

HEALTH SURVEY OF YOUR BODY'S SYSTEMS

For FIRST VISIT - Rate 0-10 severity any symptom you have experienced in last 6 MONTHS

For RE-EXAMS Rate 0-10 severity any symptoms you are CURRENTLY experiencing

Neuro - Hormonal / Endocrine (1)

- Adrenals**
- Energy Low/Normal/High
 - Difficulty falling asleep
 - Difficulty staying asleep
 - Slow to Start in Morning
 - Energy _____am/pm
 - Dizzy when stand quickly
 - Light Bothers Eyes
 - Weak Nails
 - Perspire easily or excessively
 - Orgasm Quality poor/good/great
 - Other _____
- Pituitary**
- Sex Drive Low/Normal/ High
 - Menstrual Disorders
 - Splitting Headaches
 - Other _____

- Thyroid**
- Tired/Sluggish
 - Chills, Cold hands, feet, body
 - Require Excessive Sleep
 - Increase in weight unexplained
 - Difficult infrequent BMs
 - Hair Loss and Thinning
 - Thinning of Outer 1/3 of Eyebrow
 - Dryness of Scalp
 - Mental Sluggishness
 - Heart Palpitations-Skip/Flutter
 - Inward trembling
 - Increase pulse at rest
 - insomnia-cannot sleep
 - Night Sweats
 - Other _____

- Uterus (women only)**
- Last Menstrual Period _____
 - Length of Menses _____
 - Regular cycle
 - Irregular cycle
 - Early (less than 28 days)
 - Late (more than 28 days)
 - Skip cycle
 - Flow (Heavy/moderate/light)
 - Cramps (mild/mod/severe)
 - Clotting/Spotting
 - Headache side of head
 - Other _____

- Ovaries (women only)**
- Sex drive Flat / Low/ Normal
 - Low Abdominal Puffiness
 - Fluid retention Face/Hands/Feet
 - Mood swings/irritable/depression
 - Tired during cycle
 - Ovarian pain
 - Breast Tender around cycle
 - Acne around cycle (pre/mid/post)
 - Birth control Pill/patch
 - Menopausal Natural /Surgical
 - Hot Flashes
 - Facial Hair growth
 - Dark Nipple Hair
 - Hair growing up toward belly button
 - Skin Crawling
 - Breast discharge
 - Breast feeding
 - Breast discharge
 - Breast surgery

- Vagina (women only)**
- Burn
 - Itch
 - Dry
 - Discharge: clear, white, yellow, green, brown
 - Pain with intercourse
 - Other _____

- Testes (Men)**
- Sex drive Flat/Low/Normal
 - Decreased morning erections
 - Decreased fullness erections
 - Inability to concentrate
 - Episodes of depression
 - Decreased physical stamina
 - Sweating Attacks
 - More emotional than past
 - Unexpected weight gain
 - Other _____

- Sleep**
- Quality poor/fair/good/great
 - _____ Hours in bed
 - _____ Hours asleep
 - Interrupted _____ per night
 - Awaken Suddenly (Jolt)
 - Other _____

- Emotions**
- Stress
 - Sad
 - Grief
 - Depression
 - Moodiness
 - Frustrated
 - Irritable
 - Angry
 - Worrisome
 - Nervous
 - Anxiety
 - Panic
 - Cry
 - Fear
 - Shame
 - Guilt
 - Other _____

- Brain**
- Forget Names
 - Forget Numbers
 - Forget Words
 - Difficulty Focus /Concentration
 - Other _____

- Exercise**
- Cardiovascular _____ times/week
 - Weight Train _____ times/per week

- Glycemic Management (2)**
- Pancreas**
- Crave Sweets
 - Irritable when skip meals
 - Light headed skip meals
 - Eating relieves fatigue
 - Bouts of blurred vision
 - Fatigue after meals
 - Frequent urination
 - Increased thirst
 - Difficulty loosing weight
 - Other _____

- Appetite / Diet**
- Appetite (low, Nom, High)
 - Eat Animal Protein _____ per day
 - Eat Starch: pasta/bread/potatoes/rice
 - Eat Sweets: cakes,cookies,candy
 - Eat Chocolate _____ per week
 - Eat Spicy Foods _____ per week
 - Eat Ice Cream _____ per week
 - Coffee _____ per week
 - Caffeinated Tea _____ per week
 - Juice _____ per week
 - Soda _____ per week
 - Beer _____ per week
 - Wine _____ per week
 - Liquor _____ per week
 - Avoid Artificial Sweeteners _____%
 - Avoid Food Allergens _____%

- Bioterrain / Minerals (3)**
- Twitching around eyes
 - Difficulty falling asleep
 - Restlessness
 - Don't Remember Dreams
 - Nails spots or weakness
 - Cramps (legs/feet/arms/hands)
 - Aches (Legs/feet/arms/hands)
 - Restless (Legs/feet/arms/hands)
 - Frequent Thirst
 - Shallow rapid breathing
 - Poor muscle endurance
 - Swelling in ankles and wrists
 - Uterine cramps women
 - Urination leakage
 - Other _____

- Inflammatory / Immune (4)**
- Eyes**
- Burn/Red/Dry
 - Tears
 - Eye Film/Crust in morning
 - Floaters
 - Stye
 - Itchy Eyes
 - Eye Ache
 - Vision Blurry
 - Tired
 - Spots
 - Puffy
 - Dark Circles
- Ears**
- Ear Noise (Ring/Hiss/Pound)
 - Ear Plugged
 - Ear Popping
 - Ear Ache / Infections
 - Ears itch internally
 - Ear Drainage
 - Hearing Loss
 - Excessive Ear Wax
 - Dizziness/ Vertigo
- Sinus**
- Frontal headache
 - Sinus dry
 - Sinus drain
 - Sinus stuffy
 - Sneeze frequent
 - Smell / Taste Loss
 - Post nasal drip
 - Mucous: clear/yellow/green/brown
- Lungs**
- Chest Congestion
 - Pain on Breastbone
 - Breath short on exertion
 - Wheezing
 - Asthma
 - Emphysema
 - Bronchitis

- Mouth/Throat/Immune**
- Blisters
 - Canker Sore
 - Bad Breath
 - Bleeding gums
 - Receding gums
 - Teeth Health Problems
 - Dry Mouth
 - Swelling of Glands
 - Difficulty Swallowing
 - Sore Throat
 - Hoarseness
 - Fever
 - Cough (dry/productive)
 - Frequent Colds/ Flu
 - Environmental Allergies
 - Nightmares

- Bladder**
- Urinate _____times per day awake
 - Urinate at night _____per night
 - Urination urgency
 - Burning/Pain urination
 - Cloudy urine
 - Odor urine
 - Spasm urinate
 - Urinary Tract Infection
 - Kidney Pain or Infections
 - Other _____

- Skin**
- Skin Rash
 - Acne
 - Itchy Skin
 - Cellulite
 - Nail fungus (mild/mod/severe)

- Breasts**
- Breast fibrosis
 - Breast Lumps
 - Other _____
- Prostate (Men)**
- Urination difficulty
 - Frequent urination
 - Urination Burn / Achiness/ Pain
 - Urination Dribbling
 - Pain inside of legs or heels
 - Leg twitching at night
 - Urination Emission/swelling
 - Headache side of head
 - Other _____

- Cardiovascular (5)**
- Chest Tension/ Tight/ Pressure
 - Chest Heaviness
 - Chest Heart Pain
 - Heart Palpitations-Skip/Flutter
 - Heart Racing
 - Heart Slowing down
 - Sleep Apnea
 - Mitral Valve Prolapse
 - Murmur
 - Other _____

- Digestion (6)**
- Stomach**
- Heartburn
 - Indigestion
 - Stomach Aches
 - Stomach Cramps
 - Nausea/ Queasy
 - Bloat after Eat
 - Gas/ Flatulence
 - Belching
 - Ulcer
 - Hiatal Hernia
 - Other _____

- Liver/ Gallbladder**
- Headaches at base of skull
 - High fat foods cause distress
 - Difficulty loosing weight
 - Dry or itchy skin
 - Patches skin look different
 - Yellow cast to eyes
 - Stool clay color
 - History of gallbladder attacks
 - Excessively foul smelling sweat
 - Hormonal imbalances

- Hemorrhoids**
- Swollen/Distended/Bloody Anus
 - Burning Anus
 - Itchy/ Stingy Anus

- Bowels**
- Bowel Movements _____Per day
 - Regular
 - Incomplete
 - Skip days _____per (week/month)
 - Cramps in Abdomen
 - Sluggish bowels every _____days
 - Cramps in Abdomen
 - Taking Laxatives
 - Using Suppositories
 - Enemas
 - Colonics
 - Pain with Bowel Movements
 - Irritable Bowel Syndrome
 - Chrons
 - Colitis
 - Other _____

- Fecal Consistency**
- Color feces light or dark _____
 - Normal
 - Soft
 - Hard
 - Pebbles
 - Dry
 - Ribbon-like
 - Bulky
 - Mucous
 - Diarrhea
 - Constipation
 - Other _____

- Cellular Vitality (7)**
- Fatigue constant
 - Dehydrated
 - Slow to Heal
 - Low Stamina
 - Inability to achieve lean body
- Pain/ Stiffness/ Swelling**
- Ache/ Numbness/ Tingling**
- Headache side of head
 - Facial
 - Neck
 - Trapezius
 - Upper Back
 - Shoulders
 - Arms
 - Elbows
 - Wrist
 - Hand
 - Mid Back
 - Low Back
 - Sacral Iliac
 - Hips
 - Buttocks
 - Legs
 - Knees
 - Ankles
 - Feet
 - Other _____

- For Doctor's Use**
- Luna Fingernails Rt12345Lt12345
 - Splinter Hemorrhages
 - Ear Creases (RT/Lt Mild/mod/severe)
 - Cherry Hemangiomas
 - Frenular Cyst
 - Color Tongue
 - Coated Tongue (mild/mod/severe)
 - Cracks in Tongue -Midline/ all over
 - Swollen Tongue
 - Dark Veins under Tongue
 - Allergy Patches Tongue
 - Red Spots Tongue
 - Geographic Tongue
 - Height _____
 - Weight _____(+/- lbs)overall(+/- _____)
 - Pulse _____BP(_____/_____)
 - saliva pH _____Urine pH _____