



PLEASE CHECK OFF THE FOLLOWING THAT APPLY TO YOU:

Digestive Track

- nausea & vomiting
- diarrhea
- constipation
- bloating feeling
- stomach pains or cramps
- heart burn
- blood and/or mucous in stools
- TOTAL

Ears

- itchy ears
- ear aches/ear infections
- drainage from ear
- ringing in ears
- hearing loss
- reddening of ears
- TOTAL

Emotions

- mood swings
- anxiety/fear/nervousness
- anger/irritability/aggressiveness
- argumentative
- frustrated/cries easily
- depression
- TOTAL

Eyes

- watery or itchy eyes
- red/swollen/itchy eyelids
- bags or dark circles under eyes
- blurred or tunnel vision
- TOTAL

Head

- headaches
- faintness
- dizziness
- insomnia/sleep disorder
- facial flushing
- TOTAL

Heart

- irregular/skipped heartbeat
- rapid/pounding heartbeat
- chest pain
- TOTAL

Joints & Muscles

- pains/aches in joints
- arthritis/osteoarthritis
- stiffness/limited movement
- pain/aches in muscles
- feeling weak/tired
- swollen/tender joints
- growing pains in legs
- psoriatic/gouty arthritis
- TOTAL

Lungs

- chest congestion
- asthma/bronchitis
- shortness of breath
- difficult breathing
- persistent cough
- wheezing
- TOTAL

Mind

- poor memory
- difficulty completing projects
- difficulty with mathematics
- underachiever
- poor/short attention span
- confusion
- easily distracted
- difficulty making decisions
- learning disabilities
- TOTAL

Mouth & Throat Thrush

- chronic coughing
- gagging/clearing throat often
- sore throat/hoarse voice/voice loss
- swollen/discolored tongue/lips
- canker sores
- itching on roof of mouth
- TOTAL

Nose

- stuffy nose
- chronically red/inflamed nose
- sinus problems
- hay fever
- sneezing attacks
- excessive mucous formation
- TOTAL

Skin

- acne
- itching
- hives/rash/dry skin
- hair loss
- flushing/hot flashes
- TOTAL

Weight

- binge eating/drinking
- craving certain foods
- excessive weight
- compulsive eating
- water retention
- TOTAL

Other

- frequent illness
- frequent/urgent urination
- genital itch/discharge
- anal itching
- TOTAL

Genitourinary

- kidney
- urinary tract
- bladder
- yeast infections