

## SYMPTOM SURVEY

Rate the frequency of each symptom according to the following point scale:

0 – never or rarely

1 – infrequently (less than once a month) and effect is mild

2 – occasionally (at least once a month) and the effect is modest

3 – regularly (at least once a week) and effect is moderate

4 – constantly (everyday) and effect is severe

### Immunity

#### Head

- dizziness
- faintness
- headaches
- insomnia

#### Eyes

- bags/dark circles
- blurred/tunnel vision
- swollen, reddened, sticky eyelids
- watery/itchy eyes

#### Ears

- drainage from ears
- earaches, ear infections
- itchy ears
- ringing in ears, hearing loss

#### Nose

- excessive mucous
- hay fever
- sinus problems
- sneezing attacks
- stuffy nose

#### Mouth/Throat

- chronic coughing
- frequent need to clear throat
- sore throat, hoarseness
- swollen discolored tongue, gums or lips

#### Skin

- acne
- excessive sweating
- flushing
- hair loss
- hives, rashes, dry skin

#### Heart

- irregular or skipped heartbeat
- rapid or pounding heartbeat
- chest pain

#### Lungs

- asthma, bronchitis
- chest congestion
- difficulty breathing
- shortness of breath

#### Joints/Muscle

- arthritis
- back pain
- feeling of weakness
- knee pain
- pain or aches in muscles
- stiffness or limitation of movement

#### Neurological

#### Energy/Activity

- apathy, lethargy
- fatigue, sluggishness
- hyperactivity
- restlessness
- daytime sleepiness

#### Mind

- confusion
- difficulty making decisions
- learning disabilities
- poor concentration
- poor memory
- poor physical coordination
- slurred speech
- shuttering or stammering

#### Emotions

- anxiety, fear, or nervousness
- depression
- mood swings, irritability
- poor self-image

#### Digestion

- belching, passing gas
- bloated feeling
- constipation
- diarrhea
- heartburn
- intestinal or stomach pain
- nausea or vomiting

#### Cardiovascular

- chest pain
- frequent illness
- frequent/urgent urination
- irregular/skipped heartbeat
- rapid/pounding heartbeat
- numbness/tingling in hands

#### Endocrine

- genital itch or discharge
- hot flashes or night sweats
- loss of libido
- painful menstrual cycle
- premenstrual syndrome
- short/long menstruation
- early onset of menopause
- fertility issues

#### Weight

- binge eating or drinking
- craving certain foods
- excessive weight
- compulsive eating
- water retention

Total score \_\_\_\_\_

We can periodically repeat this survey to assess your progress!