

**SYSTEMS SURVEY FORM**

PATIENT \_\_\_\_\_ AGE \_\_\_\_\_ DOCTOR \_\_\_\_\_ DATE \_\_\_\_\_

**INSTRUCTIONS:** Circle the number that applies to you. **If a symptom does not apply, leave it blank.**  
 Circle either: (1) for **MILD** symptoms (occurs rarely), (2) for **MODERATE** symptoms (occurs several times a month),  
 or (3) for **SEVERE** symptoms (occurs almost constantly).

**GROUP ONE**

- |                                   |  |                                   |
|-----------------------------------|--|-----------------------------------|
| 1 - 1 2 3 Acid foods upset        | 8 - 1 2 3 Gag Easily                       | 15 - 1 2 3 Appetite reduced       |
| 2 - 1 2 3 Get chilled, often      | 9 - 1 2 3 Unable to relax, startles easily | 16 - 1 2 3 Cold sweats often      |
| 3 - 1 2 3 "Lump" in throat        | 10 - 1 2 3 Extremities cold, clammy        | 17 - 1 2 3 Fever easily raised    |
| 4 - 1 2 3 Dry mouth-eyes-nose     | 11 - 1 2 3 Strong light irritates          | 18 - 1 2 3 Neuralgia-like pains   |
| 5 - 1 2 3 Pulse speeds after meal | 12 - 1 2 3 Urine amount reduced            | 19 - 1 2 3 Staring, blinks little |
| 6 - 1 2 3 Keyed up - fail to calm | 13 - 1 2 3 Heart pounds after retiring     | 20 - 1 2 3 Sour stomach frequent  |
| 7 - 1 2 3 Cuts heal slowly        | 14 - 1 2 3 "Nervous" stomach               |                                   |

**GROUP TWO**

- |   |  |  |
|---|--|--|
| 21 - 1 2 3 Joint stiffness after arising                    | 29 - 1 2 3 Digestion rapid                       | 37 - 1 2 3 "Slow starter"                          |
| 22 - 1 2 3 Muscle-leg-toe cramps at night                   | 30 - 1 2 3 Vomiting frequent                     | 38 - 1 2 3 Get "chilled" infrequently              |
| 23 - 1 2 3 "Butterfly" stomach, cramps                      | 31 - 1 2 3 Hoarseness frequent                   | 39 - 1 2 3 Perspire easily                         |
| 24 - 1 2 3 Eyes or nose watery                              | 32 - 1 2 3 Breathing irregular                   | 40 - 1 2 3 Circulation poor,<br>sensitive to cold  |
| 25 - 1 2 3 Eyes blink often                                 | 33 - 1 2 3 Pulse slow; feels "irregular"         | 41 - 1 2 3 Subject to colds,<br>asthma, bronchitis |
| 26 - 1 2 3 Eyelids swollen, puffy                           | 34 - 1 2 3 Gagging reflex slow                   |  |
| 27 - 1 2 3 Indigestion soon after meals                     | 35 - 1 2 3 Difficulty swallowing                 |  |
| 28 - 1 2 3 Always seem hungry;<br>feels "lightheaded" often | 36 - 1 2 3 Constipation,<br>diarrhea alternating |  |

**GROUP THREE**

- |   |  |   |
|---|--|---|
| 42 - 1 2 3 Eat when nervous               | 49 - 1 2 3 Heart palpitates if meals<br>missed or delayed              | 53 - 1 2 3 Crave candy or coffee<br>in afternoons         |
| 43 - 1 2 3 Excessive appetite             | 50 - 1 2 3 Afternoon headaches   | 54 - 1 2 3 Moods of depression -<br>"blues" or melancholy |
| 44 - 1 2 3 Hungry between meals           | 51 - 1 2 3 Overeating sweets upsets                                    | 55 - 1 2 3 Abnormal craving for<br>sweets or snacks       |
| 45 - 1 2 3 Irritable before meals         | 52 - 1 2 3 Awaken after few hours sleep<br>- hard to get back to sleep |   |
| 46 - 1 2 3 Get "shaky" if hungry          |  |   |
| 47 - 1 2 3 Fatigue, eating relieves       |  |   |
| 48 - 1 2 3 "Lightheaded" if meals delayed |  |   |

**GROUP FOUR**

- |   |   |  |
|---|---|--|
| 56 - 1 2 3 Hands and feet go to sleep<br>easily, numbness | 63 - 1 2 3 Get "drowsy" often   | 68 - 1 2 3 Bruise easily, "black<br>and blue" spots  |
| 57 - 1 2 3 Sigh frequently, "air<br>hunger"               | 64 - 1 2 3 Swollen ankles<br>worse at night                                       | 69 - 1 2 3 Tendency to anemia  |
| 58 - 1 2 3 Aware of "breathing<br>heavily"                | 65 - 1 2 3 Muscle cramps, worse<br>during exercise; get<br>"charley horses"       | 70 - 1 2 3 "Nose bleeds" frequent  |
| 59 - 1 2 3 High altitude discomfort                       | 66 - 1 2 3 Shortness of breath<br>on exertion                                     | 71 - 1 2 3 Noises in head, or<br>"ringing in ears"   |
| 60 - 1 2 3 Opens windows in<br>closed room                | 67 - 1 2 3 Dull pain in chest or<br>radiating into left arm,<br>worse on exertion | 72 - 1 2 3 Tension under the<br>breastbone, or feeling<br>of "tightness",<br>worse on exertion |
| 61 - 1 2 3 Susceptible to colds<br>and fevers             |   |  |
| 62 - 1 2 3 Afternoon "yawner"                             |   |  |

**GROUP FIVE**

- |  |   |  |
|--|---|--|
| 73 - 1 2 3 Dizziness                                   | 83 - 1 2 3 Feeling queasy; headache over eyes           | 91 - 1 2 3 Sneezing attacks                    |
| 74 - 1 2 3 Dry skin                                    | 84 - 1 2 3 Greasy foods upset                           | 92 - 1 2 3 Dreaming, nightmare type bad dreams |
| 75 - 1 2 3 Burning feet                                | 85 - 1 2 3 Stools light-colored                         | 93 - 1 2 3 Bad breath (halitosis)              |
| 76 - 1 2 3 Blurred vision                              | 86 - 1 2 3 Skin peels on foot soles                     | 94 - 1 2 3 Milk products cause distress        |
| 77 - 1 2 3 Itching skin and feet                       | 87 - 1 2 3 Pain between shoulder blades                 | 95 - 1 2 3 Sensitive to hot weather            |
| 78 - 1 2 3 Excessive falling hair                      | 88 - 1 2 3 Use laxatives                                | 96 - 1 2 3 Burning or itching anus             |
| 79 - 1 2 3 Frequent skin rashes                        | 89 - 1 2 3 Stools alternate from soft to watery         | 97 - 1 2 3 Crave sweets                        |
| 80 - 1 2 3 Bitter, metallic taste in mouth in mornings | 90 - 1 2 3 History of gallbladder attacks or gallstones |  |
| 81 - 1 2 3 Bowel movements painful or difficult        |   |  |
| 82 - 1 2 3 Worrier, feels insecure                     |   |  |

**GROUP SIX**

- |   |   |   |
|---|---|---|
| 98 - 1 2 3 Loss of taste for meat                       | 101 - 1 2 3 Coated tongue                           | 104 - 1 2 3 Mucous colitis or "irritable bowel"                     |
| 99 - 1 2 3 Lower bowel gas several hours after eating   | 102 - 1 2 3 Pass large amounts of foul-smelling gas | 105 - 1 2 3 Gas shortly after eating                                |
| 100 - 1 2 3 Burning stomach sensations, eating relieves | 103 - 1 2 3 Indigestion 1/2 - 1 hour after          | 106 - 1 2 3 Stomach "bloating" eating; may be up to 3-4 hours after |

**GROUP SEVEN**

- |  |  |  |
|--|--|--|
| (A)  |  | (E)  |
| 107 - 1 2 3 Insomnia                                   |  | 150 - 1 2 3 Dizziness                            |
| 108 - 1 2 3 Nervousness                                |  | 151 - 1 2 3 Headaches                            |
| 109 - 1 2 3 Can't gain weight                          |  | 152 - 1 2 3 Hot flashes                          |
| 110 - 1 2 3 Intolerance to heat                        | (C)  | 153 - 1 2 3 Increased blood pressure             |
| 111 - 1 2 3 Highly emotional                           | 137 - 1 2 3 Failing memory                           | 154 - 1 2 3 Hair growth on face or body (female) |
| 112 - 1 2 3 Flush easily                               | 138 - 1 2 3 Low blood pressure                       | 155 - 1 2 3 Sugar in urine (not diabetes)        |
| 113 - 1 2 3 Night sweats                               | 139 - 1 2 3 Increased sex drive                      | 156 - 1 2 3 Masculine tendencies (female)        |
| 114 - 1 2 3 Thin, moist skin                           | 140 - 1 2 3 Headaches, "splitting or rendering" type |  |
| 115 - 1 2 3 Inward trembling                           | 141 - 1 2 3 Decreased sugar tolerance                | (F)  |
| 116 - 1 2 3 Heart palpitates                           |  | 157 - 1 2 3 Weakness, dizziness                  |
| 117 - 1 2 3 Increased appetite without weight gain     | (D)  | 158 - 1 2 3 Chronic fatigue                      |
| 118 - 1 2 3 Pulse fast at rest                         | 142 - 1 2 3 Abnormal thirst                          | 159 - 1 2 3 Low blood pressure                   |
| 119 - 1 2 3 Eyelids and face twitch                    | 143 - 1 2 3 Bloating of abdomen                      | 160 - 1 2 3 Nails, weak, ridged                  |
| 120 - 1 2 3 Irritable and restless                     | 144 - 1 2 3 Weight gain around hips or waist         | 161 - 1 2 3 Tendency to hives                    |
| 121 - 1 2 3 Can't work under pressure                  | 145 - 1 2 3 Sex drive reduced or lacking             | 162 - 1 2 3 Arthritic tendencies                 |
| (B)  | 146 - 1 2 3 Tendency to ulcers, colitis              | 163 - 1 2 3 Perspiration increase                |
| 122 - 1 2 3 Increase in weight                         | 147 - 1 2 3 Increased sugar tolerance                | 164 - 1 2 3 Bowel disorders                      |
| 123 - 1 2 3 Decrease in appetite                       | 148 - 1 2 3 Women: menstrual disorders               | 165 - 1 2 3 Poor circulation                     |
| 124 - 1 2 3 Fatigue easily                             | 149 - 1 2 3 Young girls: lack of menstrual function  | 166 - 1 2 3 Swollen ankles                       |
| 125 - 1 2 3 Ringing in ears                            |  | 167 - 1 2 3 Crave salt                           |
| 126 - 1 2 3 Sleepy during day                          |  | 168 - 1 2 3 Brown spots or bronzing of skin      |
| 127 - 1 2 3 Sensitive to cold                          |  | 169 - 1 2 3 Allergies - tendency to asthma       |
| 128 - 1 2 3 Dry or scaly skin                          |  | 170 - 1 2 3 Weakness after colds, influenza      |
| 129 - 1 2 3 Constipation                               |  | 171 - 1 2 3 Exhaustion - muscular and nervous    |
| 130 - 1 2 3 Mental sluggishness                        |  | 172 - 1 2 3 Respiratory disorders                |
| 131 - 1 2 3 Hair coarse, falls out                     |  |  |
| 132 - 1 2 3 Headaches upon arising wear off during day |  |  |
| 133 - 1 2 3 Slow pulse, below 65                       |  |  |
| 134 - 1 2 3 Frequency of urination                     |  |  |
| 135 - 1 2 3 Impaired hearing                           |  |  |
| 136 - 1 2 3 Reduced initiative                         |  |  |

**SYSTEMS SURVEY FORM - Page 3**

GROUP EIGHT	FEMALE ONLY	MALE ONLY
173 - 1 2 3 Muscle weakness	200 - 1 2 3 Very easily fatigued	213 - 1 2 3 Prostate trouble
174 - 1 2 3 Lack of Stamina	201 - 1 2 3 Premenstrual tension	214 - 1 2 3 Urination difficult or dribbling
175 - 1 2 3 Drowsiness after eating	202 - 1 2 3 Painful menses	215 - 1 2 3 Night urination frequent
176 - 1 2 3 Muscular soreness	203 - 1 2 3 Depressed feelings before menstruation	216 - 1 2 3 Depression
177 - 1 2 3 Rapid heart beat	204 - 1 2 3 Menstruation excessive and prolonged	217 - 1 2 3 Pain on inside of legs or heels
178 - 1 2 3 Hyper-irritable	205 - 1 2 3 Painful breasts	218 - 1 2 3 Feeling of incomplete bowel evacuation
179 - 1 2 3 Feeling of a band around your head	206 - 1 2 3 Menstruate too frequently	219 - 1 2 3 Lack of energy
180 - 1 2 3 Melancholia (feeling of sadness)	207 - 1 2 3 Vaginal discharge	220 - 1 2 3 Migrating aches and pains
181 - 1 2 3 Swelling of ankles	208 - 1 2 3 Hysterectomy/ovaries removed	221 - 1 2 3 Tire too easily
182 - 1 2 3 Diminished urination	209 - 1 2 3 Menopausal hot flashes	222 - 1 2 3 Avoids activity
183 - 1 2 3 Tendency to consume sweets or carbohydrates	210 - 1 2 3 Menses scanty or missed	223 - 1 2 3 Leg nervousness at night
184 - 1 2 3 Muscle spasms	211 - 1 2 3 Acne, worse at menses	224 - 1 2 3 Diminished sex drive
185 - 1 2 3 Blurred vision	212 - 1 2 3 Depression of long standing	
186 - 1 2 3 Loss of muscular control		
187 - 1 2 3 Numbness		
188 - 1 2 3 Night sweats		
189 - 1 2 3 Rapid digestion		
190 - 1 2 3 Sensitivity to noise		
191 - 1 2 3 Redness of palms of hands and bottom of feet		
192 - 1 2 3 Visible veins on chest and abdomen		
193 - 1 2 3 Hemorrhoids		
194 - 1 2 3 Apprehension (feeling that something bad is going to happen)		
195 - 1 2 3 Nervousness causing loss of appetite		
196 - 1 2 3 Nervousness with indigestion		
197 - 1 2 3 Gastritis		
198 - 1 2 3 Forgetfulness		
199 - 1 2 3 Thinning hair		

  

IMPORTANT
TO THE PATIENT: Please list below the five main physical complaints you have in order of their importance.
1. _____
2. _____
3. _____
4. _____
5. _____