



For the following, please place a ✓ in the space if you currently have the symptom, a P if it has been a problem in the past.

<b>VITALITY</b>		<b>MUSCULO-SKELETAL</b>	
Low stamina		Weakness	
Low ambition		Stiffness	
Fatigue		Aches	
Energy drop during the day		Twitching	
When?		Cramps	
Poor Sleep		Prone to sprains	
Insomnia		Joint pain	
Feel unrefreshed on waking		Joint swelling	
Unexplained weight gain/loss		Bursitis	
		Arthritis	
<b>RESPIRATION</b>		Unsteady/lose balance	
Hayfever		Numbness/tingling	
Asthma		<b>HAIR</b>	
Coughing		Thin	
Bronchitis		Excess loss	
Shortness of breath		Graying	
Frequent sore throats		Excess growth	
Frequent colds/ coughs		Prematurely gray	
Phlegm		Grows slowly	
		Thinning brows, underarm, pubic hair	
<b>SKIN/NAILS</b>		<b>MOUTH/LIPS</b>	
Dryness/Cracking		Jaw clicks	
Itching		Coldsores	
Pimples/ Acne		Lips cracking	
Boils		Canker sores	
Blotchy/ White Patches		Peculiar taste in mouth	
Eczema		Bad breath	
Psoriasis		Impaired taste/ smell	
Dandruff			
Increased pigmentation		<b>TEETH</b>	
Easy bruising		Cavities	
Spots on nails		Loose teeth	
Nails brittle/ split		Dentures/ Bridges	
Bite nails		Root canal	
Fungal infection of nails		Sensitivity to hot/cold	
		Bleeding gums	
<b>EYES</b>		Gum disease	
Watering		Grinding teeth	
Burning		Braces	
Redness			



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Dryness		<b>GASTRO - INTESTINAL</b>	
Discharge		Poor appetite	
Itching		Large appetite	
Double vision		Heartburn	
Blurring		Indigestion	
Sensitive to light		Belching	
Cataracts		Excessive flatulence	
Glaucoma		Bloating after eating	
Failing vision		Nausea/ Vomiting	
Frequent conjunctivitis/ styes		Ulcer	
Spots in front of eyes		Constipation	
Dark circles under eyes		Diarrhea	
		Hemorrhoids	
<b>URINATION</b>		Cravings	
Dribbling		Strong thirst	
Difficult		No thirst	
Increased frequency of urination		Stomach pain, burning, aching 1-4 hrs after eating	
Blood in urine		Digestive problems subside with rest/ relaxation	
Painful urination		Hungry shortly after eating	
Urination at night		Anal itching	
Unable to hold urine		Pain under right side of rib cage	
Kidney stones		Fatty foods cause indigestion	
		History of worms/parasites	
		# of bowel movements per day -----	
<b>EARS</b>		<b>NOSE</b>	
Loss of hearing		Itching	
Ringing in the ears		Loss of smell	
Wax build up		Discharge	
Frequent earaches		Sneezing	
		Sinusitis	
<b>CIRCULATION/ BLOOD</b>		Polyps	
Dizziness		Prone to nose bleeds	
Cold hands/ feet			
Swelling hands/ feet		<b>NEUROLOGICAL</b>	
Varicose veins		Headaches	
Low/ high blood pressure		Migraines	
Anemia		Forgetful	
Fainting		Convulsions/ Seizures	



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<b>CARDIOVASCULAR</b>		<b>FOR FEMALES</b>	
Heart disease		Age at first period	
Palpitations		Length of cycle	
Angina		Length of period	
Heart murmurs		Irregular periods	
Chest pain/heaviness		Bleeding between periods	
		Menstrual clots	
<b>FOR MALES</b>		Breast tenderness	
Frequent / urgent urination		Irritability/ mood swings	
Weak / delayed urinary stream		Bloating during period	
Urge to urinate several times per night		Vaginal discharge	
Dripping after urination		Ovarian cysts	
Lack of sex drive		Uterine fibroids	
Impotence		Venereal disease	
Difficulty attaining/ maintaining erection		Breast lumps	
Painful testicles		# of pregnancies	
Genital rash		# of live births	
Low sperm count		Menopause	
Low sperm mobility		Type of birth control	