

# Symptoms Checklist

Please rate your symptoms on a scale of 0-5. (0=none, 5=severe). Add a + with the number of times per month you experience it (eg. + 4).

We will use this tool to help assess what may be affecting your health and to gauge improvement.

## Head

- headache
- faintness
- dizziness
- sleep difficulties, insomnia
- drowsiness
- other

## Eyes

- watery or itchy
- swollen or sticky eyelids
- dark circles under eyes
- blurred vision
- spots before eyes
- dry eyes
- other

## Mouth and Throat

- chronic coughing
- frequently clearing throat
- frequent sore throat
- hoarseness
- metallic taste
- canker sores
- dry or itching in mouth
- other

## Ears

- itchy ears
- ear aches, infections
- drainage from ear
- ringing in ears, hearing loss
- fullness of ears
- other

## Nose

- stuffy nose, smell altered
- sinus problems
- hay fever
- sneezing attacks
- excessive mucous
- other

## Digestive Tract

- nausea or vomiting
- diarrhea
- constipation
- bloated feeling
- belching or passing gas (stinky)
- stomach pains or cramps
- heartburn
- other

## Joints and Muscles

- pains or aches in joints
- arthritis
- stiffness
- pains or aches in muscles
- weakness
- numbness
- tingling or altered sensation
- swelling in hands or feet
- other

## Heart

- irregular heart beat
- rapid or pounding heart
- chest pain
- other

## Energy and Activity

- restlessness
- fatigue, sluggishness
- apathy, lethargy
- hyperactivity

## Mind

- poor memory
- poor comprehension
- poor concentration
- poor physical coordination
- difficulty making decisions
- stuttering
- learning disabilities
- foggy feeling
- other

## Skin

- acne
- hives, rash, dry skin
- eczema, psoriasis
- hair loss
- flushing or hot flashes
- excessive sweating
- change in color
- dandruff
- other

## Lungs

- chest congestion
- asthma, bronchitis
- shortness of breath
- difficulty breathing
- other

## Weight

- present weight \_\_\_\_\_
- binge eating/drinking
  - water retention
  - crave certain foods- list which ones:

- hungry all the time
- lack of appetite

## Emotions

- mood swings
- anxiety, fears
- nervousness
- anger, irritability
- aggressiveness
- depression
- mental illness
- other

## Immunity

- frequent illness, infections
- poor healing

## Urinary system

- frequent or urgent urination
- kidney stones
- frequent infections

## Reproductive

- genital itch or discharge
- swelling, pain- where? when?
- menstrual difficulties: cramping (sharp or dull ache), irregular cycle, short or long cycle, bleeding excessive (# of days or amount) (circle which ones)
- PMS- list symptoms:
- Menopausal symptoms- list:
- sexual difficulties: pain, ejaculatory, erectile, lack desire (circle which ones)

## Any other problems?