

SYMPTOM REVIEW

Please check all current symptoms occurring in the past 6 months

GENERAL

- Cold Hands & Feet
- Cold Intolerance
- Low Body Temperature
- Low Blood Pressure
- Daytime Sleepiness
- Difficulty Falling Asleep
- Early Waking
- Fatigue
- Fever
- Flushing
- Heat Intolerance
- Night Waking
- Nightmares
- No Dream Recall

HEAD, EYES & EARS

- Conjunctivitis
- Distorted Sense of Smell
- Distorted Taste
- Ear Fullness
- Ear Pain
- Ear Ringing/ Buzzing
- Eye Crusting
- Eye Pain
- Hearing Loss
- Hearing Problems
- Headache
- Migraine
- Sensitivity to Loud Noises
- Vision Problems (Other than glasses)

MUSCULOSKELETAL

- Back Muscle Spasm
- Calf Cramps
- Chest Tightness
- Foot Cramps
- Joint Deformity
- Joint Pain
- Joint Redness
- Joint Stiffness
- Muscle Pain
- Muscle Spasms
- Muscle Stiffness

- Muscle Twitches:
 - Around Eyes
 - Arms or Legs
- Muscle Weakness
- Neck Muscle Spasm
- Tendonitis
- Tension Headache
- TMJ Problems

MOOD/NERVES

- Agoraphobia
- Anxiety
- Black-out
- Depression
- Difficulty:
 - Concentrating
 - With Balance
 - With Thinking
 - With Judgment
 - With Speech
 - With Memory
- Dizziness (Spinning)
- Fainting
- Fearfulness
- Irritability
- Light-Headedness
- Numbness
- Other Phobias
- Panic Attacks
- Paranoia
- Seizures
- Suicidal Thoughts
- Tingling
- Tremor/ Trembling
- Visual Hallucinations

EATING

- Binge Eating
- Bulimia
- Can't Gain Weight
- Can't Lose Weight
- Poor Appetite
- Salt Cravings
- Carbohydrate Craving (breads, pastas)
- Sweet Cravings (Candy, Cookies, Cakes)
- Chocolate Cravings

- Caffeine Dependent

DIGESTION

- Bad Teeth
- Bleeding Gums
- Bloating of:
 - Lower Abdomen
 - Whole Abdomen
 - Bloating after meals
- Blood in Stools
- Burping
- Canker Sores
- Cold Sores
- Constipation
- Cracking at Corner of Lips
- Cramps
- Dentures w/Poor Chewing
- Diarrhea
- Alternating Diarrhea & Constipation
- Difficulty Swallowing
- Dry Mouth
- Excess Flatulence/ Gas
- Fissures
- Foods "Repeat" (Reflux)
- Gas
- Heartburn
- Hemorrhoids
- Indigestion
- Nausea
- Upper Abdominal Pain
- Vomiting

Intolerance to:

- Lactose
- All Dairy Products
- Wheat
- Gluten (wheat, rye, barley)
- Corn
- Eggs
- Fatty Foods
- Yeast
- Liver Disease/Jaundice
- Abnormal Liver Function Tests
- Lower Abdominal Pain
- Mucus in Stools

SYMPTOM REVIEW *continued*

Please check all current symptoms occurring in the past 6 months

Periodontal Disease

Sore Tongue

Strong Stool Odor

Undigested Food in Stool

SKIN PROBLEMS

Acne on Back

Acne on Chest

Acne on Face

Acne on Shoulders

Athlete's Foot

Bumps on Back of Upper Arms

Cellulite

Dryness

Dark Circles Under Eyes

Ears Get Red

Easy Bruising

Lack of Sweating

Eczema

Hives

Jock Itch

Moles w/ Color/Size Change

Oily Skin

Rash

Red Face

Sensitive to Bites

Sensitivities to Poison Ivy/ Oak

Shingles

Skin Darkening

Strong Body Odor

Hair Loss

Vitiligo

ITCHING SKIN

Skin in General

Anus

Arms

Ear Canals

Eyes

Feet

Hands

Legs

Nipples

Nose

Penis

Roof of Mouth

Scalp

Throat

LYMPH NODES

Enlarged/ Neck

Tender/ Neck

Other Enlarged/ Tender

Lymph Nodes

NAILS

Bitten

Brittle

Fungus/ Fingers

Fungus/ Toes

Pitting

Ridges

Soft

White Spots/ Lines

RESPIRATORY

Bad Breath

Cough

Hoarseness

Sore Throat

Hay Fever:

Spring

Summer

Fall

Change of Season

Nasal Stuffiness

Nose Bleeds

Post Nasal Drip

Sinus Fullness

Sinus Infection

Snoring

Wheezing

Winter Stuffiness

CARDIOVASCULAR

Angina/Chest Pain

Breathlessness

Heart Murmur

Irregular Pulse

Palpitations

Phlebitis

Swollen Ankles/ Feet

Varicose Veins

URINARY

Bed Wetting

Hesitancy (trouble starting)

Infection

Kidney Disease

Leaking/ Incontinence

Pain/Burning

Prostate Infections

Urgency

MALE REPRODUCTION

Discharge from Penis

Ejaculation Problem

Genital Pain

Impotence

Prostate or Urinary Infection

Lumps in Testicles

Poor Libido (sex drive)

FEMALE REPRODUCTION

Breast Cysts

Breast Lumps

Breast Tenderness

Ovarian Cyst

Poor Libido (sex drive)

Vaginal Discharge

Vaginal Odor

Vaginal Itch

Vaginal Pain with Sex

Premenstrual:

Bloating, Breast Tenderness

Carbohydrate Cravings

Chocolate Cravings

Constipation

Decreased Sleep

Diarrhea

Fatigue

Increased Sleep

Irritability

Menstrual:

Cramps

Heavy Periods

Irregular Periods

No Periods

Scanty Periods

Spotting Between Periods