

SYSTEMS SURVEY FORM

Patient _____ Doctor _____ Date _____
 Birth Date _____ Approximate Weight _____ Sex: Male Female
 Pulse: Recumbent _____ Standing _____ Vegetarian: Yes No
 Blood Pressure: Recumbent _____ Standing _____ Gallbladder Removed:

INSTRUCTIONS: Fill in **only** the circles which apply to you. Leave circles **blank** if they don't apply to you! Some questions will repeat.

1 **2** **3**
 MILD symptoms (occurs infrequently)
 MODERATE symptoms (occurs frequently)
 SEVERE symptoms (chronic, always present)

1 **2** **3**
 53. Crave candy or coffee in afternoons
 54. Moods of depression - "blues" or melancholy
 55. Abnormal craving for sweets or snacks

GROUP 1

1 **2** **3**

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

GROUP 4

1 **2** **3**

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

GROUP 2

1 **2** **3**

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

GROUP 5

1 **2** **3**

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

GROUP 3

1 **2** **3**

42. Eat when nervous
43. Excessive appetite
44. Hungry between meals
45. Irritable before meals
46. Get "shaky" before meals
47. Fatigue, eating relieves
48. "Lightheaded" if meals delayed
49. Heart palpitates if meals missed or delayed
50. Afternoon headaches
51. Overeating sweets upsets
52. Awaken after few hours sleep - hard to go back to sleep

GROUP 6

1 **2** **3**

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

1	2	3	GROUP 7A
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	107. Insomnia
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	108. Nervousness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	109. Can't gain weight
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	110. Intolerance to heat
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	111. Highly emotional
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	112. Flush easily
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	113. Night sweats
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	114. Thin, moist skin
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	115. Inward trembling
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	116. Heart palpitates
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	117. Increased appetite without weight gain
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	118. Pulse fast at rest
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	119. Eyelids and face twitch
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	120. Irritable and restless
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	121. Can't work under pressure

GROUP 7B			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	122. Increase in weight
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	123. Decrease in appetite
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	124. Fatigue easily
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	125. Ringing in ears
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	126. Sleepy during day
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	127. Sensitive to cold
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	128. Dry or scaly skin
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	129. Constipation
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	130. Mental sluggishness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	131. Hair coarse, falls out
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	132. Headaches upon arising, wear off during day
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	133. Slow pulse, below 65
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	134. Frequency of urination
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	135. Impaired hearing
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	136. Reduced initiative

GROUP 7C			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	137. Failing memory
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	138. Low blood pressure
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	139. Increased sex drive
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	140. Headaches, "splitting or rending" type
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	141. Decreased sugar tolerance

GROUP 7D			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	142. Abnormal thirst
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	143. Bloating of abdomen
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	144. Weight gain around hips or waist
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	145. Sex drive reduced or lacking
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	146. Tendency to ulcers, colitis
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	147. Increased sugar tolerance
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	148. Women: menstrual disorders
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	149. Young girls: lack of menstrual function

GROUP 7E			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	150. Dizziness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	151. Headaches
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	152. Hot flashes
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	153. Increased blood pressure
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	154. Hair growth on face or body (female)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	155. Sugar in urine (not diabetes)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	156. Masculine tendencies (female)

GROUP 7F			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	157. Weakness, dizziness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	158. Chronic fatigue
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	159. Low blood pressure
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	160. Nails weak, ridged
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	161. Tendency to hives
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	162. Arthritic tendencies
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	163. Perspiration increased
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	164. Bowel disorders
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	165. Poor circulation
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	166. Swollen ankles
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	167. Crave salt
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	168. Brown spots or bronzing of skin
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	169. Allergies - tendency to asthma

1	2	3	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	170. Weakness after colds, influenza
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	171. Exhaustion - muscular and nervous
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	172. Respiratory disorders

GROUP 8			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	173. Apprehension
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	174. Irritability
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	175. Morbid fears
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	176. Never seems to get well
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	177. Forgetfulness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	178. Indigestion
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	179. Poor appetite
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	180. Craving for sweets
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	181. Muscular soreness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	182. Depression: feelings of dread
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	183. Noise sensitivity
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	184. Acoustic hallucination
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	185. Tendency to cry without reason
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	186. Hair is coarse and/or thinning
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	187. Weakness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	188. Fatigue
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	189. Skin sensitive to touch
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	190. Tendency toward hives
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	191. Nervousness
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	192. Headache
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	193. Insomnia
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	194. Anxiety
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	195. Anorexia
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	196. Inability to concentrate; confusion
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	197. Frequent stuffy nose; sinus infections
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	198. Allergy to some foods
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	199. Loose joints

FEMALE ONLY			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	200. Very easily fatigued
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	201. Premenstrual tension
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	202. Painful menses
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	203. Depressed feelings before menstruation
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	204. Menstruation excessive and prolonged
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	205. Painful breasts
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	206. Menstruate too frequently
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	207. Vaginal discharge
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	208. Hysterectomy / ovaries removed (circle: yes / no)
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	209. Menopausal hot flashes
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	210. Menses scanty or missed
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	211. Acne, worse at menses
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	212. Depression of long standing

MALE ONLY			
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	213. Prostate trouble
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	214. Urination difficult or dribbling
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	215. Night urination frequent
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	216. Depression
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	217. Pain on inside of legs or heels
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	218. Feeling of incomplete bowel evacuation
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	219. Lack of energy
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	220. Migrating aches and pains
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	221. Tire too easily
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	222. Avoids activity
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	223. Leg nervousness at night
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	224. Diminished sex drive

IMPORTANT: List the five main complaints you have in the order of their importance:

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