

Health Assessment



Name: _____ Date: _____

Sex: ☐ M ☐ F DOB: _____

Referring Physician/Primary Care Doctor: _____

Please list your four major health concerns in order of importance:

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

Directions:

Please read each description and darken the number which best describes the frequency of your symptoms within the past year. If you do not understand a symptom, put a "?" before the symptom number.

Key: 0=Never 1=Mild 2=moderate 3=severe
(once a month or less) (several times a month) (almost always)

Digestive Problems

- | | | | | |
|--|---|---|---|---|
| 1 Bad Breath..... | 0 | 1 | 2 | 3 |
| 2 Loss of appetite for high-protein foods (meat, etc.)..... | 0 | 1 | 2 | 3 |
| 3 Eating relieves an acid stomach..... | 0 | 1 | 2 | 3 |
| 4 Gas shortly after eating..... | 0 | 1 | 2 | 3 |
| 5 Indigestion 1/2-1 hr after eating..... | 0 | 1 | 2 | 3 |
| 6 Difficulty digesting fruits & veggies; undigested food in stool..... | 0 | 1 | 2 | 3 |
| 7 Acid or spicy foods upset stomach..... | 0 | 1 | 2 | 3 |

Liver/Gall Bladder

- | | | | | |
|---|---|---|---|---|
| 8 Lower bowel gas and/or bloating several hours after eating..... | 0 | 1 | 2 | 3 |
| 9 Feet burn..... | 0 | 1 | 2 | 3 |
| 10 Whites of eyes (sclera) yellow..... | 0 | 1 | 2 | 3 |
| 11 Dry skin; itchy skin; skin peels on feet..... | 0 | 1 | 2 | 3 |
| 12 Brown spots or bronzing of skin..... | 0 | 1 | 2 | 3 |
| 13 Bitter metallic taste in mouth..... | 0 | 1 | 2 | 3 |
| 14 Blurred vision..... | 0 | 1 | 2 | 3 |
| 15 Headache over eyes..... | 0 | 1 | 2 | 3 |
| 16 Feel nauseous, get queasy and/or gag easily..... | 0 | 1 | 2 | 3 |
| 17 Color of stools light brown or yellow..... | 0 | 1 | 2 | 3 |
| 18 Greasy or high-fat foods cause distress..... | 0 | 1 | 2 | 3 |
| 19 Pain between shoulder blades..... | 0 | 1 | 2 | 3 |
| 20 Dark circles under eyes..... | 0 | 1 | 2 | 3 |
| 21 Acid breath..... | 0 | 1 | 2 | 3 |
| 22 History of gall bladder attacks or gall bladder removed..... | 0 | 1 | 2 | 3 |
| 23 Appetite reduced..... | 0 | 1 | 2 | 3 |

Large Intestine

- | | | | | |
|--|---|---|---|---|
| 24 Coated tongue or fuzzy debris on tongue..... | 0 | 1 | 2 | 3 |
| 25 Pass large amounts of foul-smelling gas..... | 0 | 1 | 2 | 3 |
| 26 Irritable bowel or mucous colitis..... | 0 | 1 | 2 | 3 |
| 27 Alternating constipation and diarrhea..... | 0 | 1 | 2 | 3 |
| 28 Bowel movements painful or difficult; constipation..... | 0 | 1 | 2 | 3 |
| 29 Burning or itching anus..... | 0 | 1 | 2 | 3 |

Circle if you eat, drink or use any of the following:

- | | |
|--------------------------------|-----------------------|
| alcohol | luncheon meats |
| candy | margarine |
| carbonated beverages | refined sugars |
| cigarettes | milk products |
| coffee | artificial sweeteners |
| distilled water | non-herbal teas |
| flouridated/chlorinated water | chew tobacco |
| fast food regularly | vitamins & minerals |
| fried foods | other: _____ |
| refined (white) flour products | other: _____ |

Circle if you:

- | | |
|-----------------------------------|----------------------------------|
| diet often | are under excessive stress |
| salt food without tasting | are exposed to chemicals at work |
| exercise less than 3 times weekly | are exposed to cigarette smoke |

Allergies

- | | | | | |
|---|---|---|---|---|
| 30 Head congestion/sinus fullness..... | 0 | 1 | 2 | 3 |
| 31 Sneezing attacks..... | 0 | 1 | 2 | 3 |
| 32 Nightmares and bad dreams..... | 0 | 1 | 2 | 3 |
| 33 Milk products and/or wheat products cause distress..... | 0 | 1 | 2 | 3 |
| 34 Eyes and nose watery..... | 0 | 1 | 2 | 3 |
| 35 Eyes swollen and puffy..... | 0 | 1 | 2 | 3 |
| 36 Pulse speeds after meals and/or heart pounds after retiring..... | 0 | 1 | 2 | 3 |

Immune System

- | | | | | |
|---|---|---|---|---|
| 37 Chronic or recurrent infections..... | 0 | 1 | 2 | 3 |
| 38 Constant lung congestion..... | 0 | 1 | 2 | 3 |
| 39 Heal slowly from infections..... | 0 | 1 | 2 | 3 |
| 40 Autoimmune disease (rheumatoid arthritis, MS, etc.)..... | 0 | 1 | 2 | 3 |
| 41 Chronic fatigue syndrome and/or fibromyalgia syndrome..... | 0 | 1 | 2 | 3 |

Blood Sugar Problems

- | | | | | |
|---|---|---|---|---|
| 42 Crave sugar, sodas, or coffee in mid-morning or early afternoon..... | 0 | 1 | 2 | 3 |
| 43 Hungry between meals, excessive appetite, or always hungry..... | 0 | 1 | 2 | 3 |
| 44 Eating sweets upsets..... | 0 | 1 | 2 | 3 |
| 45 Eat compulsively when nervous, anxious, or stressed..... | 0 | 1 | 2 | 3 |
| 46 Irritable before meals..... | 0 | 1 | 2 | 3 |
| 47 Shaky, weak, irritable, or light-headed between meals..... | 0 | 1 | 2 | 3 |
| 48 Fatigue; eating relieves..... | 0 | 1 | 2 | 3 |
| 49 Heart palpitates if meals are missed/delayed..... | 0 | 1 | 2 | 3 |
| 50 Wake at night; hard to get back to sleep..... | 0 | 1 | 2 | 3 |
| 51 Frequent unrealistic fears or worries..... | 0 | 1 | 2 | 3 |
| 52 Often have to eat in the middle of the night..... | 0 | 1 | 2 | 3 |
| 53 Often hard to concentrate or have trouble remembering things..... | 0 | 1 | 2 | 3 |
| 54 Become anxious without reason..... | 0 | 1 | 2 | 3 |
| 55 Excessively weak for no apparent reason..... | 0 | 1 | 2 | 3 |
| 56 Often moody or depressed..... | 0 | 1 | 2 | 3 |
| 57 Frequently feel drowsy..... | 0 | 1 | 2 | 3 |
| 58 Difficulty making decisions..... | 0 | 1 | 2 | 3 |
| 59 Often have blurred vision..... | 0 | 1 | 2 | 3 |
| 60 Feel you lack sex drive..... | 0 | 1 | 2 | 3 |
| 61 Often have muscle twitching or jerking..... | 0 | 1 | 2 | 3 |
| 62 Feel better after eating..... | 0 | 1 | 2 | 3 |
| 63 Get sleepy/drowsy after lunch..... | 0 | 1 | 2 | 3 |

Health Assessment



Name: _____

Vitamin B Deficiency

- | | | | | | | | |
|----|---|-----------------------|---|-----------------------|---|-----------------------|---|
| 64 | Enlarged heart and/or heart failure..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 65 | Pulse slow (below 65) or irregular pulse..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 66 | Low blood pressure..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 67 | Varicose veins (spider veins) and/or hemorrhoids..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 68 | Slow reflexes..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 69 | Irregular heart beat..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 70 | Worry, anxiety, insecurity, or highly emotional state..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 71 | Sensitive to noises and/or smells..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 72 | Have trouble with concentration (foggy-headed)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 73 | Weak digestion (gas, bloating, indigestion)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 74 | Feel drowsy after eating..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 75 | Sore and achy muscles after little exercise..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 76 | Constantly fatigued..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 77 | Wake up at night to urinate..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 78 | Wake up at night and can't get back to sleep..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 79 | Back pain when in one position (i.e., in bed at night)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 80 | Headband-like headache (like a tight band around head)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 81 | Itchy skin..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 82 | Sensitive to insect bites..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 83 | Shortness of breath (can't hold breath very long)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 84 | No stamina (get winded easily)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 85 | Frequently yawn..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 86 | Low body temperature..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 87 | Muscles feel weak (body feels heavy)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

Vitamin G Deficiency

- | | | | | | | | |
|-----|---|-----------------------|---|-----------------------|---|-----------------------|---|
| 88 | High blood pressure..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 89 | Fast heart rate (pulse)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 90 | Muscles feel tense & tight..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 91 | Tic-tac rhythm to heart beat (no rest between heart beats)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 92 | Worry excessively (mind races)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 93 | Always tense can't relax..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 94 | Tend to be suspicious by nature..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 95 | Moody..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 96 | Depressed..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 97 | Tend to have cold hands and feet..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 98 | Weak digestion (gas, bloating, indigestion)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 99 | Muscles restless always moving..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 100 | Body jerks when falling asleep..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 101 | Aware of muscle twitching..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 102 | Feel tight; not flexible..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 103 | Trouble digesting fats (indigestion after eating fatty foods)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 104 | Can hear heartbeat in ears (especially lying in bed at night)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 105 | Cracking at the corners of mouth (cheilosis)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 106 | Friable, easily irritated skin (especially after shaving)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 107 | Red, irritated tongue (sometimes purple color to tongue)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 108 | Irritated mucous membranes (sinus, lungs, rectum, etc.)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 109 | Loss of upper lip (thin upper lip)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 110 | Burning or itching or eyes..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 111 | Bloodshot eyes..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 112 | Eyes sensitive..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 113 | See only part of printed words (like looking through a fishbowl)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

Fatty Acids Deficiency

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|-----|--|-----------------------|---|-----------------------|---|-----------------------|---|
| 114 | Joint or muscle pain..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 115 | Glaucoma..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 116 | Autoimmune disease (of any kind)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 117 | Cold-sensitive; always feel cold..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 118 | Chronic headaches..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 119 | Parasthesias (abnormal sensations in body) or neuralgia..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 120 | Muscle cramping..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 121 | Abrupt changes in visual acuity..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 122 | Popping or cracking in ears or tinnitus..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 123 | Problems swallowing..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 124 | Depression and/or anxiety..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 125 | Learning disabilities (ADD, ADHD, etc.)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 126 | Epilepsy or narcolepsy..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

- | | | | | | | | |
|-----|---|-----------------------|---|-----------------------|---|-----------------------|---|
| 127 | Dry or scaling skin (elbows, knees, forearms, shins)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 128 | Phrynodema (roughness of upper arms, thighs, buttocks)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 129 | Dandruff or flaking skin, in general..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 130 | Psoriasis or eczema..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 131 | Dyspigmentation (aging spots, vitiligo)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 132 | Dry or brittle hair..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 133 | Acne..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

High Autonomic

- | | | | | | | | |
|-----|---|-----------------------|---|-----------------------|---|-----------------------|---|
| 134 | High blood pressure..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 135 | Fast heart rate (pulse)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 136 | Dilated pupils..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 137 | Tend toward dry mouth (may have difficulty swallowing)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 138 | Cold, clammy hands and feet..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 139 | Excess muscle tension..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 140 | Quick reflexes..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 141 | Anxious, mind races, and can't relax..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 142 | Excessive sweating..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 143 | Lots of energy, but poor stamina or nervous exhaustion..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 144 | Tendency toward constipation..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 145 | Feel like food sits in stomach; queasiness or nausea..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 146 | Tendency toward a strong body odor..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 147 | Women: Difficult to become sexually aroused..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 148 | Men: Difficulty getting an erection or weak erections..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

Low Autonomic

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|-----|--|-----------------------|---|-----------------------|---|-----------------------|---|
| 149 | Low blood pressure..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 150 | Slow heart rate (pulse)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 151 | Constricted pupils..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 152 | Tendency toward increased saliva..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 153 | Warm, dry skin (warm hands and feet)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 154 | Family history of diabetes or low thyroid..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 155 | Slow reflexes..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 156 | Unmotivated or lackadaisical..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 157 | Calm, even disposition..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 158 | Low energy but good endurance..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 159 | Get stiff/achy after being in one position (sleeping/sitting)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 160 | Tendency toward laziness or undisciplined behavior..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 161 | Women: Strong sex drive; easily aroused..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 162 | Men: Easily achieve strong erections; strong sex drive..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

High Pituitary

- | | | | | | | | |
|-----|--|-----------------------|---|-----------------------|---|-----------------------|---|
| 163 | Increased sex drive..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 164 | Splitting headaches..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 165 | Failing memory..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 166 | Working excessively until exhausted..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 167 | Feeling keyed up; unable to relax..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 168 | Reduced tolerance for sugar..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

Low Pituitary

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|-----|--|-----------------------|---|-----------------------|---|-----------------------|---|
| 169 | Reduced or absent sex drive..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 170 | Abnormal thirst..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 171 | Weight gain around hips or waist..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 172 | Tendency toward ulcers or colitis..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 173 | Ability to eat sugar without symptoms..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 174 | Menstrual disorders (women)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 175 | Lack of menstruation (teenage girls)..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

High Thyroid

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|-----|--|-----------------------|---|-----------------------|---|-----------------------|---|
| 176 | Hard to gain weight despite large appetite..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 177 | Heart palpitations..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 178 | Nervous, emotional and/or can't work under pressure..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 179 | Insomnia..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 180 | Inward trembling..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 181 | Night sweats..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 182 | Fast pulse at rest..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 183 | Intolerant of high temperatures..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |
| 184 | Easily flushed..... | <input type="radio"/> | 1 | <input type="radio"/> | 2 | <input type="radio"/> | 3 |

Health Assessment



Name: _____

Low Thyroid

- 185 Difficulty losing weight..... ☐ 1 ☐ 2 ☐ 3
- 186 Reduced initiative and/or mental sluggishness..... ☐ 1 ☐ 2 ☐ 3
- 187 Easily fatigued; sleepy during the day..... ☐ 1 ☐ 2 ☐ 3
- 188 Sensitive to cold, poor circulation, cold hands and feet..... ☐ 1 ☐ 2 ☐ 3
- 189 Dry or scaly skin..... ☐ 1 ☐ 2 ☐ 3
- 190 Ringing in ears or noises in head..... ☐ 1 ☐ 2 ☐ 3
- 191 Hearing impaired..... ☐ 1 ☐ 2 ☐ 3
- 192 Constipation..... ☐ 1 ☐ 2 ☐ 3
- 193 Excessive hair loss and/or coarse hair..... ☐ 1 ☐ 2 ☐ 3
- 194 Headache upon waking; wears off during day..... ☐ 1 ☐ 2 ☐ 3

High Adrenal

- 195 Elevated blood pressure..... ☐ 1 ☐ 2 ☐ 3
- 196 Headaches..... ☐ 1 ☐ 2 ☐ 3
- 197 Hot flashes..... ☐ 1 ☐ 2 ☐ 3
- 198 Hair growth on face or body (females)..... ☐ 1 ☐ 2 ☐ 3
- 199 Masculine tendencies (females)..... ☐ 1 ☐ 2 ☐ 3

Low Adrenal

- 200 Low blood pressure..... ☐ 1 ☐ 2 ☐ 3
- 201 Crave salt..... ☐ 1 ☐ 2 ☐ 3
- 202 Chronic fatigue or drowsiness..... ☐ 1 ☐ 2 ☐ 3
- 203 Afternoon yawning..... ☐ 1 ☐ 2 ☐ 3
- 204 Feeling tired upon waking..... ☐ 1 ☐ 2 ☐ 3
- 205 Weakness or dizziness..... ☐ 1 ☐ 2 ☐ 3
- 206 Weakness after colds or slow recovery..... ☐ 1 ☐ 2 ☐ 3
- 207 Poor circulation..... ☐ 1 ☐ 2 ☐ 3
- 208 Muscular and nervous exhaustion..... ☐ 1 ☐ 2 ☐ 3
- 209 Susceptible to colds, asthma, or bronchitis..... ☐ 1 ☐ 2 ☐ 3
- 210 Allergies and/or hives..... ☐ 1 ☐ 2 ☐ 3
- 211 Difficulty holding chiropractic adjustments..... ☐ 1 ☐ 2 ☐ 3
- 212 Arthritic tendencies..... ☐ 1 ☐ 2 ☐ 3
- 213 Nails weak and/or ridged..... ☐ 1 ☐ 2 ☐ 3
- 214 Perspire easily..... ☐ 1 ☐ 2 ☐ 3
- 215 Slow starter in the morning..... ☐ 1 ☐ 2 ☐ 3
- 216 Afternoon headaches..... ☐ 1 ☐ 2 ☐ 3

Nutritional Deficiency

- 217 Frequent skin rashes and/or hives..... ☐ 1 ☐ 2 ☐ 3
- 218 Muscle cramping of leg or foot when at rest or sleeping..... ☐ 1 ☐ 2 ☐ 3
- 219 Fevers easily raised or frequent..... ☐ 1 ☐ 2 ☐ 3
- 220 Crave chocolate..... ☐ 1 ☐ 2 ☐ 3
- 221 Feet have bad odor..... ☐ 1 ☐ 2 ☐ 3
- 222 Frequent hoarseness..... ☐ 1 ☐ 2 ☐ 3
- 223 Difficulty swallowing..... ☐ 1 ☐ 2 ☐ 3
- 224 Joint stiffness upon rising..... ☐ 1 ☐ 2 ☐ 3
- 225 Frequent vomiting..... ☐ 1 ☐ 2 ☐ 3
- 226 Tendency to anemia..... ☐ 1 ☐ 2 ☐ 3
- 227 Whites of eyes (sclera) blue..... ☐ 1 ☐ 2 ☐ 3
- 228 Lump in throat..... ☐ 1 ☐ 2 ☐ 3
- 229 Dryness of eyes, mouth and/or nose..... ☐ 1 ☐ 2 ☐ 3
- 230 White spots on fingernails..... ☐ 1 ☐ 2 ☐ 3
- 231 Cuts heal slowly and/or scar easily..... ☐ 1 ☐ 2 ☐ 3
- 232 Reduced/lost sense of taste, and/or smell..... ☐ 1 ☐ 2 ☐ 3
- 233 Susceptible to colds, fevers, and/or infections..... ☐ 1 ☐ 2 ☐ 3
- 234 Strong light irritates eyes..... ☐ 1 ☐ 2 ☐ 3
- 235 Noises in head or ringing in ears..... ☐ 1 ☐ 2 ☐ 3
- 236 Burning sensations in mouth..... ☐ 1 ☐ 2 ☐ 3
- 237 Numbness in hands and feet..... ☐ 1 ☐ 2 ☐ 3
- 238 Intolerant to MSG..... ☐ 1 ☐ 2 ☐ 3
- 239 Cannot recall dreams..... ☐ 1 ☐ 2 ☐ 3
- 240 Frequent nosebleeds..... ☐ 1 ☐ 2 ☐ 3
- 241 Bruise easily..... ☐ 1 ☐ 2 ☐ 3
- 242 Muscle cramping; worse with exercise..... ☐ 1 ☐ 2 ☐ 3

Heart Function

- 243 Aware of heavy and/or irregular breathing..... ☐ 1 ☐ 2 ☐ 3
- 244 Discomfort at high altitude..... ☐ 1 ☐ 2 ☐ 3
- 245 "Air hunger"; sigh frequently..... ☒ 1 ☐ 2 ☐ 3
- 246 Swollen ankles, worse at night..... ☐ 1 ☐ 2 ☐ 3
- 247 Shortness of breath with exertion..... ☐ 1 ☐ 2 ☐ 3
- 248 Dull pain in chest or radiating into arm, worse with exertion..... ☐ 1 ☐ 2 ☐ 3

Female Hormonal

- 249 Premenstrual tension..... ☐ 1 ☐ 2 ☐ 3
- 250 Painful menses (cramping, etc.)..... ☐ 1 ☐ 2 ☐ 3
- 251 Menstration excessive or prolonged..... ☐ 1 ☐ 2 ☐ 3
- 252 Painful or tender breasts..... ☐ 1 ☐ 2 ☐ 3
- 253 Menstrate too frequently..... ☐ 1 ☐ 2 ☐ 3
- 254 Acne, worse at menses..... ☐ 1 ☐ 2 ☐ 3
- 255 Depressed feeling before menstruation..... ☐ 1 ☐ 2 ☐ 3
- 256 Vaginal discharge..... ☐ 1 ☐ 2 ☐ 3
- 257 Menses scanty or missed..... ☐ 1 ☐ 2 ☐ 3
- 258 Hysterectomy or ovaries removed..... ☐ 1 ☐ 2 ☐ 3
- 259 Menopausal hot flashes..... ☐ 1 ☐ 2 ☐ 3
- 260 Depression..... ☐ 1 ☐ 2 ☐ 3

Male Hormonal

- 261 Prostate trouble..... ☐ 1 ☐ 2 ☐ 3
- 262 Urination difficult or dribbling..... ☐ 1 ☐ 2 ☐ 3
- 263 Frequent night urination..... ☐ 1 ☐ 2 ☐ 3
- 264 Pain on inside of legs or heels..... ☐ 1 ☐ 2 ☐ 3
- 265 Feeling of incomplete bowel movement..... ☐ 1 ☐ 2 ☐ 3
- 266 Leg nervousness at night..... ☐ 1 ☐ 2 ☐ 3
- 267 Tire easily; avoid activity..... ☐ 1 ☐ 2 ☐ 3
- 268 Reduced sex drive..... ☐ 1 ☐ 2 ☐ 3
- 269 Depression..... ☐ 1 ☐ 2 ☐ 3
- 270 Migrating aches and pains..... ☐ 1 ☐ 2 ☐ 3