

Rate each of the following symptoms based upon your health profile for the past 30 days. Add up the numbers to arrive at a total for each section, then add the totals for each section to arrive at the grand total.

POINT SCALE:

- 0 = never or almost never have the symptom
- 1 = occasionally have it, effect is not severe
- 2 = occasionally have it, effect is severe
- 3 = frequently have it, effect is not severe
- 4 = frequently have it, effect is severe

DIGESTIVE

- Nausea or vomiting
- Diarrhea
- Constipation
- Belching, passing gas
- Heartburn
- TOTAL

EARS

- Itchy Ears
- Earaches, ear infection
- Drainage from ear
- Ringing in ears, hearing loss
- TOTAL

EMOTIONS

- Mood swings
- Anxiety, fear, nervousness
- Anger, irritability
- Hyperactivity
- Restlessness
- TOTAL

ENERGY / ACTIVITY

- Fatigue, sluggishness
- Apathy, lethargy
- Hyperactivity
- Restlessness
- TOTAL

EYES

- Watery, itchy eyes
- Swollen, reddened or sticky eyelids
- Dark circles under eyes
- Blurred / tunnel vision
- TOTAL

HEART

- Skipped heartbeats
- Rapid heartbeats
- Chest pain
- TOTAL

HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia
- TOTAL

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing
- TOTAL

MIND

- Poor memory
- Confusion
- Poor concentration
- Poor coordination
- Difficulty making decisions
- Stuttering, stammering
- Slurred speech
- Learning Disabilities
- TOTAL

MOUTH / THROAT

- Chronic coughing
- Gagging, frequent need to clear throat
- Sore throat, hoarse
- Swollen or discolored tongue, gums, lips
- Canker sores
- TOTAL

NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing attacks

- Excessive mucus
- TOTAL

SKIN

- Acne
- Hives, rash, dry skin
- Hair loss
- Flushing or hot flashes
- Excessive sweating
- TOTAL

JOINTS / MUSCLES

- Pain or aches in joints
- Arthritis
- Stiffness, limited movement
- Pain, aches in muscles
- Feeling of weakness or tiredness
- TOTAL

WEIGHT

- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Compulsive eating
- Water retention
- Underweight
- TOTAL

OTHER

- Frequent illness
- Frequent or urgent urination
- Genital itch, discharge
- Breast tenderness, discharge, lumps
- Testicle tenderness, swelling
- TOTAL

__ GRAND TOTAL