## **SYSTEMS SURVEY FORM**

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Patient		Doc	tor	_	Date
Birth Date	/	pprox Weight			Sex: Male  Female
Pulse: Rec	cumbent	Standing			Vegetarian ☐ Gluten-free ☐
Blood pres	sure: Recumbent	-	Standing		/ Ragland's Test is Positive
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	ONS: Fill in only the circles which	apply to you.		123	
	D symptoms (occurs rarely). DERATE symptoms (occurs several tir	mos a month)			Awaken after few hours sleep - hard to get back to sleep
	ERE symptoms (occurs almost consta				Crave candy or coffee in afternoons  Moods of depression - "blues" or melancholy
	ve circles BLANK if they don't apply				Abnormal craving for sweets or snacks
					GROUP 4
	GROUP 1		56	000	Hands and feet go to sleep easily, numbness
	Acid foods upset Get chilled often				Sigh frequently, "air hunger"
	"Lump" in throat				Aware of "breathing heavily"
	Dry mouth-eyes-nose				High altitude discomfort  Opens windows in closed rooms
	Pulse speeds after meal				Susceptible to colds and fevers
	Keyed up - fail to calm				Afternoon "yawner"
	Cut heals slowly				Get "drowsy" often
	Gag easily Unable to relax; startles easily				Swollen ankles, worse at night
	Extremities cold, clammy				Muscle cramps, worse during exercise; get "charley horses"
	Strong light irritates				Shortness of breath on exertion  Dull pain in chest or radiating into left arm, worse on exertion
	Urine amount reduced				Bruise easily, "black and blue" spots
	Heart pounds after retiring		69	000	Tendency to anemia
	"Nervous" stomach Appetite reduced	*			"Nose bleeds" frequent
	Cold sweats often				Noises in head, or "ringing in ears"
	Fever easily raised		12	000	Tension under the breastbone, or feeling of "tightness", worse on exertion
18 0 0 0	Neuralgia-like pains				
	Staring, blinks little		73	000	GROUP 5 Dizziness
20 0 0 ,0	Sour stomach often				Dry skin
	GROUP 2				Burning feet
	Joint stiffness on arising		76	000	Blurred vision
	Muscle-leg-toe cramps at night "Butterfly" stomach, cramps				Itching skin and feet
	Eyes or nose watery	•			Excessive falling hair
	Eyes blink often				Frequent skin rashes Bitter, metallic taste in mouth in mornings
26 0 0 0	Eyelids swollen, puffy				Bowel movements painful or difficult
	Indigestion soon after meals				Worrier, feels insecure
	Always seems hungry; feels "lighthea Digestion rapid	ided" often			Feeling queasy; headache over eyes
	Vomiting frequent				Greasy foods upset
	Hoarseness frequent				Stools light colored Skin peels on foot soles
	Breathing irregular				Pain between shoulder blades
	Pulse slow, feels "irregular"				Use laxatives
	Gagging reflex slow				Stools alternate from soft to watery
	Difficulty swallowing Constipation, diarrhea alternating				History of gallbladder attacks or gallstones
	"Slow starter"				Sneezing attacks
	Get "chilled" infrequently				Dreaming, nightmare type bad dreams Bad breath (halitosis)
	Perspire easily				Milk products cause distress
	Circulation poor, sensitive to cold				Sensitive to hot weather
41 000	Subject to colds, asthma, bronchitis		96	000	Burning or itching anus
40.000	GROUP 3		97	000	Crave sweets
	Eat when nervous Excessive appetite			_	GROUP 6
	Hungry between meals				Loss of taste for meat
	Irritable before meals				Lower bowel gas several hours after eating Burning stomach sensations, eating relieves
	Get "shaky" if hungry				Coated tongue
	Fatigue, eating relieves				Pass large amounts of foul-smelling gas
	"Lightheaded" if meals delayed	alayad			Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
	Heart palpitates if meals missed or do Afternoon headaches	alay <del>c</del> u			Mucous colitis or "irritable bowel"
	Overeating sweets upsets				Gas shortly after eating

123	GROUP 7A	12	3	
107 0 0 0				Weakness after colds, influenza
	Nervousness			Exhaustion - muscular and nervous
109 0 0 0	Can't gain weight	172 0 0 0	O R	Respiratory disorders
110 0 0 0	Intolerance to heat			GROUP 8
111 000	Highly emotional	173 0 0 0		Muscle weakness
112 0 0 0	Flush easily			ack of Stamina
113 000	Night sweats	175 0 0 0	0 0	Drowsiness after eating
	Thin, moist skin	176 0 0 0	0 N	Muscular soreness
	Inward trembling	177 000	O R	Rapid heart beat
	Heart palpitates	178 0 0 0	ОН	-lyper-irritable
	Increased appetite without weight gain	179 0 0 0	O F	Feeling of a band around your head
	Pulse fast at rest			Melancholia (feeling of sadness)
	Eyelids and face twitch	181 000	o s	Swelling of ankles
	Irritable and restless			Diminished urination
121 000	Can't work under pressure			Fendency to consume sweets or carbohydrates
400 0 0 0	GROUP 7B			Muscle spasms
	Increase in weight			Blurred vision
	Decrease in appetite			Loss of muscular control
	Fatigue easily	187 0 0 0		
	Ringing in ears Sleepy during day			Night sweats
	Sensitive to cold			Rapid digestion Sensitivity to noise
	Dry or scaly skin			Redness of palms of hands and bottom of feet
	Constipation			/isible veins on chest and abdomen
	Mental sluggishness			Hemorrhoids
	Hair coarse, falls out			Apprehension (feeling that something bad will happen)
	Headaches upon arising, wear off during day			Nervousness causing loss of appetite
	Slow pulse, below 65			Nervousness with indigestion
	Frequency of urination	197 0 0 0		<u> </u>
	Impaired hearing	198 0 0 0	O F	Forgetfulness
136 000	Reduced initiative			Thinning hair
	GROUP 7C		F	FEMALE ONLY
137 000	Failing memory	200 0 0		/ery easily fatigued
	Low blood pressure			Premenstrual tension
139 000	Increased sex drive	202 0 0 0	O P	Painful menses
140 000	Headaches, "splitting or rending" type	203 0 0 0	O D	Depressed feelings before menstruation
141 000	Decreased sugar tolerance	204 0 0 0	o M	Menstruation excessive and prolonged
	GROUP 7D	205 0 0 0	O P	Painful breasts
142 0 0 0	Abnormal thirst	206 0 0 0	O M	Menstruate too frequently
143 0 0 0	Bloating of abdomen		o v	/aginal discharge
144 000	Weight gain around hips or waist			lysterectomy / ovaries removed
	Sex drive reduced or lacking			Menopausal hot flashes
	Tendency to ulcers, colitis			Menses scanty or missed
	Increased sugar tolerance			Acne, worse at menses
	Women: menstrual disorders	212 0 0 0		Depression of long standing
149 000	Young girls: lack of menstrual function			MALE ONLY
	GROUP 7E			Prostate trouble
150 000				Unination difficult or dribbling
151 000				Night urination frequent
152 0 0 0		216 0 0 0		•
	Increased blood pressure			Pain on inside of legs or heels Feeling of incomplete bowel evacuation
	Hair growth on face or body (female)			ack of energy
	Sugar in urine (not diabetes)			Aigrating aches and pains
	Masculine tendencies (female)			ire too easily
	GROUP 7F			Avoids activity
	Weakness, dizziness			eg nervousness at night
	Chronic fatigue			Diminished sex drive
	Low blood pressure Nails weak, ridged	r <del>-</del>		
	Tendency to hives	List the	: IIVE	e main complaints you have in the order of their importance:
	Arthritic tendencies	1.		· <u>-</u>
	Perspiration increase			
	Bowel disorders	2		· · · · · · · · · · · · · · · · · · ·
	Poor circulation	,		
	Swollen ankles	ა		·
167 000		4		
	Brown spots or bronzing of skin	··· <u> </u>		
	Allergies - tendency to asthma	5		