

PATIENT'S NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

HEALTH PRACTITIONER'S NAME: \_\_\_\_\_

**INSTRUCTIONS:** Use the following numbers to indicate the degree of severity of the symptoms or conditions listed below.  
**0 - None                      1 - Mildly or least                      2 - Moderately or mid                      3 - Greatly or most**  
 Answer only those questions that apply to your case; do not write "NO" when a question does not apply.  
**IF ONLY PART OF THE QUESTION APPLIES, UNDERSCORE THAT PART.**

**1. GASTROINTESTINAL INDICATIONS**

**Section A**

- 0    1    2    3   Distress from fats or greasy foods (nausea, dizziness, headaches, etc.).
- 0    1    2    3   Distress from onions, cabbage, radishes, cucumbers (bloating, gas, etc).
- 0    1    2    3   Stool appears yellow or clay-colored, is foul-odored, shows undigested foods.
- 0    1    2    3   Skin is grayish, pasty, oily on nose and forehead.
- 0    1    2    3   Have had jaundice, hepatitis.
- 0    1    2    3   Bad breath, bad taste in mouth, body odor (including feet).
- 0    1    2    3   Unusual redness on palms of hands.
- 0    1    2    3   Unaccountable burning on soles of feet.
- 0    1    2    3   Varicose veins, hemorrhoids ("piles"), phlebitis, veins showing on chest or stomach (blush areas).
- 0    1    2    3   Able to go all day without urinating, diminished urination.
- 0    1    2    3   Long history of constipation.
- 0    1    2    3   "Flabby" flesh, underarm or stomach hangs.

**Section B**

- 0    1    2    3   Indigestion 2 to 3 hours after each meal (fullness, bloating, sourness, etc.).
- 0    1    2    3   Heavy, full loggy feeling after eating a meat meal.
- 0    1    2    3   Loss of former taste or craving for meat.
- 0    1    2    3   Excessive lower bowel gas (flatulence).
- 0    1    2    3   Long history of being anemic, frequent treatment for anemia.
- 0    1    2    3   History of constipation alternating with diarrhea (bowels "too loose or too tight").

**Section C**

- 0    1    2    3   Stomach pain occurs after eating, especially at night, and is relieved by drinking milk or cream.
- 0    1    2    3   Above symptoms flare up in spring and fall of the year ( seasonal occurrence).
- 0    1    2    3   Have been told you have stomach "ulcers".
- 0    1    2    3   Above symptoms aggravated by worry and tension, relieved by vacationing.

**Section D**

- 0    1    2    3   Diarrhea occurs frequently or is resistant to treatment.
- 0    1    2    3   Roughage in diet aggravates diarrhea.
- 0    1    2    3   Mucous shreds appear in stool.
- 0    1    2    3   Have more than three bowel movements per day.
- 0    1    2    3   Have been told you have ulcerative or mucous colitis.

**Section E**

- 0    1    2    3   Indigestion occurs soon after eating.
- 0    1    2    3   Indigestion is acute, comes on suddenly.
- 0    1    2    3   Indigestion is relieved by soft drinks.
- 0    1    2    3   Have difficulty belching, stomach cramps, colicky, "butterfly" sensations in stomach.
- 0    1    2    3   Above symptoms aggravated by stress.

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## 2. FUNCTIONAL INDICATIONS - HEART, LUNGS, NERVES, BLOOD VESSELS

### Section A

- 0  1  2  3 Eyes are sensitive to bright lights, need to wear sunglasses for comfort.
- 0  1  2  3 Tightness in throat, painful "lump" occasionally.
- 0  1  2  3 Form "gooseflesh" easily, sweat without temperature rise, "cold sweats".
- 0  1  2  3 Voice rises to high pitch or is lost during stressful moments (arguments, public appearances, etc.)
- 0  1  2  3 Easily shaken up, easily startled, heart pounds hard from unexpected noise.
- 0  1  2  3 Prefer being alone, uneasy when "center of attention".
- 0  1  2  3 Blood pressure fluctuates, has been "too high" on occasion.
- 0  1  2  3 Asthma or wheezes (from \_\_\_\_\_).

### Section B

- 0  1  2  3 Have always had low or normal blood pressure
- 0  1  2  3 Known as "perfectionist" or come from "high-strung family".
- 0  1  2  3 Tend to work off worries, something left undone causes unusual concerns.
- 0  1  2  3 Tend to avoid complaints, try to ignore discomforts and inconveniences.
- 0  1  2  3 Have had frequent or severe attacks of pneumonia, bronchitis, flu, sinusitis, or colds.
- 0  1  2  3 Have had allergic responses such as skin rash, dermatitis, hay fever, severe sneezing attacks, asthma, etc.
- 0  1  2  3 Emotional storms cause exhaustion (must go lie down under heavy stress).
- 0  1  2  3 Perspire excessively.
- 0  1  2  3 Skin takes on a brownish color, brown spots on skin ("liver spots").
- 0  1  2  3 Painful finger joints, rheumatoid arthritis, or morning stiffness.

### Section C

- 0  1  2  3 Persistent high blood pressure.
- 0  1  2  3 Stronger than average physically.
- 0  1  2  3 Strong feelings, tendency to "blow up", dislike of being crossed.
- 0  1  2  3 FEMALE: Excessive hair on face, arms and legs, appearance on masculine side.
- 0  1  2  3 MALE: Baldness, excessive hair on arms and back, muscular square build, aggressive in business and sports.

### Section D

- 0  1  2  3 Unable to hold your breath for 20 seconds (use second hand on watch to time).
- 0  1  2  3 Sigh and yawn frequently.
- 0  1  2  3 Have a feeling of suffocation, open windows in closed rooms.
- 0  1  2  3 Feel short of breath at times, even though not exercising.
- 0  1  2  3 Feel breathless when under stress.
- 0  1  2  3 Breathe loudly (people notice), heard breathing in quiet rooms.

## 3. METABOLIC RATE/HORMONAL INDICATIONS

### Section A

- 0  1  2  3 Muscles stiff in the morning, feel a need to limber up, feel "creaky" after sitting still for a period of time.
- 0  1  2  3 Feel dizzy or nauseated in the morning.
- 0  1  2  3 Experience motion sickness when traveling, dizziness when changing up and down positions.
- 0  1  2  3 Heart occasionally seems to miss beats or "turn flip flops".
- 0  1  2  3 The following symptoms are worse at night: coughing, hoarseness, muscle cramps.
- 0  1  2  3 Insomnia, restlessness, failing memory, forgetfulness.
- 0  1  2  3 Feel better in afternoon, worse in morning.
- 0  1  2  3 Have an unusual craving for salt.

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**Section B**

- 0  1  2  3 "Go to pieces" easily, dislike working under pressure or being watched, cry easily.
- 0  1  2  3 Gain weight, fail to lose on diets, tend to "retain water" easily.
- 0  1  2  3 Long history of chronic constipation.
- 0  1  2  3 Feel better mornings, worse afternoons.
- 0  1  2  3 Difficulty concentrating, easily distracted.
- 0  1  2  3 Outer third of eyebrow hair unusually thin or missing.

**Section C**

- 0  1  2  3 Heartbeats above 90 beats per minute when at complete rest.
- 0  1  2  3 Protruding tongue quivers (check in mirror), hands shake, tremor (hold paper to check).
- 0  1  2  3 Energy spurts followed by exhaustion (repeated in cycles).
- 0  1  2  3 Have strong, healthy teeth.
- 0  1  2  3 Have a good appetite, but fail to gain weight in spite of food increase.
- 0  1  2  3 Have fine features, thin skin, thin hair.
- 0  1  2  3 Erratic behavior, "flighty".
- 0  1  2  3 Poor balance (close your eyes and stand on one leg).

**4. HORMONE/ENZYME INDICATIONS**

**FEMALE:**

- 0  1  2  3 Has a diagnosis/risk of osteoporosis.
- 0  1  2  3 Irregular or uncomfortable menstrual periods.
- 0  1  2  3 Menopause symptoms (hot flashes, etc.).
- 0  1  2  3 Had a "female operation" (what? \_\_\_\_\_).
- 0  1  2  3 Before periods, feel nervous, depressed, "bloated".
- 0  1  2  3 Unable to have children because of sterility (not age or operation).

**MALE:**

- 0  1  2  3 Difficulty urinating (slow starting, burning during, need to get up at night).
- 0  1  2  3 Associate the above with back or leg pains or with constipation.
- 0  1  2  3 Have/had prostate trouble or surgery.
- 0  1  2  3 Have/had painful, green, or mucous discharge from the penis.

**MALE AND FEMALE:**

- 0  1  2  3 Muscle weakness, weak grip, weak legs, objects feel unusually heavy.
- 0  1  2  3 Muscle wasting (where? \_\_\_\_\_).
- 0  1  2  3 Sharp pains in chest after exercising.
- 0  1  2  3 Numbness or loss of sensation.
- 0  1  2  3 Night sweats, wake up frightened.
- 0  1  2  3 Objects fall from hands, reach in the wrong places for things.
- 0  1  2  3 Blurred vision, bloodshot eyes, feeling of sand or grit in eyes.
- 0  1  2  3 Redness or irritation of nostrils, corners of mouth cracked, irritated.
- 0  1  2  3 Lost or diminished sex drive.

**5. FLUID/BALANCE INDICATIONS**

**Section A**

- 0  1  2  3 Feel drowsy, chronic fatigue.
- 0  1  2  3 Cold hands and feet, wear extra clothing, bedclothing, use heating pads to keep warm.
- 0  1  2  3 Short of breath climbing stairs.
- 0  1  2  3 Require extra sleep.
- 0  1  2  3 Feel better when resting, lowered endurance, low exercise tolerance.

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**Section B**

- 0  1  2  3 Have been treated for heat prostration, feel uncomfortable in or dislike hot weather.
- 0  1  2  3 Ankles swell in hot weather.
- 0  1  2  3 Ankles swell in afternoon, improve in morning.
- 0  1  2  3 Perspire excessively in hot weather (more than others).
- 0  1  2  3 Use very little salt, restricting salt in diet.

**6. SKIN/IMMUNE SYSTEM INDICATIONS**

- 0  1  2  3 Bruise easily, "black and blue spots".
- 0  1  2  3 Have/had protein or albumin in urine, kidney trouble.
- 0  1  2  3 Irritated skin, chapped lips, cracked skin on hands.
- 0  1  2  3 Fungus under nails of hands or feet.
- 0  1  2  3 Skin is rough, dry, scaly, or "lumpy".
- 0  1  2  3 Discharge from eyes, "sand" on lids in the morning.
- 0  1  2  3 Burning or itching when urinating.
- 0  1  2  3 Swelling of glands in neck (salivary).
- 0  1  2  3 Swelling of lymph glands (where? \_\_\_\_\_).
- 0  1  2  3 Inability to adjust eyes when entering dark room or theater.
- 0  1  2  3 Night sweats.

**7. FOOD/ENVIRONMENT INDICATIONS**

**Section A**

- 0  1  2  3 Nervousness, shaky feeling, or headaches are relieved by eating sweets.
- 0  1  2  3 Irritable if late for a meal or miss a meal, irritable before breakfast.
- 0  1  2  3 Experience sudden strong craving for sweets or alcohol.
- 0  1  2  3 Get hungry "five minutes after eating".
- 0  1  2  3 Often wake up at night feeling hungry.

**Section B**

- 0  1  2  3 Night sweats, increased thirst.
- 0  1  2  3 Chronic fatigue, lowered resistance.
- 0  1  2  3 History of boils, leg sores or lesions taking a long time to heal.
- 0  1  2  3 Overweight, trouble losing weight ( 1= 5-15 pounds, 2 = 15 - 25 pounds, 3 = > 25 pounds overweight).
- 0  1  2  3 Does not experience "pickup" from exercising.
- 0  1  2  3 Have/had sugar in urine, diabetes.
- 0  1  2  3 Member of family has diabetes.
- 0  1  2  3 Crave sweets, but eating them does not relieve symptoms.
- 0  1  2  3 Do you have your tonsils? \_\_\_\_\_(yes) \_\_\_\_\_(no)

The health problems I would most like to resolve are:

1

2

3

My health goals are:

1

2

3