

Section 7– Read each symptom and

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|-------------|------------------------------|-------------|------------------------------|
| 74. 0 1 2 3 | Body jerks as falling asleep | 79. 0 1 2 3 | Nosebleeds |
| 75. 0 1 2 3 | Restless leg syndrome | 80. 0 1 2 3 | Bruise easily |
| 76. 0 1 2 3 | Small bumps on back of arms | 81. 0 1 2 3 | Gums bleed easily |
| 77. 0 1 2 3 | Heart races | 82. 0 1 2 3 | Depressed regularly |
| 78. 0 1 2 3 | Worrier, anxious | 83. 0 1 2 3 | Numbness or tingling in body |
| | | 84. 0 1 2 3 | Loss of muscle tone |

circle the number that applies

Section 8– Read each symptom and circle the number that applies.

Key: 0=no, symptom does not occur

2=Moderate symptom, occur

1=Yes, mild symptom, rarely occurs

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|-------------|---|-------------|---------------------------|
| 85. 0 1 2 3 | Difficulty falling asleep | 91. 0 1 2 3 | Headache after exercise |
| 86. 0 1 2 3 | Slow starter in the morning | 92. 0 1 2 3 | Chronic low back pain |
| 87. 0 1 2 3 | Suddenly dizzy when standing | 93. 0 1 2 3 | Clench or grind teeth |
| 88. 0 1 2 3 | Difficulty holding chiropractic adjustments | 94. 0 1 2 3 | Perspire too easily |
| 89. 0 1 2 3 | Arthritis | 95. 0 1 2 3 | Hives |
| 90. 0 1 2 3 | Crave salty food | 96. 0 1 2 3 | Bright light hurts eyes |
| | | 97. 0 1 2 3 | Slow recovery from stress |

3=Severe symptom, occurs daily

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|--------------|----------------------------|--------------|---------------------|
| 98. 0 1 2 3 | Difficulty losing weight | 106. 0 1 2 3 | Sensitive to iodine |
| 99. 0 1 2 3 | Loss of outer 1/3 eyebrows | 107. 0 1 2 3 | Fast pulse at rest |
| 100. 0 1 2 3 | Mentally sluggish | 108. 0 1 2 3 | Nervousness |
| 101. 0 1 2 3 | Cold hands and feet | 109. 0 1 2 3 | Sensitivity to cold |
| 102. 0 1 2 3 | Hair loss | 110. 0 1 2 3 | Intolerant to heat |
| 103. 0 1 2 3 | Easily fatigued | 111. 0 1 2 3 | Flush easily |
| 104. 0 1 2 3 | Seasonal sadness | 112. 0 1 2 3 | Heart palpitations |
| 105. 0 1 2 3 | Low body temperature | | |

Section 9– Read each symptom and circle the

number that applies.