | Excessive appetite | | 9 | 8 0 0 0 | Loss of taste for | or meat | | |
| | Hungry between meals | | | | - | as several hours | - | |
| | Irritable before meals | | | | | ch sensations, ea | ting relieves | |
| 40 0 0 0 | Get "shaky" if hungry Fatigue, eating relieves | | | | Coated tongue | | | |
| 17 0 0 0 | r augue, eaung relieves | | | | | ounts of foul-smel | | |
| | "Lightheaded" if meals delaye | h | | | | | | |
| 48 000 | "Lightheaded" if meals delaye Heart palpitates if meals miss | | | | | - 1 hour after eating | | up to 3-4 nrs. |
| 48 000 49 000 | "Lightheaded" if meals delaye Heart palpitates if meals miss Afternoon headaches | | 10 | 4 0 0 0 | | or "irritable bowel | | up to 3-4 nrs. |

| | 4 | | GROUP 7A |
|-----|---|----|---|
| 107 | | | Insomnia |
| | | | Nervousness |
| | | | Can't gain weight |
| 110 | 0 | 00 | Intolerance to heat |
| | | | Highly emotional |
| | | | Flush easily |
| | | | Night sweats |
| | | | Thin, moist skin Inward trembling |
| | | | Heart palpitates |
| | | | Increased appetite without weight gain |
| | | | Pulse fast at rest |
| 119 | 0 | 00 | Eyelids and face twitch |
| | | | Irritable and restless |
| 121 | 0 | 00 | Can't work under pressure |
| | _ | | GROUP 7B |
| | | | Increase in weight |
| | | | Decrease in appetite |
| | | | Fatigue easily Ringing in ears |
| | | | Sleepy during day |
| | | | Sensitive to cold |
| | | | Dry or scaly skin |
| | | | Constipation |
| | | | Mental sluggishness |
| | | | Hair coarse, falls out |
| | | | Headaches upon arising, wear off during day Slow pulse, below 65 |
| | | | Frequency of urination |
| | | | Impaired hearing |
| | | | Reduced initiative |
| | - | | GROUP 7C |
| 137 | 0 | 00 | Failing memory |
| | | | Low blood pressure |
| 139 | 0 | 00 | Increased sex drive |
| | | | Headaches, "splitting or rending" type |
| 141 | 0 | 00 | Decreased sugar tolerance |
| | _ | | GROUP 7D |
| | | | Abnormal thirst |
| | | | Bloating of abdomen Weight gain around hips or waist |
| | | | Sex drive reduced or lacking |
| | | | Tendency to ulcers, colitis |
| | | | Increased sugar tolerance |
| | | | Women: menstrual disorders |
| 149 | 0 | 00 | Young girls: lack of menstrual function |
| | | | GROUP 7E |
| | | | Dizziness |
| | | | Headaches |
| | | | Hot flashes Increased blood pressure |
| | | | Hair growth on face or body (female) |
| | | | Sugar in urine (not diabetes) |
| | | | Masculine tendencies (female) |
| | | | GROUP 7F |
| 157 | 0 | 00 | Weakness, dizziness |
| 158 | 0 | 00 | Chronic fatigue |
| | | | Low blood pressure |
| | | | Nails weak, ridged |
| | | | Tendency to hives |
| | | | Arthritic tendencies Perspiration increase |
| | | | Bowel disorders |
| | | | Poor circulation |
| | | | Swollen ankles |
| 167 | 0 | 00 | Crave salt |
| | | | Brown spots or bronzing of skin |
| 169 | 0 | 00 | Allergies - tendency to asthma |
| | | | |

| | 1 | 23 | |
|-----|---|----|--|
| 170 | | | Weakness after colds, influenza |
| 171 | 0 | 00 | |
| 172 | 0 | 00 | Respiratory disorders |
| | | | GROUP 8 |
| | | 00 | Apprehension |
| | | 00 | |
| | | 00 | |
| | | 00 | 5 |
| | | | Indigestion |
| | | 00 | 5 |
| 180 | 0 | 00 | |
| 181 | 0 | 00 | Muscular soreness |
| 182 | 0 | 00 | Depression; feelings of dread |
| | | 00 | |
| | | 00 | |
| | | 00 | |
| | | | Hair is coarse and/or thinning Weakness |
| | | | Fatigue |
| | | 00 | 0 |
| | | 00 | |
| | | 00 | Nervousness |
| 192 | 0 | 00 | Headache |
| 193 | 0 | 00 | Insomnia |
| | - | | Anxiety |
| | - | | Anorexia |
| | | | Inability to concentrate; confusion |
| | | | Frequent stuffy nose; sinus infections |
| | - | 00 | |
| 199 | 0 | 00 | Loose joints FEMALE ONLY |
| 200 | 0 | 00 | Very easily fatigued |
| | | 00 | Premenstrual tension |
| | | 00 | Painful menses |
| | | 00 | Depressed feelings before menstruation |
| 204 | 0 | 00 | Menstruation excessive and prolonged |
| | - | 00 | Painful breasts |
| | | 00 | Menstruate too frequently |
| | | 00 | 5 5 |
| 208 | | 0 | Hysterectomy / ovaries removed |
| | | 00 | Menopausal hot flashes |
| | | 00 | Menses scanty or missed Acne, worse at menses |
| | | 00 | - |

MALE ONLY

- 213 OOO Prostate trouble
- 214 OOO Urination difficult or dribbling
- 215 OOO Night urination frequent
- 216 OOO 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
- 221 OOO Tire too easily
- 222 OOO Avoids activity
- 223 OOO Leg nervousness at night
- 224 OOO Diminished sex drive

List the five main complaints you have in the order of their importance:

| 1 |
|---|
| 2 |
| 3 |
| |
| 4 |
| 5 |