

# Nutrition Symptom Survey Form

**INSTRUCTIONS:** Completely black out one of the three circles only if applicable to you:

**1-mild — 2-moderate — 3-severe**

- MILD symptoms (once or twice last 3 months)  
   MODERATE symptoms (once or twice last month)  
   SEVERE symptoms (Chronic, once + last week)

**LEAVE ITEM BLANK UNLESS IT APPLIES**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

DOB: \_\_\_\_\_ SEX:  Male  Female

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ lbs.

BLOOD PRESSURE: \_\_\_\_\_ PULSE: \_\_\_\_\_ bpm

List below your 3 main complaints in order of importance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**1 2 3 ----- GROUP 1 -----SD**

- 1    Acid foods upset
  - 2    Get chilled, often
  - 3    "Lump" in throat
  - 4    Dry mouth-eyes-nose
  - 5    Pulse speeds after meals
  - 6    Keyed up--fail to calm
  - 7    Cuts heal 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 frequent
- 1 2 3 ----- GROUP 2 -----PD**
- 21    Joint stiffness after arising
  - 22    Muscle-leg-toe cramps at night
  - 23    "Butterfly" stomach, cramps
  - 24    Eyes or nose watery
  - 25    Eyes blink often
  - 26    Eyelids swollen, puffy
  - 27    Indigestion soon after meals
  - 28    Always seems hungry; '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

**1 2 3 ----- GROUP 3 -----SR**

- 42    Eat when nervous
- 43    Excessive appetite
- 44    Hungry between meals
- 45    Irritable before meals
- 46    Get "shaky" if hungry
- 47    Fatigue, eating relieves
- 48    "Lightheaded" if meals are delayed
- 49    Heart palpitates if meals missed or delayed
- 50    Afternoon headaches
- 51    Overeating sweets upsets
- 52    Awaken after few hours hard to get back to sleep
- 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 4 -----CV**

- 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 room
- 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 (charley-horses)
- 66    Shortness of breathe on exertion
- 67    Pain in chest /radiating into left arm, worse on exertion
- 68    Bruise easily, "black/blue" spots
- 69    Tendency to anemia
- 70    "Nose bleeds" frequent
- 71    Noises in head or "ringing in ears"
- 72    "Tightness" under the breast-bone, worse on exertion

**1 2 3 ----- GROUP 5 -----LBIL**

- 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 gall stones
- 91    Sneezing attacks
- 92    Dreaming, nightmare type bad dreams
- 93    Bad breathe (halitosis)
- 94    Milk products cause distress
- 95    Sensitive to hot weather
- 96    Burning or itching of anus
- 97    Crave sweets

**1 2 3 ----- GROUP 6 -----DIG**

- 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; up to 3-4 hrs.
- 104    "Irritable bowel" syndrome (Mucus Colitis)
- 105    Gas shortly after eating
- 106    Stomach "bloating" after eating

Continued on Other Side

**1 2 3 ----- GROUP 7A -----HT**

- 107    Insomnia
- 108    Nervousness
- 109    Can't gain weight
- 110    Intolerance to heat
- 111    Highly emotional
- 112    Flush easily
- 113    Night sweats
- 114    Thin, moist skin
- 115    Inward trembling
- 116    Heart palpitates
- 117    Increased appetite without weight gain
- 118    Pulse fast at rest
- 119    Eyelids and face twitch
- 120    Irritable and restless
- 121    Can't work under pressure

**1 2 3 ----- GROUP 7B -----hT**

- 122    Increase in weight
- 123    Decrease in appetite
- 124    Fatigue easily
- 125    Ringing in ears
- 126    Sleepy during day
- 127    Sensitive to cold
- 128    Dry or scaly skin
- 129    Constipation
- 130    Mental sluggishness
- 131    Hair coarse, falls out
- 132    Headaches upon arising wear off during day
- 133    Slow pulse, below 65
- 134    Frequency of urination
- 135    Impaired hearing
- 136    Reduced initiative

**1 2 3 ----- GROUP 7C -----HP**

- 137    Failing memory
- 138    Low blood pressure
- 139    Increased sex drive
- 140    Headaches, "splitting or rending" type
- 141    Decreased sugar tolerance

**1 2 3 ----- GROUP 7D -----hP**

- 142    Abnormal thirst
- 143    Bloating of abdomen
- 144    Weight gain around hips or waist
- 145    Sex drive reduced or lacking
- 146    Tendency to ulcers, colitis
- 147    Increased sugar tolerance
- 148    Women: menstrual disorders
- 149    Young girls: lack of menstrual function

**1 2 3 ----- GROUP 7E -----HA**

- 150    Dizziness
- 151    Headaches
- 152    Hot flashes
- 153    Increased blood pressure
- 154    Hair growth on face or body (female)
- 155    Sugar in urine (not diabetes)
- 156    Masculine tendencies (female)

**1 2 3 ----- GROUP 7F -----hA**

- 157    Weakness, dizziness
- 158    Chronic fatigue
- 159    Low blood pressure
- 160    Nails weak, ridged
- 161    Tendency to hives
- 162    Arthritic tendencies
- 163    Perspiration increase
- 164    Bowel disorders
- 165    Poor circulation
- 166    Swollen ankles
- 167    Crave salt
- 168    Brown spots or bronzing of skin
- 169    Allergies - tendency to asthma

- 170    Weakness after colds, influenza
- 171    Exhaustion-muscular and nervous
- 172    Respiratory disorders

**1 2 3 ----- GROUP 8 -----FND**

- 173    Apprehension
- 174    Irritability
- 175    Morbid Fears
- 176    Never seems to get well
- 177    Forgetfulness
- 178    Indigestion
- 179    Poor appetite
- 180    Craving for sweets
- 181    Muscular soreness
- 182    Depression, feelings of dread
- 183    Noise sensitivity
- 184    Acoustic hallucinations
- 185    Tendency to cry without reason
- 186    Hair is coarse and/or thinning
- 187    Weakness
- 188    Fatigue
- 189    Skin sensitive to touch
- 190    Tendency toward hives
- 191    Nervousness
- 192    Headaches
- 193    Insomnia
- 194    Anxiety
- 195    Anorexia
- 196    Inability to concentrate; confusion
- 197    Frequent stuffy nose; sinus infections
- 198    Allergy to some foods
- 199    Loose joints

**1 2 3 ----- FEMALE ONLY -----**

- 200    Very easily fatigued
- 201    Premenstrual tension
- 202    Painful menses
- 203    Depressed feelings before menstruation
- 204    Menstruation excessive and prolonged
- 205    Painful breasts
- 206    Menstruate too frequently
- 207    Vaginal discharge
- 208    Hysterectomy /ovaries Removed
- 209    Menopausal hot flashes
- 210    Menses scanty or missed
- 211    Acne, worse at menses
- 212    Depression-long standing

**1 2 3 ----- MALE ONLY -----**

- 213    Prostate trouble
- 214    Urination difficult or Dribbling
- 215    Frequent urination at night
- 216    Depression
- 217    Pain on inside of legs or heels
- 218    Feeling of incomplete bowel evacuation
- 219    Lack of energy
- 220    Migrating aches and pains
- 221    Tire too easily
- 222    Avoids activity
- 223    Leg nervousness at night
- 224    Diminished sex drive

**Notes:**

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