

<p>Section C:</p> <p>25. Coated tongue or “fuzzy” debris on tongue..... 0 1 2 3</p> <p>26. Pass large amounts of foul smelling gas... 0 1 2 3</p> <p>27. Irritable bowel or mucous colitis 0 1 2 3</p> <p>28. Constipation, diarrhea alternating or stools alternate from soft to watery 0 1 2 3</p> <p>29. Bowel movements painful or difficult, constipation and/or laxatives used 0 1 2 3</p> <p>30. Burning or itching anus..... 0 1 2 3</p> <p>31. Number of bowel movements per day..... _____</p>	<p>Section B:</p> <p>57. Sex drive reduced or absent..... 0 1 2 3</p> <p>58. Abnormal thirst..... 0 1 2 3</p> <p>59. Weight gain around hips or waist..... 0 1 2 3</p> <p>60. Tendency to ulcers or colitis 0 1 2 3</p> <p>61. Increased ability to eat sugar without symptoms..... 0 1 2 3</p> <p>62. Menstrual disorders (women) 0 1 2 3</p> <p>63. Lack of menstruation (young girls)..... 0 1 2 3</p>
<p>CATEGORY II</p> <p>32. Head congestion/sinus fullness 0 1 2 3</p> <p>33. Dreaming, nightmare-like bad dreams..... 0 1 2 3</p> <p>34. Milk products and/or wheat products cause distress..... 0 1 2 3</p> <p>35. Eyes and nose watery..... 0 1 2 3</p> <p>36. Eyes swollen and puffy 0 1 2 3</p> <p>37. Pule speeds after meals and/or heart pounds after retiring 0 1 2 3</p>	<p>Section C:</p> <p>64. Difficulty gaining weight, even if large appetite 0 1 2 3</p> <p>65. Heart palpitations..... 0 1 2 3</p> <p>66. Nervous, emotional, and/or can't work under pressure..... 0 1 2 3</p> <p>67. Insomnia 0 1 2 3</p> <p>68. Inward trembling 0 1 2 3</p> <p>69. Night sweats 0 1 2 3</p> <p>70. Fast pulse at rest 0 1 2 3</p> <p>71. Intolerant to high temperatures 0 1 2 3</p> <p>72. Easily flushed..... 0 1 2 3</p>
<p>CATEGORY III</p> <p>Section A:</p> <p>38. Crave sweets or coffee in afternoon or mid-morning 0 1 2 3</p> <p>39. Hungry between meals or excessive appetite..... 0 1 2 3</p> <p>40. Overeating sweets upsets..... 0 1 2 3</p> <p>41. Eat when nervous 0 1 2 3</p> <p>42. Irritable before meals 0 1 2 3</p> <p>43. Get “shaky” or light-headed if meals delayed 0 1 2 3</p> <p>44. Fatigue, eating relieves..... 0 1 2 3</p> <p>45. Heart palpitates if meals are missed or delayed 0 1 2 3</p> <p>46. Awaken a few hours after sleep, hard to get back to sleep 0 1 2 3</p>	<p>Section D:</p> <p>73. Difficulty losing weight..... 0 1 2 3</p> <p>74. Reduced initiative and/or mental sluggishness..... 0 1 2 3</p> <p>75. Easily fatigued, sleepy during the day..... 0 1 2 3</p> <p>76. Sensitive to cold, poor circulation (cold hands and feet)..... 0 1 2 3</p> <p>77. Dry or scaly skin 0 1 2 3</p> <p>78. “Ringing” in ears/noises in head..... 0 1 2 3</p> <p>79. Hearing impaired 0 1 2 3</p> <p>80. Constipation 0 1 2 3</p> <p>81. Excessive falling hair and/or coarse hair... 0 1 2 3</p> <p>82. Headaches when awoken/wear off during the day..... 0 1 2 3</p>
<p>Section B:</p> <p>47. Muscle soreness after moderate exercise 0 1 2 3</p> <p>48. Vulnerability to insect bites (especially fleas and mosquitoes) 0 1 2 3</p> <p>49. Loss of muscle tone or “heaviness” in arms or legs..... 0 1 2 3</p> <p>50. Enlarged heart and/or heart failure 0 1 2 3</p> <p>51. Worrier, feel insecure and/or highly emotional 0 1 2 3</p> <p>52. Pulse slow/below 65 or irregular pulse YES NO</p>	<p>Section E:</p> <p>83. Blood pressure increased..... 0 1 2 3</p> <p>84. Headaches 0 1 2 3</p> <p>85. Hot flashes 0 1 2 3</p> <p>86. Hair growth on face or body (question to females)..... 0 1 2 3</p> <p>87. Masculine tendencies (question to females)..... 0 1 2 3</p>
<p>CATEGORY IV</p> <p>Section A:</p> <p>53. Sex drive increased 0 1 2 3</p> <p>54. “Splitting” type headaches 0 1 2 3</p> <p>55. Memory failing..... 0 1 2 3</p> <p>56. Tolerance for sugar reduced 0 1 2 3</p>	<p>Section F:</p> <p>88. Blood pressure low..... 0 1 2 3</p> <p>89. Crave salt 0 1 2 3</p> <p>90. Chronic fatigue/get drowsy..... 0 1 2 3</p> <p>91. Afternoon yawning..... 0 1 2 3</p> <p>92. Weakness/dizziness 0 1 2 3</p> <p>93. Weakness after colds/slow recovery 0 1 2 3</p> <p>94. Circulation poor 0 1 2 3</p> <p>95. Muscular and nervous exhaustion 0 1 2 3</p> <p>96. Subject to colds, asthma, bronchitis (respiratory disorders) 0 1 2 3</p>

<p>CATEGORY IV Section F: (continued)</p> <p>97. Allergies and/or hives..... 0 1 2 3</p> <p>98. Difficulty maintaining 0 1 2 3 manipulative correction..... 0 1 2 3</p> <p>99. Arthritic tendencies..... 0 1 2 3</p> <p>100. Nails weak, ridged..... 0 1 2 3</p> <p>101. Perspire easily 0 1 2 3</p> <p>102. Slow starter in morning 0 1 2 3</p> <p>103. Afternoon headaches..... 0 1 2 3</p>	<p>CATEGORY VI</p> <p>130. Aware of heavy and/or irregular breathing 0 1 2 3</p> <p>131. Discomfort in high altitudes 0 1 2 3</p> <p>132. "Air hunger"/sigh frequently 0 1 2 3</p> <p>133. Swollen ankles/worse at night..... 0 1 2 3</p> <p>134. Shortness of breath with exertion..... 0 1 2 3</p> <p>135. Dull pain in chest and/or pain radiating into left arm, worse on exertion 0 1 2 3</p>
<p>CATEGORY V Section A:</p> <p>104. Frequent skin rashes and/or hives 0 1 2 3</p> <p>105. Muscle-leg-toe cramping at rest or while sleeping..... 0 1 2 3</p> <p>106. Fever easily raised/fevers common..... 0 1 2 3</p> <p>107. Crave chocolate 0 1 2 3</p> <p>108. Feet have bad odor 0 1 2 3</p> <p>109. Hoarseness frequent..... 0 1 2 3</p> <p>110. Difficulty swallowing..... 0 1 2 3</p> <p>111. Joint stiffness after rising 0 1 2 3</p> <p>112. Vomiting frequent..... 0 1 2 3</p> <p>113. Tendency to anemia 0 1 2 3</p> <p>114. "Whites" of eyes (sclera) blue..... 0 1 2 3</p> <p>115. "Lump" in throat 0 1 2 3</p> <p>116. Dry mouth-eyes-nose 0 1 2 3</p> <p>117. White spots on finger nails 0 1 2 3</p> <p>118. Cuts heal slowly and/or scar easily 0 1 2 3</p> <p>119. Reduced or "lost" sense of taste and/or smell..... 0 1 2 3</p> <p>120. Susceptible to colds, fevers, and/or infections..... 0 1 2 3</p> <p>121. Strong light irritates eyes..... 0 1 2 3</p> <p>122. Noises in head or ringing in ears..... 0 1 2 3</p> <p>123. Burning sensations in mouth..... 0 1 2 3</p> <p>124. Numbness in hands and feet (extremities "go to sleep")..... 0 1 2 3</p> <p>125. Intolerant to monosodium glutamate (MSG)..... YES NO</p> <p>126. Cannot recall dreams 0 1 2 3</p> <p>127. Nose bleeds frequent..... 0 1 2 3</p> <p>128. Bruise easily, "black and blue" spots..... 0 1 2 3</p> <p>129. Muscle cramps. Worse with exercise ("charley horses")..... 0 1 2 3</p>	<p>CATEGORY VII Female Only</p> <p>136. Premenstrual tension 0 1 2 3</p> <p>137. Painful menses (cramping, etc.)..... 0 1 2 3</p> <p>138. Menstruation excessive or prolonged..... 0 1 2 3</p> <p>139. Painful/tender breasts 0 1 2 3</p> <p>140. Menstruate too frequently..... 0 1 2 3</p> <p>141. Acne, worse at menses 0 1 2 3</p> <p>142. Depressed feelings before menstruation 0 1 2 3</p> <p>143. Vaginal discharge 0 1 2 3</p> <p>144. Menses scanty or missed..... 0 1 2 3</p> <p>145. Hysterectomy/ovaries removed..... YES NO</p> <p>146. Menopausal hot flashes 0 1 2 3</p> <p>147. Depression 0 1 2 3</p>
	<p>CATEGORY VIII Male Only</p> <p>148. Prostate trouble 0 1 2 3</p> <p>149. Urination difficult or dribbling..... 0 1 2 3</p> <p>150. Night urination frequent..... 0 1 2 3</p> <p>151. Pain on inside of legs or heels 0 1 2 3</p> <p>152. Feeling of incomplete bowel evacuation . 0 1 2 3</p> <p>153. Leg nervousness at night 0 1 2 3</p> <p>154. Tire easily/avoid activity..... 0 1 2 3</p> <p>155. Reduced sex drive..... 0 1 2 3</p> <p>156. Depression 0 1 2 3</p> <p>157. Migrating aches and pains 0 1 2 3</p>

List any vitamins you are currently taking:
