

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

GROUP 2

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

GROUP 3

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

GROUP 4

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

SYSTEMS SURVEY FORM - PAGE 2

GROUP 5

- | | | |
|--|---|--|
| 73 <input type="checkbox"/> Dizziness
74 <input type="checkbox"/> Dry skin
75 <input type="checkbox"/> Burning feet
76 <input type="checkbox"/> Blurred vision
77 <input type="checkbox"/> Itching skin and feet
78 <input type="checkbox"/> Excessive falling hair
79 <input type="checkbox"/> Frequent skin rashes
80 <input type="checkbox"/> Bitter, metallic taste in mouth in mornings
81 <input type="checkbox"/> Bowel movements painful or difficult
82 <input type="checkbox"/> Worrier, feels insecure | 83 <input type="checkbox"/> Feeling queasy; headache over eyes
84 <input type="checkbox"/> Greasy foods upset
85 <input type="checkbox"/> Stools light colored
86 <input type="checkbox"/> Skin peels on foot soles
87 <input type="checkbox"/> Pain between shoulder blades
88 <input type="checkbox"/> Use laxatives
89 <input type="checkbox"/> Stools alternate from soft to watery
90 <input type="checkbox"/> History of gallbladder attacks or gallstones | 91 <input type="checkbox"/> Sneezing attacks
92 <input type="checkbox"/> Dreaming, nightmare type bad dreams
93 <input type="checkbox"/> Bad breath (halitosis)
94 <input type="checkbox"/> Milk products cause distress
95 <input type="checkbox"/> Sensitive to hot weather
96 <input type="checkbox"/> Burning or itching anus
97 <input type="checkbox"/> Crave sweets |
|--|---|--|

GROUP 6

- | | | |
|--|---|---|
| 98 <input type="checkbox"/> Loss of taste for meat
99 <input type="checkbox"/> Lower bowel gas several hours after eating
100 <input type="checkbox"/> Burning stomach sensations, eating relieves | 101 <input type="checkbox"/> Coated tongue
102 <input type="checkbox"/> Pass large amounts of foul-smelling gas
103 <input type="checkbox"/> Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs. | 104 <input type="checkbox"/> Mucous colitis or "irritable bowel"
105 <input type="checkbox"/> Gas shortly after eating
106 <input type="checkbox"/> Stomach "bloating" after eating |
|--|---|---|

GROUP 7

- | | | |
|---|---|---|
| <p>(A)</p> 107 <input type="checkbox"/> Insomnia
108 <input type="checkbox"/> Nervousness
109 <input type="checkbox"/> Can't gain weight
110 <input type="checkbox"/> Intolerance to heat
111 <input type="checkbox"/> Highly emotional
112 <input type="checkbox"/> Flush easily
113 <input type="checkbox"/> Night sweats
114 <input type="checkbox"/> Thin, moist skin
115 <input type="checkbox"/> Inward trembling
116 <input type="checkbox"/> Heart palpitates
117 <input type="checkbox"/> Increased appetite without weight gain
118 <input type="checkbox"/> Pulse fast at rest
119 <input type="checkbox"/> Eyelids and face twitch
120 <input type="checkbox"/> Irritable and restless
121 <input type="checkbox"/> Can't work under pressure | <p>(C)</p> 137 <input type="checkbox"/> Failing memory
138 <input type="checkbox"/> Low blood pressure
139 <input type="checkbox"/> Increased sex drive
140 <input type="checkbox"/> Headaches, "splitting or rending" type
141 <input type="checkbox"/> Decreased sugar tolerance | <p>(E)</p> 150 <input type="checkbox"/> Dizziness
151 <input type="checkbox"/> Headaches
152 <input type="checkbox"/> Hot flashes
153 <input type="checkbox"/> Increased blood pressure
154 <input type="checkbox"/> Hair growth on face or body (female)
155 <input type="checkbox"/> Sugar in urine (not diabetes)
156 <input type="checkbox"/> Masculine tendencies (female) |
| <p>(B)</p> 122 <input type="checkbox"/> Increase in weight
123 <input type="checkbox"/> Decrease in appetite
124 <input type="checkbox"/> Fatigue easily
125 <input type="checkbox"/> Ringing in ears
126 <input type="checkbox"/> Sleepy during day
127 <input type="checkbox"/> Sensitive to cold
128 <input type="checkbox"/> Dry or scaly skin
129 <input type="checkbox"/> Constipation
130 <input type="checkbox"/> Mental sluggishness
131 <input type="checkbox"/> Hair coarse, falls out
132 <input type="checkbox"/> Headaches upon arising, wear off during day
133 <input type="checkbox"/> Slow pulse, below 65
134 <input type="checkbox"/> Frequency of urination
135 <input type="checkbox"/> Impaired hearing
136 <input type="checkbox"/> Reduced initiative | <p>(D)</p> 142 <input type="checkbox"/> Abnormal thirst
143 <input type="checkbox"/> Bloating of abdomen
144 <input type="checkbox"/> Weight gain around hips or waist
145 <input type="checkbox"/> Sex drive reduced or lacking
146 <input type="checkbox"/> Tendency to ulcers, colitis
147 <input type="checkbox"/> Increased sugar tolerance
148 <input type="checkbox"/> Women: menstrual disorders
149 <input type="checkbox"/> Young girls: lack of menstrual function | <p>(F)</p> 157 <input type="checkbox"/> Weakness, dizziness
158 <input type="checkbox"/> Chronic fatigue
159 <input type="checkbox"/> Low blood pressure
160 <input type="checkbox"/> Nails weak, ridged
161 <input type="checkbox"/> Tendency to hives
162 <input type="checkbox"/> Arthritic tendencies
163 <input type="checkbox"/> Perspiration increase
164 <input type="checkbox"/> Bowel disorders
165 <input type="checkbox"/> Poor circulation
166 <input type="checkbox"/> Swollen ankles
167 <input type="checkbox"/> Crave salt
168 <input type="checkbox"/> Brown spots or bronzing of skin
169 <input type="checkbox"/> Allergies - tendency to asthma
170 <input type="checkbox"/> Weakness after colds, influenza
171 <input type="checkbox"/> Exhaustion - muscular and nervous
172 <input type="checkbox"/> Respiratory disorders |

SYSTEMS SURVEY FORM - PAGE 3

-GROUP 8-

- | | | | | | |
|------------------------------|------------------------------------|------------------------------|--|------------------------------|---|
| 173 <input type="checkbox"/> | Muscle weakness | 183 <input type="checkbox"/> | Tendency to consume sweets or carbohydrates | 192 <input type="checkbox"/> | Visible veins on chest and abdomen |
| 174 <input type="checkbox"/> | Lack of Stamina | 184 <input type="checkbox"/> | Muscle spasms | 193 <input type="checkbox"/> | Hemorrhoids |
| 175 <input type="checkbox"/> | Drowsiness after eating | 185 <input type="checkbox"/> | Blurred vision | 194 <input type="checkbox"/> | Apprehension (feeling that something bad will happen) |
| 176 <input type="checkbox"/> | Muscular soreness | 186 <input type="checkbox"/> | Loss of muscular control | 195 <input type="checkbox"/> | Nervousness causing loss of appetite |
| 177 <input type="checkbox"/> | Rapid heart beat | 187 <input type="checkbox"/> | Numbness | 196 <input type="checkbox"/> | Nervousness with indigestion |
| 178 <input type="checkbox"/> | Hyper-irritable | 188 <input type="checkbox"/> | Night sweats | 197 <input type="checkbox"/> | Gastritis |
| 179 <input type="checkbox"/> | Feeling of a band around your head | 189 <input type="checkbox"/> | Rapid digestion | 198 <input type="checkbox"/> | Forgetfulness |
| 180 <input type="checkbox"/> | Melancholia (feeling of sadness) | 190 <input type="checkbox"/> | Sensitivity to noise | 199 <input type="checkbox"/> | Thinning hair |
| 181 <input type="checkbox"/> | Swelling of ankles | 191 <input type="checkbox"/> | Redness of palms of hands and bottom of feet | | |
| 182 <input type="checkbox"/> | Diminished urination | | | | |

~~FEMALE ONLY~~

- | | | | | | |
|-----|--------------------------|--|-----|--------------------------|---|
| 200 | <input type="checkbox"/> | Very easily fatigued | 206 | <input type="checkbox"/> | Menstruate too frequently |
| 201 | <input type="checkbox"/> | Premenstrual tension | 207 | <input type="checkbox"/> | Vaginal discharge |
| 202 | <input type="checkbox"/> | Painful menses | 208 | <input type="checkbox"/> | Hysterectomy/ovaries removed (write number 3) |
| 203 | <input type="checkbox"/> | Depressed feelings before menstruation | 209 | <input type="checkbox"/> | Menopausal hot flashes |
| 204 | <input type="checkbox"/> | Menstruation excessive and prolonged | 210 | <input type="checkbox"/> | Menses scanty or missed |
| 205 | <input type="checkbox"/> | Painful breasts | 211 | <input type="checkbox"/> | Acne, worse at menses |
| | | | 212 | <input type="checkbox"/> | Depression of long standing |

—MALE ONLY—

- 213 ☐ Prostate trouble
- 214 ☐ Urination difficult or dribbling
- 215 ☐ Night urination frequent
- 216 ☐ Depression
- 217 ☐ Pain on inside of legs or heels
- 218 ☐ Feeling of incomplete bowel evacuation
- 219 ☐ Lack of energy
- 220 ☐ Migrating aches and pains
- 221 ☐ Tire too easily
- 222 ☐ Avoids activity
- 223 ☐ Leg nervousness at night
- 224 ☐ 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

You can do the following test at home to see if you may have a functional low thyroid. Use an oral thermometer or a digital one. When you use a digital one, place the probe under your arm for 5 minutes then turn your machine on; continue on for an additional 5 minutes. When using a regular one, shake down the night before.

Date _____ Temperature _____

Date _____ Temperature _____

Date _____ Temperature _____

Date _____ Temperature _____

Date _____ Temperature _____

Date _____ Temperature _____

Date _____ Temperature _____