

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