



Circle those you experience frequently:

General:

- Poor appetite
- Excessive appetite
- Insomnia
- Daytime sleepiness
- Fatigue
- Fever
- Night sweats
- Chills
- Weak constitution
- Localized weakness
- Recurrent colds
- Persistent thirst
- Anemia
- Other _____

Eyes:

- Infection
- Blurred vision
- Visual changes
- Poor night vision
- Spots/floaters
- Cataracts
- Dry
- Itchy
- Glasses/contacts
- Other _____

Ears:

- Infection
- ringing
- Difficulty hearing

- Plugged feeling
- Other _____

Nose:

- Infection
- Pressure/pain
- Runny
- Bleeding
- Dry
- Allergy
- Other _____

Throat:

- Infection
- Swollen/sore
- Itchy
- Difficulty swallowing
- Hoarse
- Other _____

Mouth:

- Sores
- Dry
- Watery
- Grinding teeth
- TMJD
- Other _____

Skin/Hair:

- Itchy
- Dry
- Boils/pus

- Bumps/lumps
- Eczema
- Allergies
- Ulcers
- Brittle/dry hair
- Thinning hair
- Other _____

Head/Neck:

- Dizziness
- Fainting
- Stiff neck
- Vertigo
- Headaches
- Migraines
- Enlarged lymph nodes
- Concussions
- Other _____

Cardiovascular:

- High/Low BP
- Blood clots
- Chest pain
- Irregular heart beat
- Shortness of breath
- Hand/ankle swelling
- Fainting
- Palpitations
- Other _____

Respiratory:

COPD
 Asthma
 Cough
 Coughing blood
 Productive phlegm
 Nonproductive phlegm
 Pneumonia
 TB
 Other _____

Gastrointestinal:

Nausea or vomiting
 Frequent belching
 Constipation or diarrhea
 Blood in stools
 Black tarry stools
 Hemorrhoids
 Bad breath
 Pain or cramps
 Indigestion
 Gas
 Gallstones
 Celiac
 IBD/Crohn's
 IBS
 Other _____

Genitourinary:

Pain with urination
 Freq/urgent urination
 Blood in urine
 Inability to urinate
 Dribbling urination
 Retention of urine

Kidney stones
 Other _____

Musculoskeletal:

Neck pain
 Back pain
 Muscle/Joint Pain
 Upper limb pain
 Lower limb pain
 Trunk pain
 Osteoarthritis
 Fibromyalgia
 Other _____

Neurological:

Paralysis
 Nerve pain
 Seizures
 Tremors
 Numbness/tingling
 Confusion
 Cognitive issues
 Dementia
 Alzheimer's
 Bell's palsy
 Other _____

Psychological:

Depression
 Irritability
 Anxiety
 Stress
 Mood swings
 Grief
 Anger

Hostility
 Excessive joy
 Excessive worry
 ADD/ADHD
 Other _____

Misc. autoimmune (not listed elsewhere):

MS
 Lupus
 Rheumatoid arthritis
 Sjogren's
 Graves'
 Hashimoto's
 Diabetes (type 1)
 Addison's
 Cushing's
 Psoriasis
 Scleroderma
 Pernicious anemia
 Other _____