

**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**

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

**GROUP TWO**

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

**GROUP THREE**

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

**GROUP FOUR**

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