



Review of Symptoms - please circle all current symptoms & underline past symptoms.

General

cold hands & feet
cold intolerance
low body temperature
daytime sleepiness
difficulty falling asleep
early waking
fatigue
fever
flushing
heat intolerance
night waking
nightmares
no dream recall

Head, Eyes, Ears

conjunctivitis
distorted sense of smell
distorted taste
ear fullness
ear ringing/buzzing
lid margin redness
eye crusting
eye pain
hearing loss
hearing problems
headache
migraine
sensitivity to loud noises
vision problems (other than glasses)
macular degeneration
vitreous detachment
retinal detachment

Musculoskeletal

back muscle spasm
calf cramps
chest tightness
foot cramps
joint deformity
joint pain
joint redness
joint stiffness
muscle pain
muscle spasms
muscle stiffness
muscle twitches - around eyes
muscle twitches - arms & legs
muscle weakness
tendonitis
tension headache
TMJ problems

Mood/Nerves

agoraphobia
anxiety
auditory hallucinations
black-out
concentration difficulty
balance difficulty

thinking difficulty
judgment problems
difficulty with speech
fainting
dizziness
fearfulness
irritability
light-headedness
numbness
phobias
panic attacks
paranoia
seizures
suicidal thoughts
tingling
tremor/trembling
visual hallucinations

Eating

binge eating
bulimia
can't gain weight
can't lose weight
can't maintain healthy weight
frequent dieting
poor appetite
salt cravings
carbohydrate cravings (bread/pasta)
sweet cravings (candy, cookies, cakes)
chocolate cravings
caffeine dependency

Digestion

anal spasms
bad teeth
bleeding gums
bloating of lower abdomen
bloating of whole abdomen
bloating after meal
blood in stools
burping
cold sores
constipation
cracking at corner of lips
cramps
dentures with poor chewing
diarrhea
alternating diarrhea/constipation
difficulty swallowing
dry mouth
excess flatulence/gas
fissures
food "repeat"/reflux
gas
heartburn
hemorrhoids
indigestion
nausea
upper abdominal pain
vomiting
jaundice/yellow eyes, skin
abnormal liver function tests

lower abdominal pain
mucus in stools
periodontal/gum disease
sore tongue
strong stool odor
undigested food in stools
Intolerance to:
lactose
all dairy
wheat
gluten
corn
eggs
fatty foods
yeast
fermented foods

Skin Problems

acne on:
back
chest
face
shoulders
athlete's foot
bumps on back of upper arms
cellulite
dark circles under eyes
ears get red
easy bruising
lack of sweating
eczema
hives
jock itch
lackluster skin
moles with changes
oily skin
pale skin
patchy dullness
rash
red face
sensitivity to bites
sensitivity to poison ivy/oak
shingles
skin darkening
strong body odor
hair loss
vitiligo
itching skin: in general
anus
arms
ear canals
eyes
feet
hands
legs
nipples
nose
penis
roof of mouth
scalp
throat

