

**SYSTEMS SURVEY FORM**  
(Restricted to Professional Use)

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,          |
| 25 – 1 2 3 Eyes blink often                                 | 33 – 1 2 3 Pulse slow; feels "irregular"         | sensitive to cold                     |
| 26 – 1 2 3 Eyelids swollen, puffy                           | 34 – 1 2 3 Gagging reflex slow                   | 41 – 1 2 3 Subject to colds,          |
| 27 – 1 2 3 Indigestion soon after meals                     | 35 – 1 2 3 Difficulty swallowing                 | asthma, bronchitis                    |
| 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  
**74** - 1 2 3 Dry skin  
**75** - 1 2 3 Burning feet  
**76** - 1 2 3 Blurred vision  
**77** - 1 2 3 Itching skin and feet  
**78** - 1 2 3 Excessive falling hair  
**79** - 1 2 3 Frequent skin rashes  
**80** - 1 2 3 Bitter, metallic taste  
in mouth in mornings  
**81** - 1 2 3 Bowel movements  
painful or difficult  
**82** - 1 2 3 Worrier, feels insecure

**83** - 1 2 3 Feeling queasy; headache  
over eyes  
**84** - 1 2 3 Greasy foods upset  
**85** - 1 2 3 Stools light-colored  
**86** - 1 2 3 Skin peels on foot soles  
**87** - 1 2 3 Pain between shoulder  
blades  
**88** - 1 2 3 Use laxatives  
**89** - 1 2 3 Stools alternate from  
soft to watery  
**90** - 1 2 3 History of gallbladder  
attacks or gallstones

**91** - 1 2 3 Sneezing attacks  
**92** - 1 2 3 Dreaming, nightmare type  
bad dreams  
**93** - 1 2 3 Bad breath (halitosis)  
**94** - 1 2 3 Milk products cause  
distress  
**95** - 1 2 3 Sensitive to hot weather  
**96** - 1 2 3 Burning or itching anus  
**97** - 1 2 3 Crave sweets

**GROUP SIX**

**98** - 1 2 3 Loss of taste for meat  
**99** - 1 2 3 Lower bowel gas several  
hours after eating  
**100** - 1 2 3 Burning stomach  
sensations, eating relieves

**101** - 1 2 3 Coated tongue  
**102** - 1 2 3 Pass large amounts of  
foul-smelling gas  
**103** - 1 2 3 Indigestion 1/2 - 1 hour after

**104** - 1 2 3 Mucous colitis or  
"irritable bowel"  
**105** - 1 2 3 Gas shortly after eating  
**106** - 1 2 3 Stomach "bloating"  
eating; may be up to 3-4 hours after

**GROUP SEVEN****(A)**

**107** - 1 2 3 Insomnia  
**108** - 1 2 3 Nervousness  
**109** - 1 2 3 Can't gain weight  
**110** - 1 2 3 Intolerance to heat  
**111** - 1 2 3 Highly emotional  
**112** - 1 2 3 Flush easily  
**113** - 1 2 3 Night sweats  
**114** - 1 2 3 Thin, moist skin  
**115** - 1 2 3 Inward trembling  
**116** - 1 2 3 Heart palpitates  
**117** - 1 2 3 Increased appetite without  
weight gain  
**118** - 1 2 3 Pulse fast at rest  
**119** - 1 2 3 Eyelids and face twitch  
**120** - 1 2 3 Irritable and restless  
**121** - 1 2 3 Can't work under pressure

**(B)**

**122** - 1 2 3 Increase in weight  
**123** - 1 2 3 Decrease in appetite  
**124** - 1 2 3 Fatigue easily  
**125** - 1 2 3 Ringing in ears  
**126** - 1 2 3 Sleepy during day  
**127** - 1 2 3 Sensitive to cold  
**128** - 1 2 3 Dry or scaly skin  
**129** - 1 2 3 Constipation  
**130** - 1 2 3 Mental sluggishness  
**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

**(C)**

**137** - 1 2 3 Failing memory  
**138** - 1 2 3 Low blood pressure  
**139** - 1 2 3 Increased sex drive  
**140** - 1 2 3 Headaches, "splitting  
or rendering" type  
**141** - 1 2 3 Decreased sugar  
tolerance

**(D)**

**142** - 1 2 3 Abnormal thirst  
**143** - 1 2 3 Bloating of abdomen  
**144** - 1 2 3 Weight gain around  
hips or waist  
**145** - 1 2 3 Sex drive reduced  
or lacking  
**146** - 1 2 3 Tendency to ulcers,  
colitis  
**147** - 1 2 3 Increased sugar  
tolerance  
**148** - 1 2 3 Women: menstrual  
disorders  
**149** - 1 2 3 Young girls:  
lack of menstrual  
function

**(E)**

**150** - 1 2 3 Dizziness  
**151** - 1 2 3 Headaches  
**152** - 1 2 3 Hot flashes  
**153** - 1 2 3 Increased blood  
pressure  
**154** - 1 2 3 Hair growth on face  
or body (female)  
**155** - 1 2 3 Sugar in urine  
(not diabetes)  
**156** - 1 2 3 Masculine tendencies  
(female)

**(F)**

**157** - 1 2 3 Weakness, dizziness  
**158** - 1 2 3 Chronic fatigue  
**159** - 1 2 3 Low blood pressure  
**160** - 1 2 3 Nails, weak, ridged  
**161** - 1 2 3 Tendency to hives  
**162** - 1 2 3 Arthritic tendencies  
**163** - 1 2 3 Perspiration increase  
**164** - 1 2 3 Bowel disorders  
**165** - 1 2 3 Poor circulation  
**166** - 1 2 3 Swollen ankles  
**167** - 1 2 3 Crave salt  
**168** - 1 2 3 Brown spots or  
bronzing of skin  
**169** - 1 2 3 Allergies - tendency  
to asthma  
**170** - 1 2 3 Weakness after cold  
influenza  
**171** - 1 2 3 Exhaustion - muscular  
and nervous  
**172** - 1 2 3 Respiratory disorder

**GROUP EIGHT**

- 173** - 1 2 3 Muscle weakness  
**174** - 1 2 3 Lack of Stamina  
**175** - 1 2 3 Drowsiness after eating  
**176** - 1 2 3 Muscular soreness  
**177** - 1 2 3 Rapid heart beat  
**178** - 1 2 3 Hyper-irritable  
**179** - 1 2 3 Feeling of a band around your head  
**180** - 1 2 3 Melancholia (feeling of sadness)  
**181** - 1 2 3 Swelling of ankles  
**182** - 1 2 3 Diminished urination  
**183** - 1 2 3 Tendency to consume sweets or carbohydrates  
**184** - 1 2 3 Muscle spasms  
**185** - 1 2 3 Blurred vision  
**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

**FEMALE ONLY**

- 200** - 1 2 3 Very easily fatigued  
**201** - 1 2 3 Premenstrual tension  
**202** - 1 2 3 Painful menses  
**203** - 1 2 3 Depressed feelings before menstruation  
**204** - 1 2 3 Menstruation excessive and prolonged  
**205** - 1 2 3 Painful breasts  
**206** - 1 2 3 Menstruate too frequently  
**207** - 1 2 3 Vaginal discharge  
**208** - 1 2 3 Hysterectomy/ovaries removed  
**209** - 1 2 3 Menopausal hot flashes  
**210** - 1 2 3 Menses scanty or missed  
**211** - 1 2 3 Acne, worse at menses  
**212** - 1 2 3 Depression of long standing

**MALE ONLY**

- 213** - 1 2 3 Prostate trouble  
**214** - 1 2 3 Urination difficult or dribbling  
**215** - 1 2 3 Night urination frequent  
**216** - 1 2 3 Depression  
**217** - 1 2 3 Pain on inside of legs or heels  
**218** - 1 2 3 Feeling of incomplete bowel evacuation  
**219** - 1 2 3 Lack of energy  
**220** - 1 2 3 Migrating aches and pains  
**221** - 1 2 3 Tire too easily  
**222** - 1 2 3 Avoids activity  
**223** - 1 2 3 Leg nervousness at night  
**224** - 1 2 3 Diminished sex drive

**IMPORTANT**

TO THE PATIENT: Please list below the five main physical complaints you have in order of their importance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_