

SYSTEM SURVEY FORM

Name: _____

Sex: Male Female Date: _____

DO NOT FILL circles that do not apply.

MILD

MODERATE

SEVERE

GROUP 1

- Acid foods upset
- Get chilled often
- "Lump" in throat
- Dry mouth-eyes-nose
- Pulse speeds after meal
- Keyed up - fail to calm
- Cut heals slowly
- Gag easily
- Unable to relax; startles easily
- Extremities cold, clammy
- Strong light irritates
- Urine amount reduced
- Heart pounds after retiring
- "Nervous" stomach
- Appetite reduced
- Cold sweats often
- Fever easily raised
- Neuralgia-like pains
- Staring, blinks little
- Sour stomach often

GROUP 2

- Joint stiffness on arising
- Muscle-leg-toe cramps at night
- "Butterfly" stomach, cramps
- Eyes or nose watery
- Eyes blink often
- Eyelids swollen, puffy
- Indigestion soon after meals
- Always seems hungry; feels "lightheaded" often
- Digestion rapid
- Vomiting frequent
- Hoarseness frequent
- Breathing irregular
- Pulse slow; feels "irregular"
- Gagging reflex slow
- Difficulty swallowing
- Constipation, diarrhea alternating
- "Slow starter"
- Get "chilled" infrequently
- Perspire easily
- Circulation poor, sensitive to cold
- Subject to colds, asthma, bronchitis

GROUP 3

- Eat when nervous
- Excessive appetite
- Hungry between meals
- Irritable before meals
- Get "shaky" if hungry
- Fatigue, eating relieves
- "Lightheaded" if meals delayed
- Heart palpitates if meals missed or delayed
- Afternoon headaches

- Overeating sweets upsets
- Awaken after few hours sleep - hard to get back to sleep
- Crave candy or coffee in afternoons
- Moods of depression - "blues" or melancholy
- Abnormal craving for sweets or snacks

GROUP 4

- Hands and feet go to sleep easily, numbness
- Sigh frequently, "air hunger"
- Aware of "breathing heavily"
- High altitude discomfort
- Opens windows in closed rooms
- Susceptible to colds and fevers
- Afternoon "yawner"
- Get "drowsy" often
- Swollen ankles, worse at night
- Muscle cramps, worse during exercise; get "charley horses"
- Shortness of breath on exertion
- Dull pain in chest or radiating into left arm, worse on exertion
- Bruise easily, "black and blue" spots
- Tendency to anemia
- "Nose bleeds" frequent
- Noises in head, or "ringing in ears"
- Tension under the breastbone, or feeling of "tightness", worse on exertion

GROUP 5

- Dizziness
- Dry skin
- Burning feet
- Blurred vision
- Itching skin and feet
- Excessive falling hair
- Frequent skin rashes
- Bitter, metallic taste in mouth in mornings
- Bowel movements painful or difficult
- Worrier, feels insecure
- Feeling queasy; headache over eyes
- Greasy foods upset
- Stools light colored
- Skin peels on foot soles
- Pain between shoulder blades
- Use laxatives
- Stools alternate from soft to watery
- History of gallbladder attacks or gallstones
- Sneezing attacks
- Dreaming, nightmare type bad dreams
- Bad breath (halitosis)
- Milk products cause distress
- Sensitive to hot weather
- Burning or itching anus
- Crave sweets

GROUP 6

- Loss of taste for meat
- Lower bowel gas several hours after eating
- Burning stomach sensations, eating relieves
- Coated tongue
- Pass large amounts of foul-smelling gas
- Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
- Mucous colitis or "irritable bowel"
- Gas shortly after eating
- Stomach "bloating" after eating

GROUP 7A

- Insomnia
- Nervousness
- Can't gain weight
- Intolerance to heat
- Highly emotional
- Flush easily
- Night sweats
- Thin, moist skin
- Inward trembling
- Heart palpitates
- Increased appetite without weight gain
- Pulse fast at rest
- Eyelids and face twitch
- Irritable and restless
- Can't work under pressure

GROUP 7B

- Increase in weight
- Decrease in appetite
- Fatigue easily
- Ringing in ears
- Sleepy during day
- Sensitive to cold
- Dry or scaly skin
- Constipation
- Mental sluggishness
- Hair course, falls out
- Headaches upon arising, wear off during day
- Slow pulse, below 65
- Frequency of urination
- Impaired hearing
- Reduced initiative

GROUP 7C

- Failing memory
- Low blood pressure
- Increased sex drive
- Headaches, "splitting or rending" type
- Decreased sugar tolerance

GROUP 7D

- Abnormal thirst
- Bloating of abdomen
- Weight gain around hips or waist
- Sex drive reduced or lacking
- Tendency to ulcers, colitis
- Increased sugar tolerance
- Women: menstrual disorders
- Young girls: lack of menstrual function

GROUP 7E

- Dizziness
- Headaches
- Hot flashes
- Increased blood pressure
- Hair growth on face or body (female)
- Sugar in urine (not diabetes)
- Masculine tendencies (female)

GROUP 7F

- Weakness, dizziness
- Chronic fatigue
- Low blood pressure
- Nails weak, ridged
- Tendency to hives
- Arthritic tendencies
- Perspiration increase
- Bowel disorders
- Poor circulation
- Swollen ankles
- Crave salt
- Brown spots or bronzing of skin
- Allergies – tendency to asthma

- Weakness after colds, influenza
- Exhaustion - muscular and nervous
- Respiratory disorders

GROUP 8

- Apprehension
- Irritability
- Morbid fears
- Never seems to get well
- Forgetfulness
- Indigestion
- Poor appetite
- Craving for sweets
- Muscular soreness
- Depression; feelings of dread
- Noise sensitivity
- Acoustic hallucinations
- Tendency to cry without reason
- Hair is course and/or thinning
- Weakness
- Fatigue
- Skin sensitive to touch
- Tendency toward hives
- Nervousness
- Headaches
- Insomnia
- Anxiety
- Anorexia
- Inability to concentrate; confusion
- Frequent stuffy nose; sinus infections
- Allergy to some foods
- Loose joints

FEMALE ONLY

- Very easily fatigued
- Premenstrual tension
- Painful menses
- Depressed feelings before menstruation
- Menstruation excessive and prolonged
- Painful breasts
- Menstruate too frequently
- Vaginal discharge
- Hysterectomy / ovaries removed
- Menopausal hot flashes
- Menses scanty or missed
- Acne, worse at menses
- Depression of long standing

MALE ONLY

- Prostate trouble
- Urination difficult or dribbling
- Night urination frequent
- Depression
- Pain on inside of legs or heels
- Feeling of incomplete bowel evacuation
- Lack of energy
- Migrating aches and pains
- Tire too easily
- Avoids activity
- Leg nervousness at night
- Diminished sex drive

List your five main complaints in the order of their importance:

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