

NAME:

AGE:

HEALTH CARE PROFESSIONAL: Mary Cetan, FLAP, DOM

DATE:

INSTRUCTIONS: Circle the number that applies to you. **If a symptom does not apply, don’t circle anything** for that symptom.

Circle the corresponding number.	
1	MILD symptom (occurs rarely)
2	MODERATE symptom (occurs several times a month)
3	SEVERE symptom (occurs almost constantly)

GROUP 1

1.	1	2	3	Acid foods upset
2.	1	2	3	Get chilled often
3.	1	2	3	“Lump” in throat
4.	1	2	3	Dry mouth, eyes, nose
5.	1	2	3	Pulse speeds after meal
6.	1	2	3	Keyed up, fail to calm
7.	1	2	3	Gag occasionally
8.	1	2	3	Unable to relax, startle easily
9.	1	2	3	Extremities cold, clammy
10.	1	2	3	Strong light irritates
11.	1	2	3	Occasionally weak urine flow
12.	1	2	3	Heart pounds after retiring
13.	1	2	3	“Nervous” stomach
14.	1	2	3	Appetite reduced occasionally
15.	1	2	3	Cold sweats often
16.	1	2	3	Get heated easily
17.	1	2	3	Nerve discomfort
18.	1	2	3	Staring, blink little
19.	1	2	3	Sour stomach frequent
<div>123TOTAL</div>				

GROUP 2

20.	1	2	3	Joint stiffness after arising
21.	1	2	3	Muscle, leg, toe cramps at night
22.	1	2	3	“Butterfly” stomach, cramps
23.	1	2	3	Eyes or nose watery
24.	1	2	3	Eyes blink often
25.	1	2	3	Eyelids swollen, puffy
26.	1	2	3	Indigestion soon after meals
27.	1	2	3	Always seem hungry, feel “lightheaded” often
28.	1	2	3	Digestion rapid
29.	1	2	3	Vomit occasionally
30.	1	2	3	Hoarseness frequent
31.	1	2	3	Uneven breathing
32.	1	2	3	Pulse slow
33.	1	2	3	Gagging reflex slow
34.	1	2	3	Difficulty swallowing
35.	1	2	3	Temporary constipation or diarrhea
36.	1	2	3	“Slow starter”
37.	1	2	3	Get “chilled”
38.	1	2	3	Perspire easily
39.	1	2	3	Sensitive to cold
40.	1	2	3	Upper respiratory challenges
<div>123TOTAL</div>				

GROUP 3

41.	1	2	3	Eat when nervous
42.	1	2	3	Excessive appetite
43.	1	2	3	Hungry between meals
44.	1	2	3	Irritable before meals

45.	1	2	3	Get “shaky” if hungry
46.	1	2	3	Fatigue, eating relieves
47.	1	2	3	“Lightheaded” if meals delayed
48.	1	2	3	Heart palpitates if meals missed or delayed
49.	1	2	3	Fatigue in afternoon
50.	1	2	3	Overeating sweets upsets
51.	1	2	3	Awaken after few hours sleep, hard to get back to sleep
52.	1	2	3	Crave candy or coffee in afternoon
53.	1	2	3	Moods of “blues” or melancholy
54.	1	2	3	Craving for sweets or snacks
<div>123TOTAL</div>				

GROUP 4

55.	1	2	3	Hands and feet go to sleep easily, numbness
56.	1	2	3	Sigh frequently, “air hunger”
57.	1	2	3	Aware of “breathing heavily”
58.	1	2	3	High-altitude discomfort
59.	1	2	3	Open windows in closed room
60.	1	2	3	Immune system challenges
61.	1	2	3	Afternoon “yawner”
62.	1	2	3	Get “drowsy” often
63.	1	2	3	Swollen ankles worse at night
64.	1	2	3	Muscle cramps, worse during exercise; get “charley horse”
65.	1	2	3	Difficulty catching breath, especially during exercise
66.	1	2	3	Tightness or pressure in chest, worse on exertion
67.	1	2	3	Skin discolors easily after impact
68.	1	2	3	Tendency to anemia
69.	1	2	3	Noises in head or “ringing in ears”
70.	1	2	3	Fatigue upon exertion
<div>123TOTAL</div>				

GROUP 5

71.	1	2	3	Dizziness
72.	1	2	3	Dry skin
73.	1	2	3	Burning feet
74.	1	2	3	Blurred vision
75.	1	2	3	Itching skin and feet
76.	1	2	3	Hair loss
77.	1	2	3	Occasional skin rashes
78.	1	2	3	Bitter, metallic taste in mouth in morning
79.	1	2	3	Occasional constipation
80.	1	2	3	Worrier, feels insecure
81.	1	2	3	Nausea occasionally after eating
82.	1	2	3	Greasy foods upset
83.	1	2	3	Stools light-colored
84.	1	2	3	Skin peels on foot soles

85.	1	2	3	Discomfort between shoulder blades
86.	1	2	3	Occasional laxative use
87.	1	2	3	Stools alternate from soft to watery
88.	1	2	3	Sneezing attacks
89.	1	2	3	Dreaming, nightmare-type bad dreams
90.	1	2	3	Bad breath (halitosis)
91.	1	2	3	Milk products cause upset
92.	1	2	3	Sensitive to hot weather
93.	1	2	3	Burning or itching anus
94.	1	2	3	Crave sweets
<div>123TOTAL</div>				

GROUP 6

95.	1	2	3	Loss of taste for meat
96.	1	2	3	Lower bowel gas several hours after eating
97.	1	2	3	Burning stomach sensations, eating relieves
98.	1	2	3	Coated tongue
99.	1	2	3	Pass large amounts of foul-smelling gas
100.	1	2	3	Indigestion ½-1 hour after eating; may be up to 3-4 hours after
101.	1	2	3	Watery or loose stool
102.	1	2	3	Gas shortly after eating
103.	1	2	3	Stomach “bloating”
<div>123TOTAL</div>				

GROUP 7A

104.	1	2	3	Difficulty sleeping
105.	1	2	3	On edge
106.	1	2	3	Can't gain weight
107.	1	2	3	Intolerance to heat
108.	1	2	3	Highly emotional
109.	1	2	3	Flush easily
110.	1	2	3	Night sweats
111.	1	2	3	Thin, moist skin
112.	1	2	3	Inward trembling
113.	1	2	3	Heart races
114.	1	2	3	Increased appetite without weight gain
115.	1	2	3	Pulse fast at rest
116.	1	2	3	Eyelids and face twitch
117.	1	2	3	Irritable and restless
118.	1	2	3	Can't work under pressure
<div>123TOTAL</div>				

GROUP 7B

119.

1

2

3

Increase in weight

120.

1

2

3

Decrease in appetite

121.

1

2

3

Fatigue easily

122.

1

2

3

Ringing in ears

123.

1

2

3

Sleepy during day

124.

1

2

3

Sensitive to cold

125.

1

2

3

Dry or scaly skin

126.

1

2

3

Temporary constipation

127.

1

2

3

Mental sluggishness

128.

1

2

3

Hair coarse, falls out

129.

1

2

3

Tension in head upon arising
wears off during day

130.

1

2

3

Slow pulse below 65

131.

1

2

3

Changing urinary function

132.

1

2

3

Sounds appear diminished

133.

1

2

3

Reduced initiative

1

2

3

TOTAL

GROUP 7C

134.

1

2

3

Failing memory with age

135.

1

2

3

Increased sex drive

136.

1

2

3

Episodes of tension in head

137.

1

2

3

Decreased sugar tolerance

1

2

3

TOTAL

GROUP 7D

138.

1

2

3

Abnormal thirst

139.

1

2

3

Bloating of abdomen

140.

1

2

3

Weight gain around hips or waist

141.

1

2

3

Sex drive reduced or lacking

142.

1

2

3

Tendency for stomach issues

143.

1

2

3

Immune system challenges

144.

1

2

3

Menstrual disorders

1

2

3

TOTAL

GROUP 7E

145.

1

2

3

Dizziness

146.

1

2

3

Headaches

147.

1

2

3

Hot flashes

148.

1

2

3

Hair growth on face
or body (female)

149.

1

2

3

Sugar in urine (not diabetes)

150.

1

2

3

Masculine tendencies (female)

1

2

3

TOTAL

GROUP 7F

151.

1

2

3

Weakness, dizziness

152.

1

2

3

Tired throughout day

153.

1

2

3

Nails weak, ridged

154.

1

2

3

Sensitive skin

155.

1

2

3

Stiff joints

156.

1

2

3

Perspiration increase

157.

1

2

3

Bowel discomfort

158.

1

2

3

Poor circulation

159.

1

2

3

Swollen ankles

160.

1

2

3

Crave salt

161.

1

2

3

Areas of skin darkening

162.

1

2

3

Upper respiratory sensitivity

163.

1

2

3

Tiredness

164.

1

2

3

Breathing challenges

1

2

3

TOTAL

GROUP 8

165.

1

2

3

Muscle weakness

166.

1

2

3

Lack of stamina

167.

1

2

3

Drowsiness after eating

168.

1

2

3

Muscular soreness

169.

1

2

3

Heart races

170.

1

2

3

Hyperirritable

171.

1

2

3

Feeling of a band around head

172.

1

2

3

Melancholia (feeling of sadness)

173.

1

2

3

Swelling of ankles

174.

1

2

3

Change in urinary function

175.

1

2

3

Tendency to consume
sweets/carbohydrates

176.

1

2

3

Muscle spasms

177.

1

2

3

Blurred vision

178.

1

2

3

Involuntary muscle action

179.

1

2

3

Numbness

180.

1

2

3

Night sweats

181.

1

2

3

Rapid digestion

182.

1

2

3

Sensitivity to noise

183.

1

2

3

Redness of palms of hands and
bottom of feet

184.

1

2

3

Visible veins on chest and abdomen

185.

1

2

3

Hemorrhoids

186.

1

2

3

Apprehension (feeling that
something bad is going to happen)

187.

1

2

3

Nervousness causing
loss of appetite

188.

1

2

3

Nervousness with indigestion

189.

1

2

3

Gastritis

190.

1

2

3

Forgetfulness

191.

1

2

3

Thinning hair

1

2

3

TOTAL

FEMALE ONLY

192.

1

2

3

Very easily fatigued

193.

1

2

3

Premenstrual tension

194.

1

2

3

Menses more painful than usual

195.

1

2

3

Depressed feelings
before menstruation

196.

1

2

3

Painful breasts during menses

197.

1

2

3

Menstruate too frequently

198.

1

2

3

Hysterectomy/ovaries removed

199.

1

2

3

Menopausal hot flashes

200.

1

2

3

Menses scanty or missed

201.

1

2

3

Acne, worse at menses

1

2

3

TOTAL

MALE ONLY

202.

1

2

3

Less involved in
exercise/social activities

203.

1

2

3

Difficult to postpone urination

204.

1

2

3

Weak urinary stream

205.

1

2

3

Feeling of “blues” or melancholy

206.

1

2

3

Feeling of incomplete
bowel evacuation

207.

1

2

3

Lack of energy

208.

1

2

3

Muscles in arms and legs seem
softer/smaller

209.

1

2

3

Tire too easily

210.

1

2

3

Avoid activity

211.

1

2

3

Leg nervousness at night

212.

1

2

3

Diminished sex drive

1

2

3

TOTAL

IMPORTANT | Please list below the five main physical complaints you have in order of their importance.

1.

2.

3.

4.

5.

TO BE COMPLETED BY HEALTH CARE PROFESSIONAL

Digestion

Large Intestine (Palpate)

Adrenals

Pass/Fail Zinc Taste Test

Hydrochloric

Ascending

Pass/Fail Pupil Dilation Exam

Pass/Fail Cuff Test

Acid Point

Transverse

Postural Hypotension

Cuff Pressure

Enzyme Point

Descending

Supine

pH of Saliva

Murphy’s Sign

Standing

Pulse

BARNES THYROID TEST

The test is conducted by the patient in the morning before leaving bed, with the temperature being taken for 10 minutes. The test is invalidated if the patient expends any energy prior to taking the test such as getting up for any reason, shaking down the thermometer, etc. It is important that the test, be conducted for exactly 10 minutes, making the prior positioning of both the thermometer and a clock important.
PRE-MENSES FEMALES AND MENOPAUSAL FEMALES (any two days during the month)
FEMALES HAVING MENSTRUAL CYCLES (the second and third days of flow or any five days in a row)
MALES (any two days during the month)

Day 1 Day 2 Day 3 Day 4 Day 5

RESTRICTIONS ON USE

The systems survey is to be used only by trained health care professionals. If you are a patient, you should not use the systems survey. If you are not a trained health care practitioner, you should not use the systems survey. Health care practitioners should only use the systems survey to provide services that are within the scope of their license or professional training. The systems survey is intended to be used as a helpful tool for health care practitioners in collecting information concerning the health and wellness of patients.