

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. \_\_\_\_\_