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

GROUP 2

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

GROUP 3

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

GROUP 4

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

SYSTEMS SURVEY FORM - PAGE 2

GROUP 5

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

GROUP 6

95 ☐ Loss of taste for meat
96 ☐ Lower bowel gas several hours after eating
97 ☐ Burning stomach sensations, eating relieves
98 ☐ Coated tongue
99 ☐ Pass large amounts of foul-smelling gas
100 ☐ Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
101 ☐ Watery or loose stool
102 ☐ Gas shortly after eating
103 ☐ 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 ☐ Increased sugar tolerance
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 ☐ Muscle weakness
166 ☐ Lack of Stamina
167 ☐ Drowsiness after eating
168 ☐ Muscular soreness
169 ☐ Heart races
170 ☐ Hyper-irritable
171 ☐ Feeling of a band around your head
172 ☐ Melancholia (feeling of sadness)
173 ☐ Swelling of ankles
174 ☐ Change in urinary function
175 ☐ Tendency to consume sweets or carbohydrates
176 ☐ Muscle spasms
177 ☐ Blurred vision
178 ☐ Involuntary muscle action
179 ☐ Numbness
180 ☐ Night sweats
181 ☐ Rapid digestion
182 ☐ Sensitivity to noise
183 ☐ Redness of palms of hands and bottom of feet
184 ☐ Visible veins on chest and abdomen
185 ☐ Hemorrhoids
186 ☐ Apprehension (feeling that something bad will happen)
187 ☐ Nervousness causing loss of appetite
188 ☐ Nervousness with indigestion
189 ☐ Gastritis
190 ☐ Forgetfulness
191 ☐ Thinning hair

FEMALE ONLY

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

MALE ONLY

202 ☐ Less involved in exercise/social activities
203 ☐ Difficult to postpone urination
204 ☐ Weak urinary stream
205 ☐ Feeling of “blues” or melancholy
206 ☐ Feeling of incomplete bowel evacuation
207 ☐ Lack of energy
208 ☐ Muscles in arms and legs seem softer/smaller
209 ☐ Tire too easily
210 ☐ Avoids activity
211 ☐ Leg nervousness at night
212 ☐ 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.

SYSTEMS SURVEY FORM - PAGE 4

Please list any medications you are taking: ☐ No Medications

Please list any vitamins, herbs, or supplements you are taking: ☐ No Vitamins

Please list any allergies you have: ☐ No Allergies

Please list any surgeries you have had in the past 12 months: ☐ No Recent Surgeries

Please list any other surgeries or medical procedures you have had: ☐ No Other Surgeries

TO BE COMPLETED BY DOCTOR

Blood Pressure: Recumbent _____ Standing _____

Pulse: Recumbent _____ Standing _____

Hema-Combistix Urine Readings: pH _____ Albumin % _____ Glucose % _____

Occult Blood _____ pH of Saliva _____ pH of Stool Specimen _____

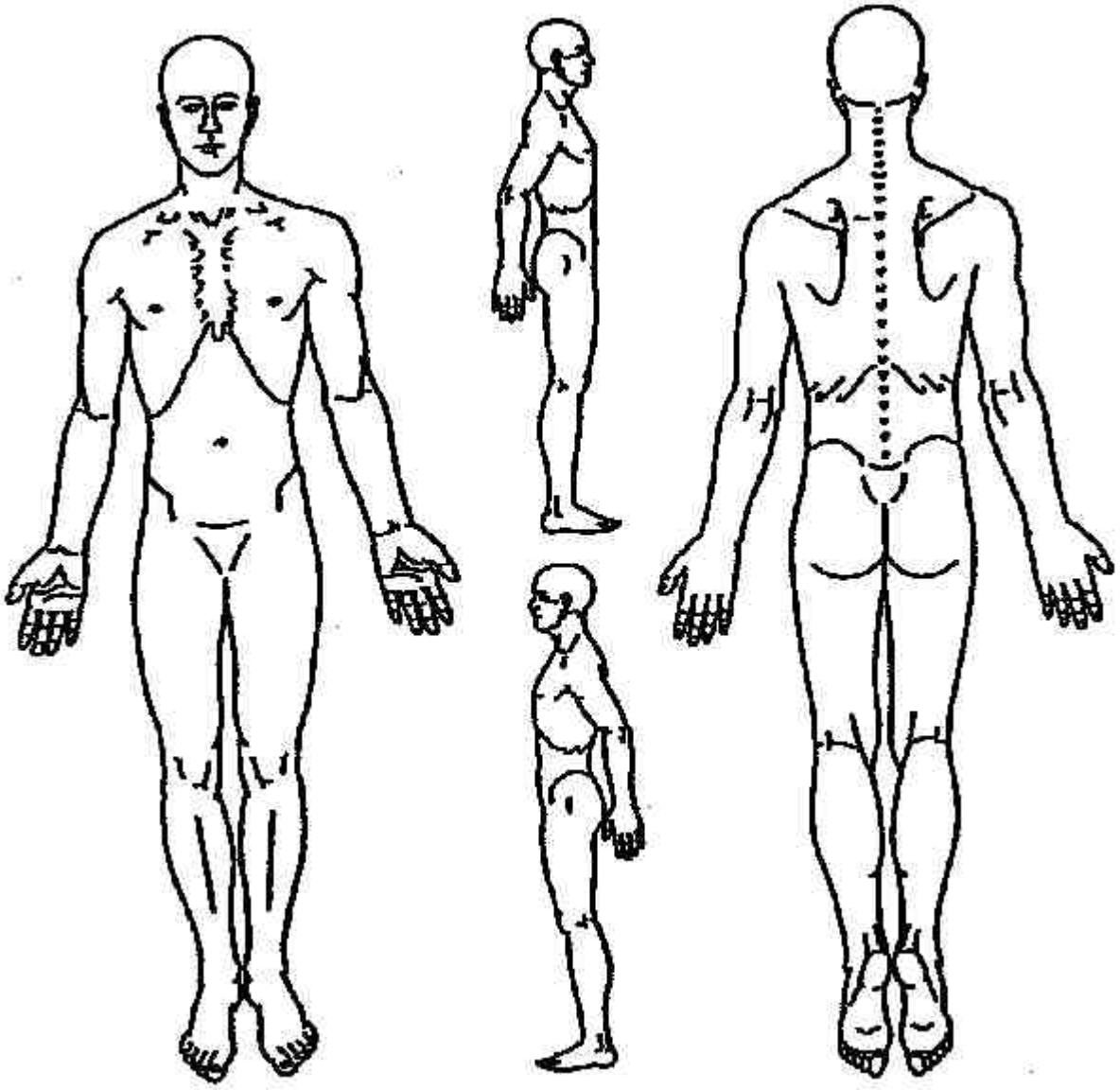
Blood Clotting Time _____ Hemoglobin _____ Blood Type _____ Weight _____

SYSTEMS SURVEY FORM - PAGE 5

Use the letters listed below to indicate the type and location of your pain and sensations:

KEY

A = ACHE
B = BURNING
S = STABBING
N = NUMBNESS
P = PINS & NEEDLES
O = OTHER



PLEASE INDICATE THE LEVEL OF PAIN YOU ARE EXPERIENCING

NO PAIN SEVERE PAIN

0 1 2 3 4 5 6 7 8 9 10

Patient Signature _____ Date _____