

SYSTEMS SURVEY FORM



Patient _____ Doctor _____ Date _____

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

INSTRUCTIONS: Fill in only the circles which apply to you. Leave blank if you don't have the problem.

- Fill in the circle marked 1 for MILD symptoms (occurs rarely).
- Fill in the circle marked 2 for MODERATE symptoms (occurs several times a month).
- Fill in the circle marked 3 for SEVERE symptoms (occurs almost constantly).
- **Leave circles BLANK if they don't apply to you!**

GROUP 1

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

GROUP 2

- | | | |
|--|---|---|
| <p>1 2 3</p> <p>21 ○○○ Joint stiffness on arising</p> <p>22 ○○○ Muscle-leg-toe cramps at night</p> <p>23 ○○○ "Butterfly" stomach, cramps</p> <p>24 ○○○ Eyes or nose watery</p> <p>25 ○○○ Eyes blink often</p> <p>26 ○○○ Eyelids swollen, puffy</p> <p>27 ○○○ Indigestion soon after meals</p> <p>28 ○○○ Always seems hungry; feels "lightheaded" often</p> | <p>1 2 3</p> <p>29 ○○○ Digestion rapid</p> <p>30 ○○○ Vomiting frequent</p> <p>31 ○○○ Hoarseness frequent</p> <p>32 ○○○ Breathing irregular</p> <p>33 ○○○ Pulse slow; feels "irregular"</p> <p>34 ○○○ Gagging reflex slow</p> <p>35 ○○○ Difficulty swallowing</p> <p>36 ○○○ Constipation, diarrhea alternating</p> | <p>1 2 3</p> <p>37 ○○○ "Slow starter"</p> <p>38 ○○○ Get "chilled" infrequently</p> <p>39 ○○○ Perspire easily</p> <p>40 ○○○ Circulation poor, sensitive to cold</p> <p>41 ○○○ Subject to colds, asthma, bronchitis</p> |
|--|---|---|

GROUP 3

- | | | |
|--|--|--|
| <p>1 2 3</p> <p>42 ○○○ Eat when nervous</p> <p>43 ○○○ Excessive appetite</p> <p>44 ○○○ Hungry between meals</p> <p>45 ○○○ Irritable before meals</p> <p>46 ○○○ Get "shaky" if hungry</p> <p>47 ○○○ Fatigue, eating relieves</p> <p>48 ○○○ "Lightheaded" if meals delayed</p> | <p>1 2 3</p> <p>49 ○○○ Heart palpitates if meals missed or delayed</p> <p>50 ○○○ Afternoon headaches</p> <p>51 ○○○ Overeating sweets upsets</p> <p>52 ○○○ Awaken after few hours sleep - hard to get back to sleep</p> | <p>1 2 3</p> <p>53 ○○○ Crave candy or coffee in afternoons</p> <p>54 ○○○ Moods of depression - "blues" or melancholy</p> <p>55 ○○○ Abnormal craving for sweets or snacks</p> |
|--|--|--|

GROUP 4

- | | | |
|---|--|--|
| <p>1 2 3</p> <p>56 ○○○ Hands and feet go to sleep easily, numbness</p> <p>57 ○○○ Sigh frequently, "air hunger"</p> <p>58 ○○○ Aware of "breathing heavily"</p> <p>59 ○○○ High altitude discomfort</p> <p>60 ○○○ Opens windows in closed rooms</p> <p>61 ○○○ Susceptible to colds and fevers</p> <p>62 ○○○ Afternoon "yawner"</p> | <p>1 2 3</p> <p>63 ○○○ Get "drowsy" often</p> <p>64 ○○○ Swollen ankles, worse at night</p> <p>65 ○○○ Muscle cramps, worse during exercise; get "charley horses"</p> <p>66 ○○○ Shortness of breath on exertion</p> <p>67 ○○○ Dull pain in chest or radiating into left arm, worse on exertion</p> | <p>1 2 3</p> <p>68 ○○○ Bruise easily, "black and blue" spots</p> <p>69 ○○○ Tendency to anemia</p> <p>70 ○○○ "Nose bleeds" frequent</p> <p>71 ○○○ Noises in head, or "ringing in ears"</p> <p>72 ○○○ Tension under the breastbone, or feeling of "tightness", worse on exertion</p> |
|---|--|--|

SYSTEMS SURVEY FORM - PAGE 2

GROUP 5

- | | | |
|--|---|--|
| 73 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Dizziness | 83 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Feeling queasy; headache over eyes | 91 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Sneezing attacks |
| 74 <input type="radio"/> <input type="radio"/> <input type="radio"/> Dry skin | 84 <input type="radio"/> <input type="radio"/> <input type="radio"/> Greasy foods upset | 92 <input type="radio"/> <input type="radio"/> <input type="radio"/> Dreaming, nightmare type bad dreams |
| 75 <input type="radio"/> <input type="radio"/> <input type="radio"/> Burning feet | 85 <input type="radio"/> <input type="radio"/> <input type="radio"/> Stools light colored | 93 <input type="radio"/> <input type="radio"/> <input type="radio"/> Bad breath (halitosis) |
| 76 <input type="radio"/> <input type="radio"/> <input type="radio"/> Blurred vision | 86 <input type="radio"/> <input type="radio"/> <input type="radio"/> Skin peels on foot soles | 94 <input type="radio"/> <input type="radio"/> <input type="radio"/> Milk products cause distress |
| 77 <input type="radio"/> <input type="radio"/> <input type="radio"/> Itching skin and feet | 87 <input type="radio"/> <input type="radio"/> <input type="radio"/> Pain between shoulder blades | 95 <input type="radio"/> <input type="radio"/> <input type="radio"/> Sensitive to hot weather |
| 78 <input type="radio"/> <input type="radio"/> <input type="radio"/> Excessive falling hair | 88 <input type="radio"/> <input type="radio"/> <input type="radio"/> Use laxatives | 96 <input type="radio"/> <input type="radio"/> <input type="radio"/> Burning or itching anus |
| 79 <input type="radio"/> <input type="radio"/> <input type="radio"/> Frequent skin rashes | 89 <input type="radio"/> <input type="radio"/> <input type="radio"/> Stools alternate from soft to watery | 97 <input type="radio"/> <input type="radio"/> <input type="radio"/> Crave sweets |
| 80 <input type="radio"/> <input type="radio"/> <input type="radio"/> Bitter, metallic taste in mouth in mornings | 90 <input type="radio"/> <input type="radio"/> <input type="radio"/> History of gallbladder attacks or gallstones | |
| 81 <input type="radio"/> <input type="radio"/> <input type="radio"/> Bowel movements painful or difficult | | |
| 82 <input type="radio"/> <input type="radio"/> <input type="radio"/> Worrier, feels insecure | | |

GROUP 6

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

GROUP 7

- | | | |
|---|---|--|
| (A) | | (E) |
| 107 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Insomnia | | 150 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Dizziness |
| 108 <input type="radio"/> <input type="radio"/> <input type="radio"/> Nervousness | | 151 <input type="radio"/> <input type="radio"/> <input type="radio"/> Headaches |
| 109 <input type="radio"/> <input type="radio"/> <input type="radio"/> Can't gain weight | | 152 <input type="radio"/> <input type="radio"/> <input type="radio"/> Hot flashes |
| 110 <input type="radio"/> <input type="radio"/> <input type="radio"/> Intolerance to heat | (C) | 153 <input type="radio"/> <input type="radio"/> <input type="radio"/> Increased blood pressure |
| 111 <input type="radio"/> <input type="radio"/> <input type="radio"/> Highly emotional | 137 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Failing memory | 154 <input type="radio"/> <input type="radio"/> <input type="radio"/> Hair growth on face or body (female) |
| 112 <input type="radio"/> <input type="radio"/> <input type="radio"/> Flush easily | 138 <input type="radio"/> <input type="radio"/> <input type="radio"/> Low blood pressure | 155 <input type="radio"/> <input type="radio"/> <input type="radio"/> Sugar in urine (not diabetes) |
| 113 <input type="radio"/> <input type="radio"/> <input type="radio"/> Night sweats | 139 <input type="radio"/> <input type="radio"/> <input type="radio"/> Increased sex drive | 156 <input type="radio"/> <input type="radio"/> <input type="radio"/> Masculine tendencies (female) |
| 114 <input type="radio"/> <input type="radio"/> <input type="radio"/> Thin, moist skin | 140 <input type="radio"/> <input type="radio"/> <input type="radio"/> Headaches, "splitting or rending" type | |
| 115 <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward trembling | 141 <input type="radio"/> <input type="radio"/> <input type="radio"/> Decreased sugar tolerance | |
| 116 <input type="radio"/> <input type="radio"/> <input type="radio"/> Heart palpitates | | |
| 117 <input type="radio"/> <input type="radio"/> <input type="radio"/> Increased appetite without weight gain | (D) | (F) |
| 118 <input type="radio"/> <input type="radio"/> <input type="radio"/> Pulse fast at rest | 142 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Abnormal thirst | 157 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Weakness, dizziness |
| 119 <input type="radio"/> <input type="radio"/> <input type="radio"/> Eyelids and face twitch | 143 <input type="radio"/> <input type="radio"/> <input type="radio"/> Bloating of abdomen | 158 <input type="radio"/> <input type="radio"/> <input type="radio"/> Chronic fatigue |
| 120 <input type="radio"/> <input type="radio"/> <input type="radio"/> Irritable and restless | 144 <input type="radio"/> <input type="radio"/> <input type="radio"/> Weight gain around hips or waist | 159 <input type="radio"/> <input type="radio"/> <input type="radio"/> Low blood pressure |
| 121 <input type="radio"/> <input type="radio"/> <input type="radio"/> Can't work under pressure | 145 <input type="radio"/> <input type="radio"/> <input type="radio"/> Sex drive reduced or lacking | 160 <input type="radio"/> <input type="radio"/> <input type="radio"/> Nails weak, ridged |
| (B) | 146 <input type="radio"/> <input type="radio"/> <input type="radio"/> Tendency to ulcers, colitis | 161 <input type="radio"/> <input type="radio"/> <input type="radio"/> Tendency to hives |
| 122 <input type="radio"/> <input type="radio"/> <input type="radio"/> 1 2 3 Increase in weight | 147 <input type="radio"/> <input type="radio"/> <input type="radio"/> Increased sugar tolerance | 162 <input type="radio"/> <input type="radio"/> <input type="radio"/> Arthritic tendencies |
| 123 <input type="radio"/> <input type="radio"/> <input type="radio"/> Decrease in appetite | 148 <input type="radio"/> <input type="radio"/> <input type="radio"/> Women: menstrual disorders | 163 <input type="radio"/> <input type="radio"/> <input type="radio"/> Perspiration increase |
| 124 <input type="radio"/> <input type="radio"/> <input type="radio"/> Fatigue easily | 149 <input type="radio"/> <input type="radio"/> <input type="radio"/> Young girls: lack of menstrual function | 164 <input type="radio"/> <input type="radio"/> <input type="radio"/> Bowel disorders |
| 125 <input type="radio"/> <input type="radio"/> <input type="radio"/> Ringing in ears | | 165 <input type="radio"/> <input type="radio"/> <input type="radio"/> Poor circulation |
| 126 <input type="radio"/> <input type="radio"/> <input type="radio"/> Sleepy during day | | 166 <input type="radio"/> <input type="radio"/> <input type="radio"/> Swollen ankles |
| 127 <input type="radio"/> <input type="radio"/> <input type="radio"/> Sensitive to cold | | 167 <input type="radio"/> <input type="radio"/> <input type="radio"/> Crave salt |
| 128 <input type="radio"/> <input type="radio"/> <input type="radio"/> Dry or scaly skin | | 168 <input type="radio"/> <input type="radio"/> <input type="radio"/> Brown spots or bronzing of skin |
| 129 <input type="radio"/> <input type="radio"/> <input type="radio"/> Constipation | | 169 <input type="radio"/> <input type="radio"/> <input type="radio"/> Allergies - tendency to asthma |
| 130 <input type="radio"/> <input type="radio"/> <input type="radio"/> Mental sluggishness | | 170 <input type="radio"/> <input type="radio"/> <input type="radio"/> Weakness after colds, influenza |
| 131 <input type="radio"/> <input type="radio"/> <input type="radio"/> Hair coarse, falls out | | 171 <input type="radio"/> <input type="radio"/> <input type="radio"/> Exhaustion - muscular and nervous |
| 132 <input type="radio"/> <input type="radio"/> <input type="radio"/> Headaches upon arising, wear off during day | | 172 <input type="radio"/> <input type="radio"/> <input type="radio"/> Respiratory disorders |
| 133 <input type="radio"/> <input type="radio"/> <input type="radio"/> Slow pulse, below 65 | | |
| 134 <input type="radio"/> <input type="radio"/> <input type="radio"/> Frequency of urination | | |
| 135 <input type="radio"/> <input type="radio"/> <input type="radio"/> Impaired hearing | | |
| 136 <input type="radio"/> <input type="radio"/> <input type="radio"/> Reduced initiative | | |

