

Nutritec Software Symptom Survey Form

NAME: _____ DATE: _____

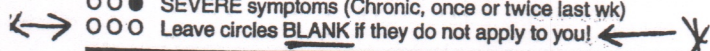
DOB: ____/____/____ SEX: ☐ Male ☐ Female

HEIGHT: _____ WEIGHT: _____

Wendy Nickell LMT, CNP
8879 W. Flamingo Rd #101
Las Vegas, NV 89147
702-900-4804
www.NutritionWorks.vegas

INSTRUCTIONS: Completely black out one of the three circles:
1-mild, 2-moderate, or 3-severe

- ☐ MILD symptoms (once or twice last 6 month)
☐ MODERATE symptoms (once or twice last month)
☐ SEVERE symptoms (Chronic, once or twice last wk)
☐ Leave circles BLANK if they do not apply to you!



1 2 3

GROUP 1 SYMPATHETIC DOMINANCE

- 1 ☐ ☐ ☐ Acid foods upset
- 2 ☐ ☐ ☐ Feel chilled often
- 3 ☐ ☐ ☐ "Lump" in throat
- 4 ☐ ☐ ☐ Dry mouth-eyes-nose
- 5 ☐ ☐ ☐ Pulse speeds after meals
- 6 ☐ ☐ ☐ Keyed up; unable to feel calm
- 7 ☐ ☐ ☐ Cuts heal slowly
- 8 ☐ ☐ ☐ Gag easily
- 9 ☐ ☐ ☐ Unable to relax; startles easily
- 10 ☐ ☐ ☐ Extremities cold and/or 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 ☐ ☐ ☐ Body temperature rises easily
- 18 ☐ ☐ ☐ Skin sensitive to touch
- 19 ☐ ☐ ☐ Staring, blinks little
- 20 ☐ ☐ ☐ Frequently have a sour stomach

GROUP 2 PARASYMPATHETIC DOMINANCE

- 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 or puffy
- 27 ☐ ☐ ☐ Indigestion soon after meals
- 28 ☐ ☐ ☐ Always seem hungry; 'lightheaded' often
- 29 ☐ ☐ ☐ Food digests rapidly
- 30 ☐ ☐ ☐ Vomit frequently
- 31 ☐ ☐ ☐ Frequently hoarse
- 32 ☐ ☐ ☐ Irregular breathing
- 33 ☐ ☐ ☐ Pulse slow or feels "irregular"
- 34 ☐ ☐ ☐ Slow gag reflex
- 35 ☐ ☐ ☐ Difficulty swallowing
- 36 ☐ ☐ ☐ Alternating constipation and diarrhea
- 37 ☐ ☐ ☐ "Slow starter"
- 38 ☐ ☐ ☐ Not easily chilled
- 39 ☐ ☐ ☐ Perspire easily
- 40 ☐ ☐ ☐ Poor circulation or sensitive to cold
- 41 ☐ ☐ ☐ Subject to colds, asthma, bronchitis

GROUP 3 SUGAR HANDLING

- 42 ☐ ☐ ☐ Eat when nervous
- 43 ☐ ☐ ☐ Excessive appetite
- 44 ☐ ☐ ☐ Hungry between meals
- 45 ☐ ☐ ☐ Irritable before meals
- 46 ☐ ☐ ☐ Get "shaky" if hungry

1 2 3

- 47 ☐ ☐ ☐ Feeling fatigued, eating relieves
- 48 ☐ ☐ ☐ "Lightheaded" if meals delayed
- 49 ☐ ☐ ☐ Heart palpitates if meals missed or delayed
- 50 ☐ ☐ ☐ Afternoon headaches
- 51 ☐ ☐ ☐ Upset feeling from excessive eating of sweets
- 52 ☐ ☐ ☐ Awaken after a 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 CARDIOVASCULAR

- 56 ☐ ☐ ☐ Hands and feet go to sleep easily, numbness
- 57 ☐ ☐ ☐ Sigh frequently, "air hunger"
- 58 ☐ ☐ ☐ Aware of "breathing heavily"
- 59 ☐ ☐ ☐ Discomfort at high altitude
- 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; "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 on arms or legs
- 69 ☐ ☐ ☐ Tendency to anemia
- 70 ☐ ☐ ☐ Frequently have "nose bleeds"
- 71 ☐ ☐ ☐ "Ringing in ears" or noises in head
- 72 ☐ ☐ ☐ Tension under the breast-bone, or feeling of "tightness" in the chest, gets worse on exertion

GROUP 5 LIVER/BILIARY

- 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 or metallic taste in mouth in the mornings
- 81 ☐ ☐ ☐ Bowel movements painful or difficult
- 82 ☐ ☐ ☐ Feelings of worry, dread, or insecurity
- 83 ☐ ☐ ☐ Feeling queasy; headache over eyes
- 84 ☐ ☐ ☐ Greasy foods upset
- 85 ☐ ☐ ☐ Stools light-colored
- 86 ☐ ☐ ☐ Skin peels on foot soles
- 87 ☐ ☐ ☐ Pain between shoulder blades
- 88 ☐ ☐ ☐ Using laxatives
- 89 ☐ ☐ ☐ Stools alternate from soft to watery
- 90 ☐ ☐ ☐ History of gallbladder attacks or gall stones
- 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

GROUP 6 DIGESTION

- 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 1/2 - 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

Over
↓

- | | 1 | 2 | 3 | |
|------------------------------|-----------------------|-----------------------|-----------------------|--|
| GROUP 7A HYPERTHYROID | | | | |
| 107 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Insomnia |
| 108 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Nervousness |
| 109 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Can't gain weight |
| 110 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Intolerance to heat |
| 111 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Highly emotional |
| 112 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Flush easily |
| 113 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Night sweats |
| 114 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Skin is thin and moist |
| 115 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Inward trembling |
| 116 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Heart palpitates |
| 117 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Increased appetite without weight gain |
| 118 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Pulse races when resting |
| 119 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Eyelids and face twitch |
| 120 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Irritable and restless |
| 121 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Can't work under pressure |

- | | 1 | 2 | 3 | |
|-----------------------------|-----------------------|-----------------------|-----------------------|--|
| GROUP 7B HYPOTHYROID | | | | |
| 122 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Noticable weight gain |
| 123 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Decrease in appetite |
| 124 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Easily fatigued |
| 125 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Ringing in ears |
| 126 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Sleepy during day |
| 127 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Sensitive to cold |
| 128 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dry or scaly skin |
| 129 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Constipation |
| 130 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Mental sluggishness |
| 131 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Hair coarse, falls out |
| 132 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Headaches upon arising wear off during day |
| 133 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Slow pulse, below 65 |
| 134 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Frequent urination |
| 135 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Impaired hearing |
| 136 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Reduced initiative |

- | | 1 | 2 | 3 | |
|--------------------------------|-----------------------|-----------------------|-----------------------|--|
| GROUP 7C HYPERPITUITARY | | | | |
| 137 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Failing memory |
| 138 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Low blood pressure |
| 139 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Increased sex drive |
| 140 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Headaches, "splitting or rendering" type |
| 141 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Decreased sugar tolerance |

- | | 1 | 2 | 3 | |
|-------------------------------|-----------------------|-----------------------|-----------------------|--|
| GROUP 7D HYPOPITUITARY | | | | |
| 142 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Abnormal thirst |
| 143 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Bloating of the abdomen |
| 144 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Weight gain around hips or waist |
| 145 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Sex drive reduced or lacking |
| 146 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Tendency toward ulcers and/or colitis |
| 147 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Increased sugar tolerance |
| 148 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | (FEMALE) Menstrual disorders |
| 149 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | (YOUNG GIRLS) Lack of menstrual function |

- | | 1 | 2 | 3 | |
|------------------------------|-----------------------|-----------------------|-----------------------|--------------------------------------|
| GROUP 7E HYPERADRENAL | | | | |
| 150 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Dizziness |
| 151 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Headaches |
| 152 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Hot flashes |
| 153 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Increased blood pressure |
| 154 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | (FEMALE) Hair growth on face or body |
| 155 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Sugar in urine (not diabetes) |
| 156 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | (FEMALE) Masculine tendencies |

- | | 1 | 2 | 3 | |
|-----------------------------|-----------------------|-----------------------|-----------------------|-----------------------------------|
| GROUP 7F HYPOADRENAL | | | | |
| 157 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Weakness and/or dizziness |
| 158 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Chronic fatigue |
| 159 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Low blood pressure |
| 160 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Nails weak and/or ridged |
| 161 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Tendency toward hives |
| 162 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Arthritic tendencies |
| 163 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Perspiration increase |
| 164 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Bowel disorders |
| 165 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Poor circulation |
| 166 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Swollen ankles |
| 167 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Crave salt |
| 168 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Brown spots or bronzing of skin |
| 169 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Allergies - tendency to asthma |
| 170 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Weakness after colds or influenza |
| 171 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Muscular and nervous exhaustion |
| 172 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Respiratory disorders |

- | | 1 | 2 | 3 | |
|------------------------------------|-----------------------|-----------------------|-----------------------|--|
| GROUP 8 FOUNDATIONAL ISSUES | | | | |
| 173 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Apprehension |
| 174 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Irritability |
| 175 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Morbid fears |
| 176 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Never seems to get well |
| 177 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Forgetfulness |
| 178 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Indigestion |
| 179 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Poor appetite |
| 180 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Craving for sweets |
| 181 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Muscular soreness |
| 182 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Depression; feelings of dread |
| 183 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Noise sensitivity |
| 184 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Acoustic hallucinations |
| 185 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Tendency to cry without reason |
| 186 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Hair is coarse and/or thinning |
| 187 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Weakness |
| 188 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Fatigue |
| 189 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Skin sensitive to touch |
| 190 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Tendency toward hives |
| 191 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Nervousness |
| 192 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Headache |
| 193 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Insomnia |
| 194 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Anxiety |
| 195 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Anorexia |
| 196 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Inability to concentrate; confusion |
| 197 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Frequent stuffy nose; sinus infections |
| 198 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Allergy to some foods |
| 199 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Loose joints |

- | | 1 | 2 | 3 | |
|--------------------|-----------------------|-----------------------|-----------------------|--|
| FEMALE ONLY | | | | |
| 200 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Very easily fatigued |
| 201 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Premenstrual tension |
| 202 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Painful menses |
| 203 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Depressed feelings before menstruation |
| 204 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Excessive and prolonged menstruation |
| 205 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Painful breasts |
| 206 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Menstruate too frequently |
| 207 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Vaginal discharge |
| 208 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Hysterectomy /ovaries removed |
| 209 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Menopausal hot flashes |
| 210 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Menses scanty or missed |
| 211 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Acne, worse at menses |
| 212 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Long standing depression |

- | | 1 | 2 | 3 | |
|------------------|-----------------------|-----------------------|-----------------------|--|
| MALE ONLY | | | | |
| 213 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Prostate trouble |
| 214 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Urination difficult or dribbling |
| 215 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Frequent night time urination |
| 216 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Depression |
| 217 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Pain on inside of legs or heels |
| 218 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Feeling of incomplete bowel evacuation |
| 219 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Lack of energy |
| 220 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Migrating aches and pains |
| 221 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Too easily tired |
| 222 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Avoids activity |
| 223 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Leg nervousness at night |
| 224 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Diminished sex drive |

IMPORTANT	
List below your <u>five</u> main physical complaints in order of importance:	
→ 1.	_____
→ 2.	_____
→ 3.	_____
→ 4.	_____
→ 5.	_____
Notes:	