

Symptom Survey & Evaluation Notes

Please check the symptoms that you currently have or have had in the past. If you have had the symptoms in the past, please put a "P" next to the symptom. Thank you!

Client name: _____

Date: _____

Main Concern(s):

Emotional

- mood swings
- depression
- eating disorder
- anxiety
- tension or nervousness
- anger
- insomnia
- irritability
- difficulty coping with stress
- hyperactivity
- crying
- increasing lack of self confidence
- apathy

Comments:

Neurological/ Nervous System

- muscle weakness
- loss of memory
- loss of balance
- numbness or tingling
- vertigo or dizziness
- carpal tunnel
- slurred speech
- foggy thinking
- mental confusion
- poor concentration
- bursitis
- sciatica

- restlessness
- clumsiness

Comments:

Endocrine

- thyroid issues
- adrenal issues
- high blood sugar
- low blood sugar
- diabetes
- hypoglycemia
- heat/cold intolerance
- excessive thirst or hunger
- gains weight easily
- can't gain weight
- cold extremities
- fatigue
- hair loss
- excessive sweating
- dizziness/light-headedness
- poor memory
- sweet cravings
- low cholesterol

Comments:

Head

- headaches

- migraines
- TMJ
- dizziness
- hair loss
- dry brittle hair
- hair splits easily

Comments:

Nose/Sinuses

- sinus pain or pressure
- sinus infections
- post nasal drip
- stuffy nose
- runny nose
- loss of smell
- allergies
- frequent colds
- nose bleeds
- phlegm
- chronic sneezing or coughing
- snoring

Comments:

Eyes & Ears

- floaters/spots

- blurriness or double vision hearing impairment
- excessive ear wax
- stuffed or clogged ears
- itching ears
- eye pain/strain
- tearing
- dryness
- glaucoma
- cataracts
- vision loss
- ringing in ears
- ear pain
- dizziness
- ear infections
- light sensitivity
- poor night vision
- dark circles under eyes
- oversensitivity to noise eyelids crusted

Comments:

Mouth & Throat

- frequent sore throat
- grinding teeth
- gum problems
- bad breath
- excess saliva
- dry mouth
- mouth sores
- loss of taste
- hoarseness
- difficulty swallowing
- coated tongue
- cracked/fissured tongue

Comments:

Skin & Nails

- acne
- hives

- rashes
- boils
- eczema
- psoriasis
- dry skin
- oily skin
- itching
- lumps
- night sweats
- fungal infections
- red dots
- discoloration
- brittle nails
- white spots on nails
- vertical ridges on nails
- rosacea
- chapped lips
- cracks in corner of mouths and lips
- scaling around nose
- whiteheads
- dandruff
- pimple like red spots at the base of hair follicles on thighs
- cracks in skin of fingertips or behind ears
- burning sensation in feet
- stretch marks
- flat or spoon shaped nails
- folliculitis

Comments:

Cardiovascular

- heart disease
- murmur or valve issues
- blood clots
- palpitations
- varicose veins
- vein issues
- chest pain
- high blood pressure
- low blood pressure
- edema or swelling

- shortness of breath
- fatigue
- sweating
- nausea

Comments:

Respiratory

- cough
- TB
- pain with breathing
- shortness of breath
- phlegm
- wheezing
- asthma
- bronchitis
- spitting up blood
- pneumonia
- emphysema
- mold, dust or hayfever allergies
- sensitive to smells, especially: cigarette smoke, exhaust fumes, new carpet, perfume, solvents, paint, gasoline

Comments:

Gastrointestinal

- trouble swallowing
- nausea
- pain/cramps
- bloating/gas
- hemorrhoids
- black/green/white/bloody stools
- greasy, fatty stools
- heartburn
- ulcer
- pylori
- diarrhea
- constipation
- gallbladder disease

- change in appetite
- indigestion
- jaundice
- food allergies
- hiatal hernia
- anal itching
- high cholesterol
- coated tongue
- undigested food in stool
- upper abdominal heaviness after eating
- bad breath
- bad body odor
- low back pain
- water retention
- low stomach acid

Comments:

Urinary

- painful urination
- frequent urination
- scant urination
- frequent urination at night
- inability to hold urine
- bed-wetting
- kidney stones
- UTI

Comments:

Musculoskeletal

- joint pain/stiffness
- joint swelling
- broken bones
- muscle spasms/cramping
- arthritis
- back problems
- general aches & pains
- pulled muscles
- muscle tightness

Comments:

Male Reproductive

- hernia
- testicular pain
- testicular masses
- impotence
- premature ejaculation
- venereal disease
- loss of libido

Comments:

Female Reproductive

- irregular cycle
- cramps
- PMS
- cysts

- clotting
- spotting between periods
- heavy flow
- painful period
- pain during sex
- pregnancy
- infertility issues
- vaginal itching
- vaginal discharge
- yeast infections
- abnormal PAP smear
- nipple discharge
- endometriosis
- breast pain
- breast mass
- loss of libido

Comments:

Blood & Lymphatic

- anemia
- bleeds easily
- bruises easily
- swollen lymph nodes

Comments:

You can contribute to the section below or save for when we meet. Thank you for your time!

Positive Lifestyle Choices

Areas in Need of Support
