

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

- 1 2 3 **GROUP 1**
☐ ☐ ☐ 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**
☐ ☐ ☐ 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**
☐ ☐ ☐ 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**
☐ ☐ ☐ 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**
☐ ☐ ☐ 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**
☐ ☐ ☐ 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. _____