

Symptom Survey

Please place a mark next to the symptoms that you are experiencing
Name _____

- Headache
- Low Energy
- Insomnia
- Sleepy during the day
- Blood Pressure Problems
- Rash
- Weight Gain
- Weight Loss (abnormal)
- Food Allergies
- Chemical Allergies
- Allergies to Natural Substances
- Muscle Aches and Pains
- Muscle Spasms
- Joint Aches and Pains
- Low Back
- Base of Neck
- Base of Skull
- Pain Between the Shoulder
Blades
- Painful Feet or Heels
- Dizzy/Balance
- Numbness
- Tingling
- Spine goes out of Alignment
Easily
- Joints Dry and Pop
- Indigestion
- Reflux
- Swallowing Difficulties
- Constipation
- Diarrhea
- Burning Stool
- Abdominal Pain
- Bloating
- Gas
- Blood in Stool
- Chest Pain
- Difficulty Breathing
- Heart Racing
- Abnormal Heart Rhythm
- Feeling of Weakness
- Fingers Numb
- Eyes blur
- Vision Problems
- Feels like food just “sits in the
intestine”
- Restless legs
- Prolapsed (dropped organs)
- Nervous Energy
- Sensitive to smells
- Sensitive to sounds
- Easily “Nod Off”
- Sigh Frequently
- Aware of Breathing Heavily
- Frequent Colds and Infections
- Swollen Ankles
- Muscle Cramps
- Shortness of breath on exertion
- Bruise Easily
- Anemia
- Nose Bleeds
- Ringing in the Ears
- Arteries “clogging”
- Tension under the breastbone
- Sleep Apnea
- Irritable
- Moody
- Bad Attitude
- Light Headedness
- Symptoms worse if haven’t
eaten
- Crave Sweets
- Slow Healing
- Wake up during the night and
cannot go back to sleep
- Cramps after eating sugar

Symptom Survey

Please place a mark next to the symptoms that you are experiencing
Name _____

- Loss of appetite
 - Increased appetite
 - Strange Dreams and Mental Pictures
 - Attention Difficulties
 - Body feels like it does when you are out of breath (when you aren't)
 - Difficulty getting started
 - Hair falling out
 - Bad Hair quality
 - Brittle Nails
 - Difficulty holding thoughts
 - Feelings of "gloom and doom"
 - Periods of wanting people out of your space
 - Jet lag easily
 - Feelings of being overwhelmed
 - Too Hot
 - Too Cold
 - Depression
 - Anxiety
 - Panic Attacks
 - Lightheaded when standing up quickly
 - Difficulty thinking through thoughts
 - Excessive Sweating
 - Dry Mouth
 - Dry Skin
 - Swollen Lymph Nodes
 - Tender Abdomen
 - Bad Breath
 - Body Odor
 - Frequent Urination
 - Burning Urination
 - After Urination you still feel like you have "to go"
 - Leaky Bladder
 - History of Kidney or Gallbladder Stones
 - Menstrual Cramps
 - Menstrual Irregularity
 - Abnormal Menstrual Flow
 - Breast Pain or Tenderness
 - Hot Flashes
 - Menopause
 - Cysts
 - Vaginal Problems
 - Infertility
 - Painful Sex
 - Low Libido
 - Prostate Problems
 - Erectile Dysfunction
 - Hearing Problems
 - Eye Problems (other than vision)
 - Frequent Teeth Problems
 - Acne
 - Spots on Skin
 - Skin extra sensitive
 - Athletes Feet Fungus
 - Other not already noted down
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