

SYSTEMS SURVEY FORM



Patient _____ Doctor _____ Date _____

Birth Date ____ / ____ / ____ Approx Weight _____ Vegetarian: Yes .. No ..

INSTRUCTIONS: Number only the boxes which apply to you. Leave blank if you don't have the problem.

* Write 1 in the box for MILD symptoms (occurs rarely).

* Write 2 in the box for MODERATE symptoms (occurs several times a month).

* Write 3 in the box for SEVERE symptoms (occurs almost constantly).

Please do not use checkmarks in the boxes - fill in the boxes with a number or leave blank!

GROUP 1

- | | | |
|----------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------|
| 1 <input type="checkbox"/> Acid foods upset | 8 <input type="checkbox"/> Gag easily | 15 <input type="checkbox"/> Appetite reduced |
| 2 <input type="checkbox"/> Get chilled often | 9 <input type="checkbox"/> Unable to relax; startles easily | 16 <input type="checkbox"/> Cold sweats often |
| 3 <input type="checkbox"/> "Lump" in throat | 10 <input type="checkbox"/> Extremities cold, clammy | 17 <input type="checkbox"/> Fever easily raised |
| 4 <input type="checkbox"/> Dry mouth-eyes-nose | 11 <input type="checkbox"/> Strong light irritates | 18 <input type="checkbox"/> Neuralgia-like pains |
| 5 <input type="checkbox"/> Pulse speeds after meal | 12 <input type="checkbox"/> Urine amount reduced | 19 <input type="checkbox"/> Staring, blinks little |
| 6 <input type="checkbox"/> Keyed up - fail to calm | 13 <input type="checkbox"/> Heart pounds after retiring | 20 <input type="checkbox"/> Sour stomach often |
| 7 <input type="checkbox"/> Cut heals slowly | 14 <input type="checkbox"/> "Nervous" stomach | |

GROUP 2

- | | | |
|----------------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------|
| 21 <input type="checkbox"/> Joint stiffness on arising | 29 <input type="checkbox"/> Digestion rapid | 37 <input type="checkbox"/> "Slow starter" |
| 22 <input type="checkbox"/> Muscle-leg-toe cramps at night | 30 <input type="checkbox"/> Vomiting frequent | 38 <input type="checkbox"/> Get "chilled" infrequently |
| 23 <input type="checkbox"/> "Butterfly" stomach, cramps | 31 <input type="checkbox"/> Hoarseness frequent | 39 <input type="checkbox"/> Perspire easily |
| 24 <input type="checkbox"/> Eyes or nose watery | 32 <input type="checkbox"/> Breathing irregular | 40 <input type="checkbox"/> Circulation poor, sensitive to cold |
| 25 <input type="checkbox"/> Eyes blink often | 33 <input type="checkbox"/> Pulse slow; feels "irregular" | 41 <input type="checkbox"/> Subject to colds, asthma, bronchitis |
| 26 <input type="checkbox"/> Eyelids swollen, puffy | 34 <input type="checkbox"/> Gagging reflex slow | |
| 27 <input type="checkbox"/> Indigestion soon after meals | 35 <input type="checkbox"/> Difficulty swallowing | |
| 28 <input type="checkbox"/> Always seems hungry; feels "lightheaded" often | 36 <input type="checkbox"/> Constipation, diarrhea alternating | |

GROUP 3

- | | | |
|------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 42 <input type="checkbox"/> Eat when nervous | 49 <input type="checkbox"/> Heart palpitates if meals missed or delayed | 53 <input type="checkbox"/> Crave candy or coffee in afternoons |
| 43 <input type="checkbox"/> Excessive appetite | 50 <input type="checkbox"/> Afternoon headaches | 54 <input type="checkbox"/> Moods of depression - "blues" or melancholy |
| 44 <input type="checkbox"/> Hungry between meals | 51 <input type="checkbox"/> Overeating sweets upsets | 55 <input type="checkbox"/> Abnormal craving for sweets or snacks |
| 45 <input type="checkbox"/> Irritable before meals | 52 <input type="checkbox"/> Awaken after few hours sleep - hard to get back to sleep | |
| 46 <input type="checkbox"/> Get "shaky" if hungry | | |
| 47 <input type="checkbox"/> Fatigue, eating relieves | | |
| 48 <input type="checkbox"/> "Lightheaded" if meals delayed | | |

GROUP 4

- | | | |
|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 56 <input type="checkbox"/> Hands and feet go to sleep easily, numbness | 63 <input type="checkbox"/> Get "drowsy" often | 68 <input type="checkbox"/> Bruise easily, "black and blue" spots |
| 57 <input type="checkbox"/> Sigh frequently, "air hunger" | 64 <input type="checkbox"/> Swollen ankles, worse at night | 69 <input type="checkbox"/> Tendency to anemia |
| 58 <input type="checkbox"/> Aware of "breathing heavily" | 65 <input type="checkbox"/> Muscle cramps, worse during exercise; get "charley horses" | 70 <input type="checkbox"/> "Nose bleeds" frequent |
| 59 <input type="checkbox"/> High altitude discomfort | 66 <input type="checkbox"/> Shortness of breath on exertion | 71 <input type="checkbox"/> Noises in head, or "ringing in ears" |
| 60 <input type="checkbox"/> Opens windows in closed rooms | 67 <input type="checkbox"/> Dull pain in chest or radiating into left arm, worse on exertion | 72 <input type="checkbox"/> Tension under the breastbone, or feeling of "tightness", worse on exertion |
| 61 <input type="checkbox"/> Susceptible to colds and fevers | | |
| 62 <input type="checkbox"/> Afternoon "yawner" | | |

SYSTEMS SURVEY FORM - PAGE 2

GROUP 5

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 73 <input type="checkbox"/> Dizziness
74 <input type="checkbox"/> Dry skin
75 <input type="checkbox"/> Burning feet
76 <input type="checkbox"/> Blurred vision
77 <input type="checkbox"/> Itching skin and feet
78 <input type="checkbox"/> Excessive falling hair
79 <input type="checkbox"/> Frequent skin rashes
80 <input type="checkbox"/> Bitter, metallic taste in mouth in mornings
81 <input type="checkbox"/> Bowel movements painful or difficult
82 <input type="checkbox"/> Worrier, feels insecure | 83 <input type="checkbox"/> Feeling queasy; headache over eyes
84 <input type="checkbox"/> Greasy foods upset
85 <input type="checkbox"/> Stools light colored
86 <input type="checkbox"/> Skin peels on foot soles
87 <input type="checkbox"/> Pain between shoulder blades
88 <input type="checkbox"/> Use laxatives
89 <input type="checkbox"/> Stools alternate from soft to watery
90 <input type="checkbox"/> History of gallbladder attacks or gallstones | 91 <input type="checkbox"/> Sneezing attacks
92 <input type="checkbox"/> Dreaming, nightmare type bad dreams
93 <input type="checkbox"/> Bad breath (halitosis)
94 <input type="checkbox"/> Milk products cause distress
95 <input type="checkbox"/> Sensitive to hot weather
96 <input type="checkbox"/> Burning or itching anus
97 <input type="checkbox"/> Crave sweets |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

GROUP 6

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 98 <input type="checkbox"/> Loss of taste for meat
99 <input type="checkbox"/> Lower bowel gas several hours after eating
100 <input type="checkbox"/> Burning stomach sensations, eating relieves | 101 <input type="checkbox"/> Coated tongue
102 <input type="checkbox"/> Pass large amounts of foul-smelling gas
103 <input type="checkbox"/> Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs. | 104 <input type="checkbox"/> Mucous colitis or "irritable bowel"
105 <input type="checkbox"/> Gas shortly after eating
106 <input type="checkbox"/> Stomach "bloating" after eating |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

GROUP 7

- | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>(A)</p> 107 <input type="checkbox"/> Insomnia
108 <input type="checkbox"/> Nervousness
109 <input type="checkbox"/> Can't gain weight
110 <input type="checkbox"/> Intolerance to heat
111 <input type="checkbox"/> Highly emotional
112 <input type="checkbox"/> Flush easily
113 <input type="checkbox"/> Night sweats
114 <input type="checkbox"/> Thin, moist skin
115 <input type="checkbox"/> Inward trembling
116 <input type="checkbox"/> Heart palpitates
117 <input type="checkbox"/> Increased appetite without weight gain
118 <input type="checkbox"/> Pulse fast at rest
119 <input type="checkbox"/> Eyelids and face twitch
120 <input type="checkbox"/> Irritable and restless
121 <input type="checkbox"/> Can't work under pressure | <p>(C)</p> 137 <input type="checkbox"/> Failing memory
138 <input type="checkbox"/> Low blood pressure
139 <input type="checkbox"/> Increased sex drive
140 <input type="checkbox"/> Headaches, "splitting or rending" type
141 <input type="checkbox"/> Decreased sugar tolerance | <p>(E)</p> 150 <input type="checkbox"/> Dizziness
151 <input type="checkbox"/> Headaches
152 <input type="checkbox"/> Hot flashes
153 <input type="checkbox"/> Increased blood pressure
154 <input type="checkbox"/> Hair growth on face or body (female)
155 <input type="checkbox"/> Sugar in urine (not diabetes)
156 <input type="checkbox"/> Masculine tendencies (female) |
| <p>(B)</p> 122 <input type="checkbox"/> Increase in weight
123 <input type="checkbox"/> Decrease in appetite
124 <input type="checkbox"/> Fatigue easily
125 <input type="checkbox"/> Ringing in ears
126 <input type="checkbox"/> Sleepy during day
127 <input type="checkbox"/> Sensitive to cold
128 <input type="checkbox"/> Dry or scaly skin
129 <input type="checkbox"/> Constipation
130 <input type="checkbox"/> Mental sluggishness
131 <input type="checkbox"/> Hair coarse, falls out
132 <input type="checkbox"/> Headaches upon arising, wear off during day
133 <input type="checkbox"/> Slow pulse, below 65
134 <input type="checkbox"/> Frequency of urination
135 <input type="checkbox"/> Impaired hearing
136 <input type="checkbox"/> Reduced initiative | <p>(D)</p> 142 <input type="checkbox"/> Abnormal thirst
143 <input type="checkbox"/> Bloating of abdomen
144 <input type="checkbox"/> Weight gain around hips or waist
145 <input type="checkbox"/> Sex drive reduced or lacking
146 <input type="checkbox"/> Tendency to ulcers, colitis
147 <input type="checkbox"/> Increased sugar tolerance
148 <input type="checkbox"/> Women: menstrual disorders
149 <input type="checkbox"/> Young girls: lack of menstrual function | <p>(F)</p> 157 <input type="checkbox"/> Weakness, dizziness
158 <input type="checkbox"/> Chronic fatigue
159 <input type="checkbox"/> Low blood pressure
160 <input type="checkbox"/> Nails weak, ridged
161 <input type="checkbox"/> Tendency to hives
162 <input type="checkbox"/> Arthritic tendencies
163 <input type="checkbox"/> Perspiration increase
164 <input type="checkbox"/> Bowel disorders
165 <input type="checkbox"/> Poor circulation
166 <input type="checkbox"/> Swollen ankles
167 <input type="checkbox"/> Crave salt
168 <input type="checkbox"/> Brown spots or bronzing of skin
169 <input type="checkbox"/> Allergies - tendency to asthma
170 <input type="checkbox"/> Weakness after colds, influenza
171 <input type="checkbox"/> Exhaustion - muscular and nervous
172 <input type="checkbox"/> Respiratory disorders |

SYSTEMS SURVEY FORM - PAGE 4

Please list any medications you are taking:

No Medications

Please list any vitamins, herbs, or supplements you are taking:

No Vitamins

Please list any allergies you have:

No Allergies

Please list any surgeries you have had in the past 12 months:

No Recent Surgeries

Please list any other surgeries or medical procedures you have had:

No Other Surgeries

TO BE COMPLETED BY DOCTOR

Blood Pressure: Recumbent _____ Standing _____

Pulse: Recumbent _____ Standing _____

Hema-Combistix Urine Readings: pH _____ Albumin % _____ Glucose % _____

Occult Blood _____ pH of Saliva _____ pH of Stool Specimen _____

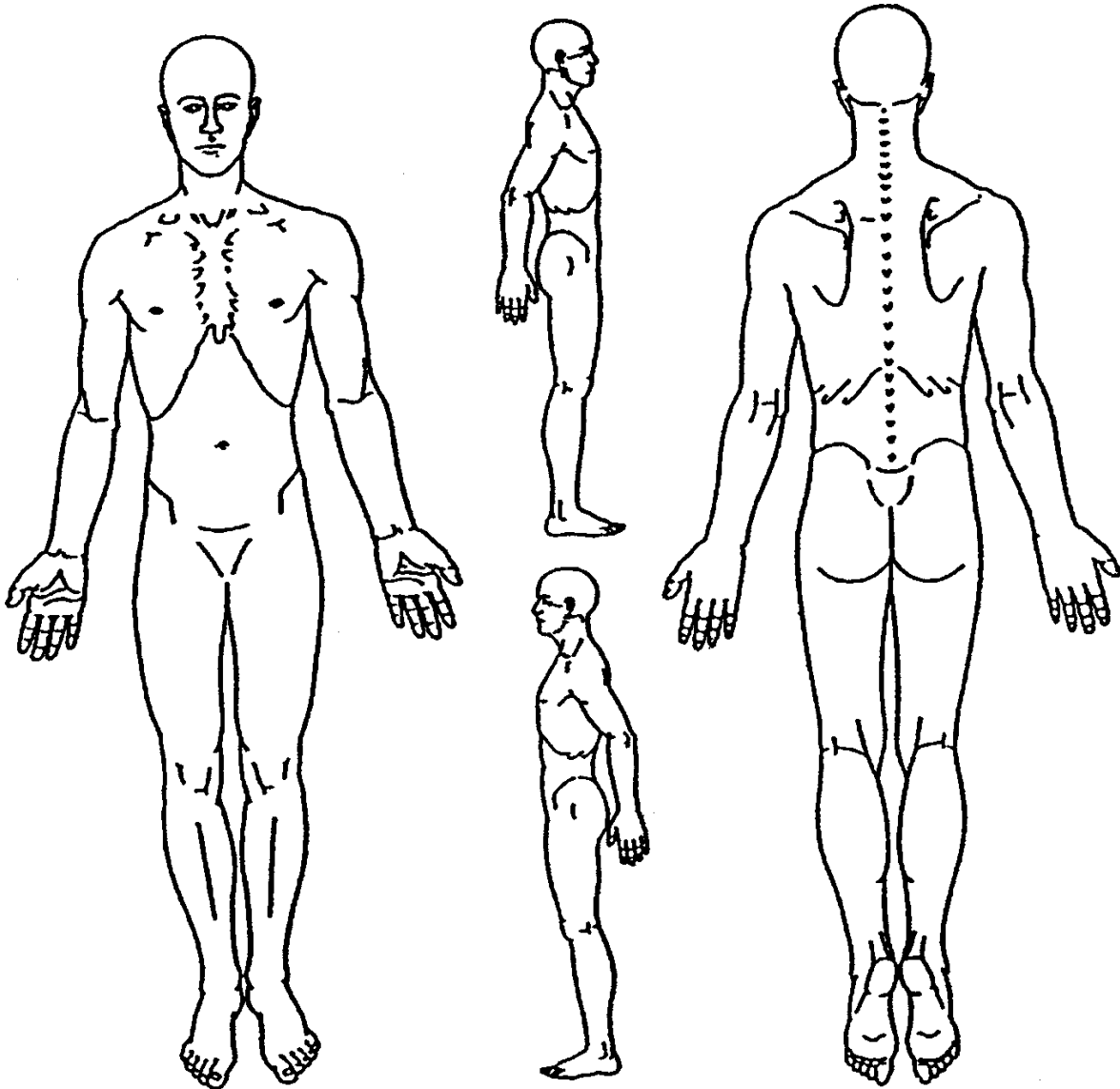
Blood Clotting Time _____ Hemoglobin _____ Blood Type _____ Weight _____

SYSTEMS SURVEY FORM - PAGE 5

Use the letters listed below to indicate the type and location of your pain and sensations:

KEY

- A = ACHE
- B = BURNING
- S = STABBING
- N = NUMBNESS
- P = PINS & NEEDLES
- O = OTHER



PLEASE INDICATE THE LEVEL OF PAIN YOU ARE EXPERIENCING

NO PAIN

SEVERE PAIN

0 1 2 3 4 5 6 7 8 9 10

Patient Signature _____ Date _____