

Daily Symptom Journal

Date

List symptoms and symptom levels
Mild (1-3) Moderate (4-6) Severe (7-10)

Central Nervous System

Musculoskeletal

Irritable Bowel Syndrome

Genitourinary

Dermatological

Head, Eye, Ear, Nose, and Throat

Miscellaneous

Hypoglycemia

Today's Activities for tracking energy levels

HG or Low Carb Diet for tracking blood sugar levels

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Snack _____

Gratitude Practice for increasing resiliency

I am grateful for _____

I am grateful for _____

I am grateful for _____

Use Dr St Amand’s revised symptoms list below as a guide to completing your symptom journal.

Central Nervous System: Fatigue, irritability, nervousness, depression, apathy, listlessness, impaired memory and concentration (fog), anxieties, depression, suicidal thoughts. Insomnia and frequent awakening.

Musculoskeletal: Pain, stiffness from muscles, tendons, ligaments and fascia of the shoulders, neck, entire back, hips, thighs, knees, ankles, feet, inner and outer elbows, wrists, fingers, and chest. Joint pains with or without swelling, foot or calf cramps, numbness and tingling of the face or extremities.

Irritable Bowel: nausea, indigestion, gas, bloating, pain, cramps, constipation, diarrhea, mucous stools.

Genitourinary: pungent urine, frequent urination, bladder spasms, burning urination, bladder infections, interstitial cystitis, vaginal spasms, irritation, painful intercourse, yeast infection without the cottage-cheese discharge, intense PMS and uterine cramping.

Dermatological: rashes with or without itching: Hives, red blotches, itchy bumps or blisters, eczema, seborrheic or neurodermatitis, and rosacea. Brittle nails, premature hair loss, cold or hot palms, soles and thighs), crawling, electric vibrations, prickling, super-sensitivity to touch, flushing that is sometimes accompanied by sweating.

Head, Eye, Ear, Nose, and Throat: Headaches, migraines, dizziness, vertigo (spinning), imbalance; eyes-eyeball pain; sensitivity to light, dry, itching or burning with or without sticky or crusty discharge upon awakening, blurred vision; nasal congestion and post-nasal drip; Burning Mouth Syndrome (painful, burning tongue, mouth and abnormal tastes -scalded, bad or metallic); ears-pain, ringing in the ears (tinnitus) or lower-pitched sounds, sound sensitivity; odor sensitivity.

Miscellaneous Symptoms: Weight gain; low grade fever; lowered immunity to infections; morning eyelid and hand swelling from fluid retention; restless leg syndrome, restless all over syndrome.

Hypoglycemia Syndrome: Sugar craving accompanied by tremors, sweating, anxiety, panic attacks, heart pounding, faintness, and frontal headaches, especially if hunger induced.

<http://www.fibromyalgiatreatment.com/the-guaifenesin-protocol.html>

