

Client Name _____

Date _____

INSTRUCTIONSPlease Circle the number next to the symptom in the GROUPS below that are applicable to you

- 1) Mild Symptoms – Symptoms occurring once to twice a month
- 2) Moderate Symptoms – Symptoms occurring once to twice a week
- 3) Severe Symptoms – Symptoms occurring daily

Skip if you do not have the symptom**GROUP ONE**

1. "Nervous" Stomach	1	2	3	5. Mental Alert, Quick	1	2	3	9. Fever Easily Raised	1	2	3
2. Dry Mouth-Eyes-Nose	1	2	3	6. Extremities - Cold, Clammy	1	2	3	10. Cold Sweats Often	1	2	3
3. Pulse Speeds After Meals	1	2	3	7. Heart Pounds After Retiring	1	2	3	11. Neuralgia Like Pains	1	2	3
4. Keyed Up - Fail to Calm	1	2	3	8. Acidic Foods Upset Stomach	1	2	3				

ARE YOUR SYMPTOMS MADE WORSE BY EMOTIONAL STRESS? Yes _____ No _____**GROUP TWO**

12. Perspire Easily	1	2	3	16. Digestion Rapid	1	2	3	20. Joint Stiffness After Rising	1	2	3
13. Muscle-Leg-Toe Cramps at Night	1	2	3	17. Frequent Vomiting	1	2	3	21. Poor Circulation - Sensitive to Cold	1	2	3
14. Eyelids Swollen, Puffy	1	2	3	18. Difficulty Swallowing	1	2	3	22. Subject to Colds, Asthma, Bronchitis	1	2	3
15. Indigestion Soon After Meals	1	2	3	19. Alternating Constipation, Diarrhea	1	2	3				

ARE YOUR SYMPTOMS MADE WORSE BY EMOTIONAL STRESS? Yes _____ No _____**GROUP THREE**

23. Afternoon Headaches	1	2	3	26. Heart Palpitates if Meals are Missed or Delayed	1	2	3	28. Awaken After Few Hours of Sleep Difficult to Get Back to Sleep	1	2	3
24. Get "Shaky" if Hungry	1	2	3	27. Eat When Nervous	1	2	3	29. Crave Candy or Coffee in Afternoon	1	2	3
25. Faintness if Meals Delayed	1	2	3					30. Abnormal Craving for Sweets or Snacks	1	2	3

GROUP FOUR

31. Bruise Easily "Black and Blue" Spots	1	2	3	36. Swollen Ankles, Worse at Night	1	2	3	40. Hands and Feet go to Sleep Easily, Numbness	1	2	3
32. Sigh Frequently - "Air Hunger"	1	2	3	37. Muscle Cramps, Worse During Exercise	1	2	3	41. Tendency to Anemia	1	2	3
33. Aware of "Breathing Heavily"	1	2	3	38. Shortness of Breath on Exertion	1	2	3	42. Tension Under the Breastbone, or Feeling of "Tightness", Worse on Exertion	1	2	3
34. Opens Window in Closed Room	1	2	3	39. Dull Pain in Chest or Radiating into Left Arm, Worse on Exertion	1	2	3				
35. Susceptible to Colds and Fevers	1	2	3								

GROUP FIVE

43. Dry Skin	1	2	3	47. Biliousness	1	2	3	51. Laxatives Used Often	1	2	3
44. Skin Rashes Frequent	1	2	3	48. Greasy Foods Upset Stomach	1	2	3	52. History of Gallbladder Attacks or Gallstones	1	2	3
45. Bitter Metallic Taste in Mouth in the Mornings	1	2	3	49. Stools Light Colored	1	2	3	53. Sneezing Attacks	1	2	3
46. Bowel Movements Painful or Difficult	1	2	3	50. Pain Between Shoulder Blades	1	2	3				

GROUP SIX

54. Lower Bowel Gas Several Hours After Eating	1	2	3	56. Coated Tongue	1	2	3	58. Gas Shortly After Eating	1	2	3
55. Burning Stomach Sensations, Eating Relieves	1	2	3	57. Indigestion 1/2 to 1 Hour After Eating, may be up to 3 to 4 hours	1	2	3	59. Stomach "Bloating" After Eating	1	2	3

GROUP SEVEN

A				B				C			
60. Pulse Fast at Rest	1	2	3	70. Impaired Hearing	1	2	3	78. Low Blood Pressure	1	2	3
61. Nervousness	1	2	3	71. Decrease in Appetite	1	2	3	79. Failing Memory	1	2	3
62. Can't Gain Weight	1	2	3	72. Ringing in Ears	1	2	3	80. Increased Sex Desire	1	2	3
63. Intolerance to Heat	1	2	3	73. Constipation	1	2	3	81. Headaches, "Splitting/Rendering" Type	1	2	3
64. Highly Emotional	1	2	3	74. Mental Sluggishness	1	2	3	82. Decreased Sugar Tolerance	1	2	3
65. Flush Easily	1	2	3	75. Headaches Upon Arising - Wears Off During the Day	1	2	3				
66. Night Sweats	1	2	3	76. Slow Pulse, Below 65	1	2	3	F			
67. Inward Trembling	1	2	3	77. Increase in Weight				97. Low Blood Pressure	1	2	3
68. Heart Palpitates	1	2	3					98. Chronic Fatigue	1	2	3
69. Insomnia	1	2	3					99. Weakness, Fatigue	1	2	3
D				E				100. Tendency to Hives	1	2	3
83. Bloating of Intestines	1	2	3	91. Hot Flashes	1	2	3	101. Arthritic Tendencies	1	2	3
84. Abnormal Thirst	1	2	3	92. Headaches	1	2	3	102. Perspiration Increases	1	2	3
85. Weight Gain Around Hips or Waist	1	2	3	93. Dizziness	1	2	3	103. Crave Salt	1	2	3
86. Sex Desire Reduced or Lacking	1	2	3	94. Increased Blood Pressure	1	2	3	104. Brown Spots or Bronzing of Skin	1	2	3
87. Tendency to Ulcers Colitis	1	2	3	95. Sugar in Urine (Not Diabetes)	1	2	3	105. Allergies - Tendency to Asthma	1	2	3
88. Increased Sugar Tolerance	1	2	3	96. Masculine Tendencies (Female)				106. Exhaustion - Muscular and Nervousness	1	2	3
89. Women: Menstrual Disorders	1	2	3					107. Respiratory Disorders	1	2	3
90. Young Girls: Lack of Menstrual	1	2	3								

GROUP EIGHT**FEMALE ONLY**

108. Painful Menses	1	2	3
109. Premenstrual Tension	1	2	3
110. Very Easily Frustrated	1	2	3
111. Depressed Feeling Before Period	1	2	3
112. Menstruation Excessive/Prolonged	1	2	3
113. Painful Breasts	1	2	3
114. Menstruate too Frequently	1	2	3

MALE ONLY

115. Vaginal Discharge	1	2	3
116. Menopause, Hot Flashes, Etc.	1	2	3
117. Menses Scanty	1	2	3
118. Acne, Worse at Menses	1	2	3
119. Tire too Easily	1	2	3
120. Urination Difficult	1	2	3
121. Night Urination Frequent Movement	1	2	3
122. Pain on Inside of Legs or Heel	1	2	3
123. Feeling of Incomplete Bowel	1	2	3
124. Prostate Trouble	1	2	3
125. Leg Nervousness at Night	1	2	3
126. Diminished Sex Desire	1	2	3

GROUP NINE

127. Chronic Cough	1	2	3
128. Pain Around Ribs	1	2	3
129. Shortness of Breath	1	2	3
130. Chest Pain	1	2	3
131. Difficulty Breathing	1	2	3
132. Coughing Up Phlegm	1	2	3
133. Coughing Up Blood	1	2	3
134. Bronchitis (Frequent)	1	2	3
135. Infections Settle in Lungs	1	2	3
136. Sensitive to Smog	1	2	3

GROUP TEN

137. Frequent Urination	1	2	3
138. Rose Colored (Bloody) Urine	1	2	3
139. Dripping After Urination	1	2	3
140. Difficulty Passing Urine	1	2	3
141. Cloudy Urine	1	2	3
142. Rarely Need to Urinate	1	2	3
143. Frequent Bladder Infections	1	2	3
144. Pain / Burning When Passing Urine	1	2	3
145. Urination When You Cough or Sneeze	1	2	3
146. Strong Smelling Urine	1	2	3

GROUP ELEVEN

A			
147. Throat Infections	1	2	3
148. Poor Wound Healing	1	2	3
149. Slow to Recover From Cold/Flu	1	2	3
150. Get Boils or Styes	1	2	3
151. Swollen Lymph Glands	1	2	3
152. Catch Colds/Flu Too Easily	1	2	3
153. Bumpy Skin on Back of Arms	1	2	3
154. Inflamed or Bleeding Gums	1	2	3
B			
155. Poor Wound Healing	1	2	3
156. Post Nasal Drip	1	2	3
157. Swollen Lymph Glands	1	2	3
158. Swollen Tongue	1	2	3
159. Hyperactivity	1	2	3
160. Food Sensitivity or Allergy	1	2	3