

# Natural Health Survey

Name | \_\_\_\_\_

Age | \_\_\_\_\_

Date | \_\_\_\_\_

## Instructions

Circle the corresponding number that applies to you.

**If a symptom does not apply, don't circle anything for that symptom.**

1	MILD symptom (occurs rarely)
2	MODERATE symptom (occurs several times a month)
3	SEVERE symptom (occurs almost constantly)

- 1 2 3 Acid foods upset
  - 1 2 3 Get chilled often
  - 1 2 3 "Lump" in throat
  - 1 2 3 Dry mouth, eyes, nose
  - 1 2 3 Pulse speeds after meal
  - 1 2 3 Keyed up, fail to calm
  - 1 2 3 Gag occasionally
  - 1 2 3 Unable to relax, startle easily
  - 1 2 3 Extremities cold, clammy
  - 1 2 3 Strong light irritates
  - 1 2 3 Occasionally weak urine flow
  - 1 2 3 Heart pounds after retiring
  - 1 2 3 "Nervous" stomach
  - 1 2 3 Appetite reduced occasionally
  - 1 2 3 Cold sweats often
  - 1 2 3 Get heated easily
  - 1 2 3 Nerve discomfort
  - 1 2 3 Staring, blink little
  - 1 2 3 Sour stomach frequent
  
  - 1 2 3 Joint stiffness after arising
  - 1 2 3 Muscle, leg, toe cramps at night
  - 1 2 3 "Butterfly" stomach, cramps
  - 1 2 3 Eyes or nose watery
  - 1 2 3 Eyes blink often
  - 1 2 3 Eyelids swollen, puffy
  - 1 2 3 Indigestion soon after meals
  - 1 2 3 Always seem hungry, feel "lightheaded" often
  - 1 2 3 Digestion rapid
  - 1 2 3 Vomit occasionally
  - 1 2 3 Hoarseness frequent
  - 1 2 3 Uneven breathing
  - 1 2 3 Pulse slow
  - 1 2 3 Gagging reflex slow
  - 1 2 3 Difficulty swallowing
  - 1 2 3 Temporary constipation or diarrhea
  - 1 2 3 "Slow starter"
  - 1 2 3 Get "chilled"
  - 1 2 3 Perspire easily
  - 1 2 3 Sensitive to cold
  - 1 2 3 Upper respiratory challenges
- Total** \_\_\_\_\_

- 1 2 3 Eat when nervous
  - 1 2 3 Excessive appetite
  - 1 2 3 Hungry between meals
  - 1 2 3 Irritable before meals
  - 1 2 3 Get "shaky" if hungry
  - 1 2 3 Fatigue, eating relieves
  - 1 2 3 "Lightheaded" if meals delayed
  - 1 2 3 Heart palpitates if meals missed or delayed
  - 1 2 3 Fatigue in afternoon
  - 1 2 3 Overeating sweets upsets
  - 1 2 3 Awaken after few hours sleep, hard to get back to sleep
  - 1 2 3 Crave candy or coffee in afternoon
  - 1 2 3 Moods of "blues" or melancholy
  - 1 2 3 Craving for sweets or snacks
  
  - 1 2 3 Hands and feet go to sleep easily, numbness
  - 1 2 3 Sigh frequently, "air hunger"
  - 1 2 3 Aware of "breathing heavily"
  - 1 2 3 High-altitude discomfort
  - 1 2 3 Open windows in closed room
  - 1 2 3 Immune system challenges
  - 1 2 3 Afternoon "yawner"
  - 1 2 3 Get "drowsy" often
  - 1 2 3 Swollen ankles worse at night
  - 1 2 3 Muscle cramps, worse during exercise; get "charley horse"
  - 1 2 3 Difficulty catching breath, especially during exercise
  - 1 2 3 Tightness or pressure in chest, worse on exertion
  - 1 2 3 Skin discolors easily after impact
  - 1 2 3 Tendency to anemia
  - 1 2 3 Noises in head or "ringing in ears"
  - 1 2 3 Fatigue upon exertion
- Total** \_\_\_\_\_

- 1 2 3 Dizziness
  - 1 2 3 Dry skin
  - 1 2 3 Burning feet
  - 1 2 3 Blurred vision
  - 1 2 3 Itching skin and feet
  - 1 2 3 Hair loss
  - 1 2 3 Occasional skin rashes
  - 1 2 3 Bitter, metallic taste in mouth in morning
  - 1 2 3 Occasional constipation
  - 1 2 3 Worrier, feels insecure
  - 1 2 3 Nausea occasionally after eating
  - 1 2 3 Greasy foods upset
  - 1 2 3 Stools light-colored
  - 1 2 3 Skin peels on foot soles
  - 1 2 3 Discomfort between shoulder blades
  - 1 2 3 Occasional laxative use
  - 1 2 3 Stools alternate from soft to watery
  - 1 2 3 Sneezing attacks
  - 1 2 3 Dreaming, nightmare-type bad dreams
  - 1 2 3 Bad breath (halitosis)
  - 1 2 3 Milk products cause upset
  - 1 2 3 Sensitive to hot weather
  - 1 2 3 Burning or itching anus
  - 1 2 3 Crave sweets
  
  - 1 2 3 Loss of taste for meat
  - 1 2 3 Lower bowel gas several hours after eating
  - 1 2 3 Burning stomach sensations, eating relieves
  - 1 2 3 Coated tongue
  - 1 2 3 Pass large amounts of foul-smelling gas
  - 1 2 3 Indigestion 1/2 -1 hour after eating; may be up to 3-4 hours after
  - 1 2 3 Watery or loose stool
  - 1 2 3 Stomach "bloating"
- Total** \_\_\_\_\_

- 1 2 3 Difficulty sleeping
- 1 2 3 On edge
- 1 2 3 Can't gain weight
- 1 2 3 Intolerance to heat
- 1 2 3 Highly emotional
- 1 2 3 Flush easily
- 1 2 3 Night sweats
- 1 2 3 Thin, moist skin
- 1 2 3 Inward trembling
- 1 2 3 Heart races
- 1 2 3 Increased appetite without weight gain
- 1 2 3 Pulse fast at rest
- 1 2 3 Eyelids and face twitch
- 1 2 3 Irritable and restless
- 1 2 3 Can't work under pressure

- 1 2 3 Increase in weight
- 1 2 3 Decrease in appetite
- 1 2 3 Fatigue easily
- 1 2 3 Ringing in ears
- 1 2 3 Sleepy during day
- 1 2 3 Sensitive to cold
- 1 2 3 Dry or scaly skin
- 1 2 3 Temporary constipation
- 1 2 3 Mental sluggishness
- 1 2 3 Hair coarse, falls out
- 1 2 3 Tension in head upon arising wears off during day
- 1 2 3 Slow pulse below 65
- 1 2 3 Changing urinary function
- 1 2 3 Sounds appear diminished
- 1 2 3 Reduced initiative

- 1 2 3 Failing memory with age
- 1 2 3 Increased sex drive
- 1 2 3 Episodes of tension in head
- 1 2 3 Decreased sugar tolerance

- 1 2 3 Abnormal thirst
- 1 2 3 Bloating of abdomen
- 1 2 3 Weight gain around hips or waist
- 1 2 3 Sex drive reduced or lacking
- 1 2 3 Tendency for stomach issues
- 1 2 3 Immune system challenges
- 1 2 3 Menstrual disorders

**Total** \_\_\_\_\_

- 1 2 3 Dizziness
- 1 2 3 Headaches
- 1 2 3 Hot flashes
- 1 2 3 Hair growth on face or body (female)
- 1 2 3 Sugar in urine (not diabetes)
- 1 2 3 Masculine tendencies (female)

- 1 2 3 Weakness, dizziness
- 1 2 3 Tired throughout day
- 1 2 3 Nails weak, ridged
- 1 2 3 Sensitive skin
- 1 2 3 Stiff joints
- 1 2 3 Perspiration increase
- 1 2 3 Bowel discomfort
- 1 2 3 Poor circulation
- 1 2 3 Swollen ankles
- 1 2 3 Crave salt
- 1 2 3 Areas of skin darkening
- 1 2 3 Upper respiratory sensitivity
- 1 2 3 Tiredness
- 1 2 3 Breathing challenges

- 1 2 3 Muscle weakness
- 1 2 3 Lack of stamina
- 1 2 3 Drowsiness after eating
- 1 2 3 Muscular soreness
- 1 2 3 Heart races
- 1 2 3 Hyperirritable
- 1 2 3 Feeling of a band around head
- 1 2 3 Melancholia (feeling of sadness)

- 1 2 3 Swelling of ankles
- 1 2 3 Change in urinary function
- 1 2 3 Tendency to consume sweets/carbohydrates

- 1 2 3 Muscle spasms
- 1 2 3 Blurred vision
- 1 2 3 Involuntary muscle action
- 1 2 3 Numbness
- 1 2 3 Night sweats
- 1 2 3 Rapid digestion
- 1 2 3 Sensitivity to noise
- 1 2 3 Redness of palms of hands and bottom of feet

- 1 2 3 Visible veins on chest and abdomen

**Total** \_\_\_\_\_

- 1 2 3 Hemorrhoids
- 1 2 3 Apprehension (feeling that something bad is going to happen)
- 1 2 3 Nervousness causing loss of appetite
- 1 2 3 Nervousness with indigestion
- 1 2 3 Gastritis
- 1 2 3 Forgetfulness
- 1 2 3 Thinning hair

**Female Only**

- 1 2 3 Very easily fatigued
- 1 2 3 Premenstrual tension
- 1 2 3 Menses more painful than usual
- 1 2 3 Depressed feelings before menstruation
- 1 2 3 Painful breasts during menses
- 1 2 3 Menstruate too frequently
- 1 2 3 Hysterectomy/ovaries removed
- 1 2 3 Menopausal hot flashes
- 1 2 3 Menses scanty or missed
- 1 2 3 Acne, worse at menses

**Male Only**

- 1 2 3 Less involved in exercise/social activities
- 1 2 3 Difficult to postpone urination
- 1 2 3 Weak urinary stream
- 1 2 3 Feeling of "blues" or melancholy
- 1 2 3 Feeling of incomplete bowel evacuation
- 1 2 3 Lack of energy
- 1 2 3 Muscles in arms and legs seem softer/smaller
- 1 2 3 Tires too easily
- 1 2 3 Avoid activity
- 1 2 3 Leg nervousness at night
- 1 2 3 Diminished sex drive

**Total** \_\_\_\_\_