

**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).

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

GROUP ONE		
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	Cuts heal slowly
8	1 2 3	Gag Easily
9	1 2 3	Unable to relax, startles easily
10	1 2 3	Extremities cold, clammy
11	1 2 3	Strong light irritates
12	1 2 3	Urine amount reduced
13	1 2 3	Heart pounds after retiring
14	1 2 3	"Nervous" stomach
15	1 2 3	Appetite reduced
16	1 2 3	Cold sweats often
17	1 2 3	Fever easily raised
18	1 2 3	Neuralgia-like pains
19	1 2 3	Staring, blinks little
20	1 2 3	Sour stomach frequent
21	1 2 3	Joint stiffness after arising
22	1 2 3	Muscle-leg-toe cramps at night
23	1 2 3	"Butterfly" stomach, cramps
24	1 2 3	Eyes or nose watery
25	1 2 3	Eyes blink often
26	1 2 3	Eyelids swollen, puffy
27	1 2 3	Indigestion soon after meals
28	1 2 3	Always seem hungry;
29	1 2 3	Digestion rapid
30	1 2 3	Vomiting frequent
31	1 2 3	Hoarseness frequent
32	1 2 3	Breathing irregular
33	1 2 3	Pulse slow; feels "irregular"
34	1 2 3	Gagging reflex slow
35	1 2 3	Difficulty swallowing
36	1 2 3	Constipation,
37	1 2 3	"Slow starter"
38	1 2 3	Get "chilled" infrequently
39	1 2 3	Perspire easily
40	1 2 3	Circulation poor,
41	1 2 3	Subject to colds, asthma, bronchitis
42	1 2 3	Eat when nervous
43	1 2 3	Excessive appetite
44	1 2 3	Hungry between meals
45	1 2 3	Irritable before meals
46	1 2 3	Get "shaky" if hungry
47	1 2 3	Fatigue, eating relieves
48	1 2 3	"Lighthheaded" if meals delayed
49	1 2 3	Heart palpitates if meals missed or delayed
50	1 2 3	Afternoon headaches
51	1 2 3	Overeating sweets upsets
52	1 2 3	Awaken after few hours sleep - hard to get back to sleep
53	1 2 3	Crave candy or coffee in afternoons
54	1 2 3	Moods of depression - "blues" or melancholy
55	1 2 3	Abnormal craving for sweets or snacks
56	1 2 3	Hands and feet go to sleep easily, numbness
57	1 2 3	Sigh frequently, "air hunger"
58	1 2 3	Aware of "breathing heavily"
59	1 2 3	High altitude discomfort
60	1 2 3	Opens windows in closed room
61	1 2 3	Susceptible to colds and fevers
62	1 2 3	Afternoon "yawner"
63	1 2 3	Get "drowsy" often
64	1 2 3	Swollen ankles
65	1 2 3	Muscle cramps, worse during exercise; get worse at night
66	1 2 3	"charley horses" Shortness of breath
67	1 2 3	Dull pain in chest or radiating into left arm, on exertion
68	1 2 3	Bruise easily, "black and blue" spots
69	1 2 3	Tendency to anemia
70	1 2 3	"Nose bleeds" frequent
71	1 2 3	Noises in head, or "ringing in ears"
72	1 2 3	Tension under the breastbone, or feeling worse on exertion
73	1 2 3	of "tightness", worse on exertion

**GROUP FOUR**

**GROUP THREE**

**GROUP TWO**

**GROUP ONE**