SYSTEMS SURVEY FORM



Patient	Doctor	Date							
Birth Date/ / Ap	pprox Weight	Vegetarian Gluten-free							
INSTRUCTIONS: Fill in only the circles which apply to you. Leave blank if you don't have the problem. OO 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									
1 2 3 1 0 0 Acid foods upset 2 0 0 Get chilled often 3 0 0 "Lump" in throat 4 0 0 Dry mouth-eyes-nose 5 0 0 Pulse speeds after meal 6 0 0 Keyed up - fail to calm 7 0 0 Cut heals slowly	1 2 3 8 0 0 Gag easily 9 0 0 Unable to relax; startles easily 10 0 0 Extremities cold, clammy 11 0 0 Strong light irritates 12 0 0 Urine amount reduced 13 0 0 Heart pounds after retiring 14 0 0 "Nervous" stomach	1 2 3 15							
1 2 3	GROUP 2-	1 2 3							
1 2 3 21 \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	1 2 3 29 O Digestion rapid 30 O Vomiting frequent 31 O Hoarseness frequent 32 O Breathing irregular 33 O Pulse slow; feels "irregular" 34 O Gagging reflex slow 35 O Difficulty swallowing 36 O Constipation, diarrhea alternating GROUP 3 1 2 3 49 O Heart palpitates if meals missed or delayed 50 O Afternoon headaches 51 O Overeating sweets upsets 52 O Awaken after few hours sleep hard to get back to sleep	afternoons 54							
GROUP 4—									
1 2 3 56 OOO Hands and feet go to sleep easily, numbness 57 OOO Sigh frequently, "air hunger" 58 OOO Aware of "breathing heavily" 59 OOO High altitude discomfort 60 OOO Opens windows in closed rooms 61 OOO Susceptible to colds and fevers 62 OOO Afternoon "yawner"	1 2 3 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	ears"							

SYSTEMS SURVEY FORM - PAGE 2

				GROUP 5			
1 2 3			1 2 3			1 2 3	
73 000	Dizziness	83	000	Feeling queasy; headache over	91		Sneezing attacks
74 000				eyes			Dreaming, nightmare type bad
	Burning feet	8/	$\bigcirc\bigcirc\bigcirc$	Greasy foods upset	- 0		dreams
					02	000	
	Blurred vision			Stools light colored			Bad breath (halitosis)
	Itching skin and feet			Skin peels on foot soles			Milk products cause distress
78 OOC	Excessive falling hair	87	000	Pain between shoulder blades	95	000	Sensitive to hot weather
79 OOC	Frequent skin rashes	88	000	Use laxatives	96	000	Burning or itching anus
80 000	Bitter, metallic taste in mouth	89	000	Stools alternate from soft to	97	000	Crave sweets
in mornings watery							
01 000	Bowel movements painful or	00	$\bigcirc\bigcirc\bigcirc$	History of gallbladder attacks or			
	difficult	90	000	gallstones			
				galistories			
82 OOC	Worrier, feels insecure						
				GROUP 6			
1 2 3			1 2 3			1 2 3	
98 000	Loss of taste for meat	101	000	Coated tongue	104	000	Mucous colitis or "irritable
	Lower bowel gas several hours			Pass large amounts of			bowel"
	after eating		000	foul-smelling gas	105	$\bigcirc\bigcirc\bigcirc$	Gas shortly after eating
100 000	_	400	000				
100 000	Burning stomach sensations,	103	000	Indigestion 1/2 - 1 hour after	106	000	Stomach "bloating" after
	eating relieves			eating; may be up to 3-4 hrs.			
				GROUP 7			
1 2 3	(A)					1 2 3	(E)
107 000	Incompia				150		Dizziness
	Nervousness			(C)			Headaches
	Can't gain weight		1 2 3	(0)			Hot flashes
110 OOC	Intolerance to heat	137	000	Failing memory	153	000	Increased blood pressure
111 000	Highly emotional	138	000	Low blood pressure			
112 000	Flush easily			Increased sex drive	154	000	Hair growth on face or body
	Night sweats			Headaches, "splitting or			(female)
	Thin, moist skin	140	000	rending" type	155	000	
			~~~		155	000	Sugar in urine
	Inward trembling	141	000	Decreased sugar tolerance			(not diabetes)
	Heart palpitates				156	000	Masculine tendencies
117 000	Increased appetite without						(female)
	weight gain						
118 000	Pulse fast at rest			(D)			
	Eyelids and face twitch	4.40	1 2 3				(F)
				Abnormal thirst		1 2 3	( )
	Irritable and restless	143	000	Bloating of abdomen	157	000	Weakness, dizziness
121 000	Can't work under pressure	144	000	Weight gain around hips or	158	000	Chronic fatigue
				waist	159	000	Low blood pressure
1 2 3	(B)	145	000	Sex drive reduced or lacking			Nails weak, ridged
122 000	Increase in weight			Tendency to ulcers, colitis			Tendency to hives
1	· ·						
1	Decrease in appetite			Increased sugar tolerance			Arthritic tendencies
	Fatigue easily			Women: menstrual disorders			Perspiration increase
125 OOC	Ringing in ears	149	000	Young girls: lack of menstrual	164	000	Bowel disorders
126 000	Sleepy during day			function	165	000	Poor circulation
1	Sensitive to cold						Swollen ankles
1	Dry or scaly skin						Crave salt
	Constipation				100		Brown spots or bronzing of
	Mental sluggishness					000	skin
131 OOC	Hair coarse, falls out				169	000	Allergies - tendency to
132 000	Headaches upon arising, wear						asthma
	off during day				170	000	Weakness after colds,
133 000	Slow pulse, below 65						influenza
	Frequency of urination				171	$\bigcirc\bigcirc\bigcirc$	Exhaustion - muscular and
					17.1		
	Impaired hearing					000	nervous
136 OOC	Reduced initiative				172	000	Respiratory disorders

## **SYSTEMS SURVEY FORM - PAGE 3**

GROUP 8—									
1 2 3 173 OOO Muscle weakness 174 OOO Lack of Stamina 175 OOO Drowsiness after eating	1 2 3 183 \cap \cap \text{ Tendency or carbohy} 184 \cap \cap \text{ Muscle sp}	ydrates asms	1 2 3 192 OOO Visible veins on chest and abdomen 193 OOO Hemorrhoids						
176 OOO Muscular soreness 177 OOO Rapid heart beat	185 OOO Blurred vis	uscular control	194 \(\cappa\) \(\cappa\) Apprehension (feeling that something bad will happen)						
178 O O Hyper-irritable 179 O O Feeling of a band around your head	187 OOO Numbness 188 OOO Night swe 189 OOO Rapid dige	ats	<ul><li>195 O O Nervousness causing loss of appetite</li><li>196 O O Nervousness with indigestion</li></ul>						
180 OOO Melancholia (feeling of sadness)	190 OOO Redness of	to noise	197 O O Gastritis 198 O O Forgetfulness						
181 OOO Swelling of ankles 182 OOO Diminished urination	bottom of		199 O O Thinning hair						
FEMAL	E ONLY		MALE ONLY						
1 2 3 200 O O Very easily fatigued 201 O O Premenstrual tension 202 O O Painful menses 203 O O Depressed feelings before menstruation 204 O O Menstruation excessive and prolonged 205 O O Painful breasts	1 2 3 206	scharge omy / ovaries sal hot flashes canty or missed se at menses	1 2 3 213 OOO Prostate trouble 214 OOO Urination difficult or dribbling 215 OOO Night urination frequent 216 OOO Depression 217 OOO Pain on inside of legs or heels 218 OOO Feeling of incomplete bowel evacuation 219 OOO Lack of energy						
Please list the five main complaints you  1	220 OOO Migrating aches and pains 221 OOO Tire too easily 222 OOO Avoids activity 223 OOO Leg nervousness at night 224 OOO Diminished sex drive								
2									
5									
	<u> </u>								
BARNES THYROID T  This test was developed by Dr. Broda Barnes, M.D. the underarm temperature to determine hypo and h is conducted by the patient in the a.m. before leavin temperature being taken for 10 minutes. The test is expends any energy prior to taking the test - getting down the thermometer, etc. It is important that the	and is a measurement of yperthyroid states. The test g bed - with the invalidated if the patient up for any reason, shaking	You can do the following test at home to see if you may have a functional low thyroid. Use an oral thermometer or a digital one. When you use a digital one, place the probe under your arm for 5 minutes then turn your machine on; continue on for an additional 5 minutes. When using a regular one, shake down the night before.							
exactly 10 minutes, making the prior positioning of to clock important.		Date	Į.						
	Date	1							
PRE-MENSES FEMALES AND MENO Any two days during the		Date	1						
FEMALES HAVING MENSTRU		Date	'						
The 2nd and 3rd day of flow OR an		Date	•						
MALES Any 2 days during the n	Date	·							
Any Z days duning the n	IOHUI	Date	remperature						