

NAME: _____ DATE: _____

DOB: ___/___/___ SEX: Male Female

Height: _____ Weight: _____

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

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

1 2 3 Gp1 SymDom

- 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 amounts reduced
13 Heart pounds after retiring
14 "Nervous" appetite
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

Gp2 ParaDom

- 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

Gp3 SH

- 42 Eat when nervous
43 Excessive appetite
44 Hungry between meals
45 Irritable before meals
46 Get "shaky" if hungry
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 or sleep, hard to get back to Sleep

1 2 3

Gp4 HT

- 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 and 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 chest, gets worse on exertion

Gp5 LV/GB

- 73 Dizziness
74 Dry skin
75 Burning feet
76 Blurred vision
77 itching skin and feet
78 Excessive Falling Hair
79 Frequent skin rash
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, nightmares-tyoe bad dreams
93 Bad breath- halitosis
94 Milk products cause distress
95 sensitive to hot weather
96 burning or itching anus
97 Crave sweets

Gp6 ST

- 98 Loss fo 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 hours
104 Mucus colitis or "irritable bowel"
105 Gas shortly after eating
106 Stomach "bloating" after eating

Gp7A HrThy

- 107 Insomnia
108 Nervousness
109 Can't gain weight
110 Intolerance to heat
111 Highly emotional
112 Flush easily
113 Night sweats
114 Skin is thin and moist
115 Inward trembling
116 Heart Palpitates
117 Increased appetite without weight gain
118 Pulse races when resting
119 Eyelids and face twitch
120 Irritable and restless
121 Can't work under pressure

- 1 2 3 Gp7B HoThy**
- 122 ○ ○ ○ Noticeable weight gain
 - 123 ○ ○ ○ Decrease in appetite
 - 124 ○ ○ ○ Easily fatigued
 - 125 ○ ○ ○ Ringing in ears
 - 126 ○ ○ ○ Sleepy during the day
 - 127 ○ ○ ○ Sensitive to cold
 - 128 ○ ○ ○ Dry or Scaly skin
 - 129 ○ ○ ○ Constipation
 - 130 ○ ○ ○ Mental Sluggishness
 - 131 ○ ○ ○ Hair coarse, falls out
 - 132 ○ ○ ○ Headaches upon arising wear off during day
 - 133 ○ ○ ○ Slow pulse, below 65
 - 134 ○ ○ ○ Frequent urination
 - 135 ○ ○ ○ Impaired hearing
 - 136 ○ ○ ○ Reduced initiative

- Gp7C HrPit**
- 137 ○ ○ ○ Failing memory
 - 138 ○ ○ ○ Low blood sugar
 - 139 ○ ○ ○ Increased sex drive
 - 140 ○ ○ ○ Headaches, "splitting or rendering
 - 141 ○ ○ ○ Decreased sugar tolerance

- Gp7D HoPit**
- 142 ○ ○ ○ Abnormal thirst
 - 143 ○ ○ ○ Bloating of the abdomen
 - 144 ○ ○ ○ Weight gain around hips or waist
 - 145 ○ ○ ○ Sex drive reduced or lacking
 - 146 ○ ○ ○ Tendency towards ulcers and/or colitis
 - 147 ○ ○ ○ Increased sugar tolerance
 - 148 ○ ○ ○ (FEMALE) Menstrual disorders
 - 149 ○ ○ ○ (YOUNG GIRLS) Lack of menstrual function

- Gp7E HrAdr**
- 150 ○ ○ ○ Dizziness
 - 151 ○ ○ ○ Headaches
 - 152 ○ ○ ○ Hot flashes
 - 153 ○ ○ ○ Increased blood sugar
 - 154 ○ ○ ○ (FEMALE) Hair growth on face or body
 - 155 ○ ○ ○ Sugar in Urine (not diabetes)
 - 156 ○ ○ ○ (FEMALE) Masculine tendencies

- Gp7F HoAdr**
- 157 ○ ○ ○ Weakness and/or dizziness
 - 158 ○ ○ ○ Chronic Fatigue
 - 159 ○ ○ ○ Low blood pressure
 - 160 ○ ○ ○ Nails weak and/or rigid
 - 161 ○ ○ ○ Tendency toward hives
 - 162 ○ ○ ○ Arthritic tendencies
 - 163 ○ ○ ○ Perspiration increase
 - 164 ○ ○ ○ Bowel disorders
 - 165 ○ ○ ○ Poor circulation
 - 166 ○ ○ ○ Swollen ankles
 - 167 ○ ○ ○ Crave salt
 - 168 ○ ○ ○ Brown spots or bronzing of skin
 - 169 ○ ○ ○ Allergies-tendency towards asthma
 - 170 ○ ○ ○ Weakness after colds or influenza
 - 171 ○ ○ ○ Muscular and nervous exhaustion
 - 172 ○ ○ ○ Respiratory disorders

- Gp8 Fnd**
- 173 ○ ○ ○ Apprehension
 - 174 ○ ○ ○ Irritability
 - 175 ○ ○ ○ Morbid Fears
 - 176 ○ ○ ○ Never seems to get well
 - 177 ○ ○ ○ Forgetfulness
 - 178 ○ ○ ○ Indigestion
 - 179 ○ ○ ○ Poor appetite
 - 180 ○ ○ ○ Craving for sweets
 - 181 ○ ○ ○ Muscular soreness
 - 182 ○ ○ ○ Depression; feelings of dread
 - 183 ○ ○ ○ Noise sensitivity
 - 184 ○ ○ ○ Acoustic hallucinations
 - 185 ○ ○ ○ Tendency to cry without reason

- 1 2 3 Gp8 Fnd**
- 187 ○ ○ ○ Hair is coarse and/or thinning
 - 188 ○ ○ ○ Fatigue
 - 189 ○ ○ ○ Skin sensitive to touch
 - 190 ○ ○ ○ Tendency towards hives
 - 191 ○ ○ ○ Nervousness
 - 192 ○ ○ ○ Headache
 - 193 ○ ○ ○ Insomnia
 - 194 ○ ○ ○ Anxiety
 - 195 ○ ○ ○ Anorexia
 - 196 ○ ○ ○ Inability to concentrate; confusion
 - 197 ○ ○ ○ Frequent stuffy nose; sinus infections
 - 198 ○ ○ ○ Allergy to some foods
 - 199 ○ ○ ○ Loose joints

- Female Only**
- 200 ○ ○ ○ Very easily fatigued
 - 201 ○ ○ ○ Premenstrual tension
 - 202 ○ ○ ○ Painful menses
 - 203 ○ ○ ○ Depressed feelings before menstruation
 - 204 ○ ○ ○ Excessive or prolonged menstruation
 - 205 ○ ○ ○ Painful breasts
 - 206 ○ ○ ○ Menstruate too frequently
 - 207 ○ ○ ○ Vaginal discharge
 - 208 ○ ○ ○ Hysterectomy/ ovaries removed
 - 209 ○ ○ ○ Menopausal hot flashes
 - 210 ○ ○ ○ Menses scanty or missed
 - 211 ○ ○ ○ Acne, worse at menses
 - 212 ○ ○ ○ Long standing depression

- Male Only**
- 213 ○ ○ ○ Prostate trouble
 - 214 ○ ○ ○ Urination difficult or dribbling
 - 215 ○ ○ ○ Frequent night time urination
 - 216 ○ ○ ○ Depression
 - 217 ○ ○ ○ Pain on inside of legs or heels
 - 218 ○ ○ ○ Feeling of incomplete bowel evacuation
 - 219 ○ ○ ○ Lack of energy
 - 220 ○ ○ ○ Migrating aches and pains
 - 221 ○ ○ ○ Too easily tired
 - 222 ○ ○ ○ Avoids activity
 - 223 ○ ○ ○ Leg nervousness at night
 - 224 ○ ○ ○ Diminished sex drive

IMPORTANT

List below your five main physical complaints in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____