

SYSTEMS SURVEY FORM



Patient _____ Doctor _____ Date _____

Birth Date ____ / ____ / ____ Approx Weight _____ Vegetarian `` Gluten-free ``

INSTRUCTIONS: Number only the boxes which apply to you. Leave blank if you don't have the problem.

* Write 1 in the box for MILD symptoms (occurs rarely).

* Write 2 in the box for MODERATE symptoms (occurs several times a month).

* Write 3 in the box for SEVERE symptoms (occurs almost constantly).

Please do not use checkmarks in the boxes - fill in the boxes with a number or leave blank!

GROUP 1

- | | | |
|--|---|--|
| 1 <input type="checkbox"/> Acid foods upset | 8 <input type="checkbox"/> Unable to relax; startles easily | 15 <input type="checkbox"/> Cold sweats often |
| 2 <input type="checkbox"/> Get chilled often | 9 <input type="checkbox"/> Extremities cold, clammy | 16 <input type="checkbox"/> Get heated easily |
| 3 <input type="checkbox"/> "Lump" in throat | 10 <input type="checkbox"/> Strong light irritates | 17 <input type="checkbox"/> Nerve discomfort |
| 4 <input type="checkbox"/> Dry mouth-eyes-nose | 11 <input type="checkbox"/> Occasionally weak urine flow | 18 <input type="checkbox"/> Staring, blinks little |
| 5 <input type="checkbox"/> Pulse speeds after meal | 12 <input type="checkbox"/> Heart pounds after retiring | 19 <input type="checkbox"/> Sour stomach frequent |
| 6 <input type="checkbox"/> Keyed up - fail to calm | 13 <input type="checkbox"/> "Nervous" stomach | |
| 7 <input type="checkbox"/> Gag occasionally | 14 <input type="checkbox"/> Appetite reduced occasionally | |

GROUP 2

- | | | |
|--|--|--|
| 20 <input type="checkbox"/> Joint stiffness on arising | 28 <input type="checkbox"/> Digestion rapid | 36 <input type="checkbox"/> "Slow starter" |
| 21 <input type="checkbox"/> Muscle-leg-toe cramps at night | 29 <input type="checkbox"/> Vomit occasionally | 37 <input type="checkbox"/> Get "chilled" |
| 22 <input type="checkbox"/> "Butterfly" stomach, cramps | 30 <input type="checkbox"/> Hoarseness frequent | 38 <input type="checkbox"/> Perspire easily |
| 23 <input type="checkbox"/> Eyes or nose watery | 31 <input type="checkbox"/> Uneven breathing | 39 <input type="checkbox"/> Sensitive to cold |
| 24 <input type="checkbox"/> Eyes blink often | 32 <input type="checkbox"/> Pulse slow | 40 <input type="checkbox"/> Upper respiratory challenges |
| 25 <input type="checkbox"/> Eyelids swollen, puffy | 33 <input type="checkbox"/> Gagging reflex slow | |
| 26 <input type="checkbox"/> Indigestion soon after meals | 34 <input type="checkbox"/> Difficulty swallowing | |
| 27 <input type="checkbox"/> Always seems hungry; feels "lightheaded" often | 35 <input type="checkbox"/> Temporary constipation or diarrhea | |

GROUP 3

- | | | |
|--|--|---|
| 41 <input type="checkbox"/> Eat when nervous | 48 <input type="checkbox"/> Heart palpitates if meals missed or delayed | 52 <input type="checkbox"/> Crave candy or coffee in afternoons |
| 42 <input type="checkbox"/> Excessive appetite | 49 <input type="checkbox"/> Fatigue in afternoons | 53 <input type="checkbox"/> Moods of "blues" or melancholy |
| 43 <input type="checkbox"/> Hungry between meals | 50 <input type="checkbox"/> Overeating sweets upsets | 54 <input type="checkbox"/> Craving for sweets or snacks |
| 44 <input type="checkbox"/> Irritable before meals | 51 <input type="checkbox"/> Awaken after few hours sleep - hard to get back to sleep | |
| 45 <input type="checkbox"/> Get "shaky" if hungry | | |
| 46 <input type="checkbox"/> Fatigue, eating relieves | | |
| 47 <input type="checkbox"/> "Lightheaded" if meals delayed | | |

GROUP 4

- | | | |
|---|--|--|
| 55 <input type="checkbox"/> Hands and feet go to sleep easily, numbness | 62 <input type="checkbox"/> Get "drowsy" often | 67 <input type="checkbox"/> Skin discolors easily after impact |
| 56 <input type="checkbox"/> Sigh frequently, "air hunger" | 63 <input type="checkbox"/> Swollen ankles, worse at night | 68 <input type="checkbox"/> Tendency to anemia |
| 57 <input type="checkbox"/> Aware of "breathing heavily" | 64 <input type="checkbox"/> Muscle cramps, worse during exercise; get "charley horses" | 69 <input type="checkbox"/> Noises in head, or "ringing in ears" |
| 58 <input type="checkbox"/> High altitude discomfort | 65 <input type="checkbox"/> Difficulty catching breath, especially during exercise | 70 <input type="checkbox"/> Fatigue upon exertion |
| 59 <input type="checkbox"/> Opens windows in closed rooms | 66 <input type="checkbox"/> Tightness or pressure in chest, worse on exertion | |
| 60 <input type="checkbox"/> Immune system challenges | | |
| 61 <input type="checkbox"/> Afternoon "yawner" | | |

SYSTEMS SURVEY FORM - PAGE 2

GROUP 5

- | | | |
|---|--|---|
| 71 <input type="checkbox"/> Dizziness | 81 <input type="checkbox"/> Nausea occasionally after eating | 88 <input type="checkbox"/> Sneezing attacks |
| 72 <input type="checkbox"/> Dry skin | 82 <input type="checkbox"/> Greasy foods upset | 89 <input type="checkbox"/> Dreaming, nightmare type bad dreams |
| 73 <input type="checkbox"/> Burning feet | 83 <input type="checkbox"/> Stools light colored | 90 <input type="checkbox"/> Bad breath (halitosis) |
| 74 <input type="checkbox"/> Blurred vision | 84 <input type="checkbox"/> Skin peels on foot soles | 91 <input type="checkbox"/> Milk products cause upset |
| 75 <input type="checkbox"/> Itching skin and feet | 85 <input type="checkbox"/> Discomfort between shoulder blades | 92 <input type="checkbox"/> Sensitive to hot weather |
| 76 <input type="checkbox"/> Hair loss | 86 <input type="checkbox"/> Occasional laxative use | 93 <input type="checkbox"/> Burning or itching anus |
| 77 <input type="checkbox"/> Occasional skin rashes | 87 <input type="checkbox"/> Stools alternate from soft to watery | 94 <input type="checkbox"/> Crave sweets |
| 78 <input type="checkbox"/> Bitter, metallic taste in mouth in mornings | | |
| 79 <input type="checkbox"/> Occasional constipation | | |
| 80 <input type="checkbox"/> Worrier, feels insecure | | |

GROUP 6

- | | | |
|---|---|---|
| 95 <input type="checkbox"/> Loss of taste for meat | 98 <input type="checkbox"/> Coated tongue | 101 <input type="checkbox"/> Watery or loose stool |
| 96 <input type="checkbox"/> Lower bowel gas several hours after eating | 99 <input type="checkbox"/> Pass large amounts of foul-smelling gas | 102 <input type="checkbox"/> Gas shortly after eating |
| 97 <input type="checkbox"/> Burning stomach sensations, eating relieves | 100 <input type="checkbox"/> Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs. | 103 <input type="checkbox"/> Stomach "bloating" |

GROUP 7

(A)

- 104 ☐ Difficulty sleeping
 105 ☐ On edge
 106 ☐ Can't gain weight
 107 ☐ Intolerance to heat
 108 ☐ Highly emotional
 109 ☐ Flush easily
 110 ☐ Night sweats
 111 ☐ Thin, moist skin
 112 ☐ Inward trembling
 113 ☐ Heart races
 114 ☐ Increased appetite without weight gain
 115 ☐ Pulse fast at rest
 116 ☐ Eyelids and face twitch
 117 ☐ Irritable and restless
 118 ☐ Can't work under pressure

(B)

- 119 ☐ Increase in weight
 120 ☐ Decrease in appetite
 121 ☐ Fatigue easily
 122 ☐ Ringing in ears
 123 ☐ Sleepy during day
 124 ☐ Sensitive to cold
 125 ☐ Dry or scaly skin
 126 ☐ Temporary constipation
 127 ☐ Mental sluggishness
 128 ☐ Hair coarse, falls out
 129 ☐ Tension in head upon arising, wears off during day
 130 ☐ Slow pulse, below 65
 131 ☐ Changing urinary function
 132 ☐ Sounds appear diminished
 133 ☐ Reduced initiative

(C)

- 134 ☐ Failing memory with age
 135 ☐ Increased sex drive
 136 ☐ Episodes of tension in head
 137 ☐ Decreased sugar tolerance

(D)

- 138 ☐ Abnormal thirst
 139 ☐ Bloating of abdomen
 140 ☐ Weight gain around hips or waist
 141 ☐ Sex drive reduced or lacking
 142 ☐ Tendency for stomach issues
 143 ☐ Immune system challenges
 144 ☐ Menstrual disorders

(E)

- 145 ☐ Dizziness
 146 ☐ Headaches
 147 ☐ Hot flashes
 148 ☐ Hair growth on face or body (female)
 149 ☐ Sugar in urine (not diabetes)
 150 ☐ Masculine tendencies (female)

(F)

- 151 ☐ Weakness, dizziness
 152 ☐ Tired throughout day
 153 ☐ Nails weak, ridged
 154 ☐ Sensitive skin
 155 ☐ Stiff joints
 156 ☐ Perspiration increase
 157 ☐ Bowel discomfort
 158 ☐ Poor circulation
 159 ☐ Swollen ankles
 160 ☐ Crave salt
 161 ☐ Areas of skin darkening
 162 ☐ Upper respiratory sensitivity
 163 ☐ Tiredness
 164 ☐ Breathing challenges

SYSTEMS SURVEY FORM - PAGE 3

GROUP 8

- | | | |
|---|---|--|
| 165 <input type="checkbox"/> Muscle weakness | 175 <input type="checkbox"/> Tendency to consume sweets or carbohydrates | 184 <input type="checkbox"/> Visible veins on chest and abdomen |
| 166 <input type="checkbox"/> Lack of Stamina | 176 <input type="checkbox"/> Muscle spasms | 185 <input type="checkbox"/> Hemorrhoids |
| 167 <input type="checkbox"/> Drowsiness after eating | 177 <input type="checkbox"/> Blurred vision | 186 <input type="checkbox"/> Apprehension (feeling that something bad will happen) |
| 168 <input type="checkbox"/> Muscular soreness | 178 <input type="checkbox"/> Involuntary muscle action | 187 <input type="checkbox"/> Nervousness causing loss of appetite |
| 169 <input type="checkbox"/> Heart races | 179 <input type="checkbox"/> Numbness | 188 <input type="checkbox"/> Nervousness with indigestion |
| 170 <input type="checkbox"/> Hyperirritable | 180 <input type="checkbox"/> Night sweats | 189 <input type="checkbox"/> Gastritis |
| 171 <input type="checkbox"/> Feeling of a band around your head | 181 <input type="checkbox"/> Rapid digestion | 190 <input type="checkbox"/> Forgetfulness |
| 172 <input type="checkbox"/> Melancholia (feeling of sadness) | 182 <input type="checkbox"/> Sensitivity to noise | 191 <input type="checkbox"/> Thinning hair |
| 173 <input type="checkbox"/> Swelling of ankles | 183 <input type="checkbox"/> Redness of palms of hands and bottom of feet | |
| 174 <input type="checkbox"/> Change in urinary function | | |

FEMALE ONLY

- | | |
|---|--|
| 192 <input type="checkbox"/> Very easily fatigued | 197 <input type="checkbox"/> Menstruate too frequently |
| 193 <input type="checkbox"/> Premenstrual tension | 198 <input type="checkbox"/> Hysterectomy/ovaries removed (write number 3) |
| 194 <input type="checkbox"/> Menses more painful than usual | 199 <input type="checkbox"/> Menopausal hot flashes |
| 195 <input type="checkbox"/> Depressed feelings before menstruation | 200 <input type="checkbox"/> Menses scanty or missed |
| 196 <input type="checkbox"/> Painful breasts during menses | 201 <input type="checkbox"/> Acne, worse at menses |

MALE ONLY

- | |
|---|
| 202 <input type="checkbox"/> Less involved in exercise/social activities |
| 203 <input type="checkbox"/> Difficult to postpone urination |
| 204 <input type="checkbox"/> Weak urinary stream |
| 205 <input type="checkbox"/> Feeling of "blues" or melancholy |
| 206 <input type="checkbox"/> Feeling of incomplete bowel evacuation |
| 207 <input type="checkbox"/> Lack of energy |
| 208 <input type="checkbox"/> Muscles in arms and legs seem softer/smaller |
| 209 <input type="checkbox"/> Tire too easily |
| 210 <input type="checkbox"/> Avoids activity |
| 211 <input type="checkbox"/> Leg nervousness at night |
| 212 <input type="checkbox"/> Diminished sex drive |

IMPORTANT

Please list the five main complaints you have in the order of their importance:

1. _____
2. _____
3. _____
4. _____
5. _____

BARNES THYROID TEST

This test was developed by Dr. Broda Barnes, M.D. and is a measurement of the underarm temperature to determine hypo and hyperthyroid states. The test is conducted by the patient in the a.m. before leaving bed - with the temperature being taken for 10 minutes. The test is invalidated if the patient expends any energy prior to taking the test - getting up for any reason, shaking down the thermometer, etc. It is important that the test be conducted for exactly 10 minutes, making the prior positioning of both the thermometer and a clock important.

PRE-MENSES FEMALES AND MENOPAUSAL FEMALES

Any two days during the month

FEMALES HAVING MENSTRUAL CYCLES

The 2nd and 3rd day of flow OR any 5 days in a row

MALES

Any 2 days during the month

RESTRICTIONS ON USE

THE SYSTEMS SURVEY IS TO BE USED ONLY BY TRAINED HEALTH CARE PRACTITIONERS. IF YOU ARE A PATIENT, YOU SHOULD NOT USE THE SYSTEMS SURVEY. IF YOU ARE NOT A TRAINED HEALTH CARE PRACTITIONER, YOU SHOULD NOT USE THE SYSTEMS SURVEY. HEALTH CARE PRACTITIONERS SHOULD ONLY USE THE SYSTEMS SURVEY TO PROVIDE SERVICES THAT ARE WITHIN THE SCOPE OF THEIR LICENSE OR PROFESSIONAL TRAINING. THE SYSTEMS SURVEY IS NOT INTENDED TO DIAGNOSE ANY DISEASE. THE SYSTEMS SURVEY IS INTENDED TO BE USED AS A HELPFUL TOOL FOR HEALTH CARE PRACTITIONERS IN COLLECTING INFORMATION CONCERNING THE HEALTH AND WELLNESS OF PATIENTS.