

Dr. D. Tobin Watkinson

SYMPTOM SURVEY FORM

Name _____ O Female O Male

DOB _____ Date _____

Instructions: Completely black out one of three circles

– 1-mild, 2-moderate, 3-severe

1 2 3

OOO Mild symptoms once or twice last 6 months

OOO Moderate symptoms once or twice last month

OOO Severe symptoms once or twice last week

1 2 3 **GROUP 1 SYMPATHETIC DOMINANCE**

- 1 O O O ACID FOODS UPSET
- 2 O O O FEEL CHILLED OFTEN
- 3 O O O "LUMP" IN TROAT
- 4 O O O DRY MOUTH-EYES-NOSE
- 5 O O O PULSE SPEEDS AFTER MEALS
- 6 O O O KEYED UP; UNABLE TO FEEL CALM
- 7 O O O CUTS HEAL SLOWLY
- 8 O O O GAG EASILY
- 9 O O O UNABLE TO RELAX; STARTLES EASILY
- 10 O O O EXTREMITIES COLD AND/OR CLAMMY
- 11 O O O STRONG LIGHT IRRITATES
- 12 O O O URINE AMOUNT REDUCED
- 13 O O O HEART POUNDS AFTER RETIRING
- 14 O O O "NERVOUS" STOMACH
- 15 O O O APPETITE REDUCED
- 16 O O O COLD SWEATS OFTEN
- 17 O O O BODY TEMPERATURE RISES EASILY
- 18 O O O SKIN SENSITIVE TO THE TOUCH
- 19 O O O STARING, BLINKS LITTLE
- 20 O O O FREQUENTLY HAVE A SOUR STOMACH

GROUP 2 PARASYMPATHETIC DOMINANCE

- 21 O O O JOINT STIFFNESS AFTER ARISING
- 22 O O O MUSCLE-LEG-TOE CRAMPS AT NIGHT
- 23 O O O "BUTTERFLY" STOMACH, CRAMPS
- 24 O O O EYES OR NOSE WATERY
- 25 O O O EYES BLINK OFTEN
- 26 O O O EYELIDS SWOLLEN OR PUFFY
- 27 O O O INDIGESTION SOON AFTER MEALS
- 28 O O O ALWAYS SEEM HUNGRY; LIGHTHEADED OFTEN
- 29 O O O FOOD DIGESTS RAPIDLY
- 30 O O O VOMITS FREQUENTLY
- 31 O O O FREQUENTLY HOARSE
- 32 O O O IRREGULAR BREATHING
- 33 O O O PULSE SLOW OR FEELS IRREGULAR
- 34 O O O SLOW GAG REFLEX
- 35 O O O DIFFICULTY SWALLOWING
- 36 O O O ALTERNATING CONSTIPATION AND DIARRHEA
- 37 O O O SLOW STARTER
- 38 O O O NOT EASILY CHILLED
- 39 O O O PERSPIRE EASILY
- 40 O O O POOR CIRCULATION OR SENSITIVE TO COLD
- 41 O O O SUBJECT TO COLDS, ASTHMA, BRONCHITIS

GROUP 3 SUGAR HANDLING

- 42 O O O EAT WHEN NERVOUS
- 43 O O O EXCESSIVE APPETITE
- 44 O O O HUNGRY BETWEEN MEALS
- 45 O O O IRRITABLE BEFORE MEALS
- 46 O O O GET SHAKY IF HUNGRY
- 47 O O O FEELING FATIGUED, EATING RELIEVES
- 48 O O O LIGHTHEADED IF MEALS DELAYED

- 49 O O O HEART PALPITATES IF MEALS MISSED/DELAYED
- 50 O O O AFTERNOON HEADACHES
- 51 O O O UPSET FEELING EXCESSIVE EATING SWEETS
- 52 O O O AWAKEN AFTER A FEW HOURS SLEEP,
HARD TO GET BACK TO SLEEP
- 53 O O O CRAVE CANDY OR COFFEE IN AFTERNOON
- 54 O O O MOODS OF DEPRESSION, MELANCHOLY
- 55 O O O ABNORMAL CRAVING FOR SWEETS/SNACKS

GROUP 4 CARDIOVASCULAR

- 56 O O O HANDS AND FEET GO TO SLEEP EASILY
- 57 O O O SIGH FREQUENTLY, AIR HUNGER
- 58 O O O AWARE OF "BREATHING HEAVILY"
- 59 O O O DISCOMFORT AT HIGH ALTITUDES
- 60 O O O OPENS WINDOW IN CLOSED ROOM
- 61 O O O SUSCEPTIBLE TO COLDS AND FEVERS
- 62 O O O AFTERNOON "YAWNER"
- 63 O O O GET "DROWSY" OFTEN
- 64 O O O SWOLLEN ANKLES, WORSE AT NIGHT
- 65 O O O MUSCLE CRAMPS, WORSE DURING
EXERCISE; "CHARLEY-HORSES"
- 66 O O O SHORTNESS OF BREATH ON EXERTION
- 67 O O O DULL PAIN IN CHEST OR RADIATING INTO
LEFT ARM, WORSE ON EXERTION
- 68 O O O BRUISE EASILY
- 69 O O O TENDENCY TO ANEMIA
- 70 O O O FREQUENTLY HAVE "NOSE BLEEDS"
- 71 O O O "RINGING IN EARS" OR NOISES IN HEAD
- 72 O O O FEELING OF "TIGHTNESS" IN CHEST, GETS
WORSE ON EXERSION

GROUP 5 LIVER/BILIARY

- 73 O O O DIZZINESS
- 74 O O O DRY SKIN
- 75 O O O BURNING FEET
- 76 O O O BLURRED VISION
- 77 O O O ITCHING SKIN AND FEET
- 78 O O O EXCESSIVE FALLING HAIR
- 79 O O O FREQUENT SKIN RASHES
- 80 O O O BITTER OR METALLIC TASTE IN MOUTH
IN THE MORNINGS
- 81 O O O BOWEL MOVEMENTS PAINFUL/DIFFICULT
- 82 O O O FEELINGS OF WORRY, DREAD, INSECURITY
- 83 O O O FEELING QUEASY, HEADACHE OVER EYES
- 84 O O O GREASY FOODS UPSET
- 85 O O O STOOLS LIGHT-COLORED
- 86 O O O SKIN PEELS ON FOOT SOLES
- 87 O O O PAIN BETWEEN SHOULDER BLADES
- 88 O O O USING LAXATIVES
- 89 O O O STOOLS ALTERNATE FROM SOFT TO WATERY
- 90 O O O HISTORY GALLBLADDER ATTACKS OR STONES
- 91 O O O SNEEZING ATTACKS
- 92 O O O DREAMING, NIGHTMARE-TYPE BAD DREAMS
- 93 O O O BAD BREATH (HALITOSIS)
- 94 O O O MILK PRODUCTS CAUSE DISTRESS
- 95 O O O SENSITIVE TO HOT WEATHER
- 96 O O O BURNING OR ITCHING ANUS
- 97 O O O CRAVE SWEETS

GROUP 6 DIGESTION

- 98 O O O LOSS OF TASTE FOR MEAT
- 99 O O O LOWER BOWEL GAS SEVERAL HOURS AFTER
EATING
- 100 O O O BURNING STOMACH, EATING RELIEVES
- 101 O O O COATED TONGUE
- 102 O O O PASS LARGE AMOUNTS FOUL SMELLING GAS
- 103 O O O INDIGESTION ½ TO 1 HOUR AFTER EATING
- 104 O O O MUCUS COLITIS OR "IRRITABLE BOWEL"
- 105 O O O GAS SHORTLY AFTER EATING
- 106 O O O STOMACH "BLOATING" AFTER EATING

1 2 3 GROUP 7A HYPERTHYROID

- 107 0 0 0 INSOMNIA
- 108 0 0 0 NERVOUSNESS
- 109 0 0 0 CAN'T GAIN WEIGHT
- 110 0 0 0 INTOLERANCE TO HEAT
- 111 0 0 0 HIGHLY EMOTIONAL
- 112 0 0 0 FLUSH EASILY
- 113 0 0 0 NIGHT SWEATS
- 114 0 0 0 SKIN IN THIN AND MOIST
- 115 0 0 0 INWARD TREMBLING
- 116 0 0 0 HEART PALPITATES
- 117 0 0 0 INCREASED APPETITE WITH WEIGHT GAIN
- 118 0 0 0 PULSE RACES WHEN RESTING
- 119 0 0 0 EYELIDS AND FACE TWITCH
- 120 0 0 0 IRRITABLE AND RESTLESS
- 121 0 0 0 CAN'T WORK UNDER PRESSURE

GROUP 7B HYPOTHYROID

- 122 0 0 0 NOTICABLE WEIGHT GAIN
- 123 0 0 0 DECREASE IN APPETITE
- 124 0 0 0 EASILY FATIGUED
- 125 0 0 0 RINGING IN EARS
- 126 0 0 0 SLEEPY DURING DAY
- 127 0 0 0 SENSITIVE TO COLD
- 128 0 0 0 DRY OR SCALY SKIN
- 129 0 0 0 CONSTIPATION
- 130 0 0 0 MENTAL SLUGGISHNESS
- 131 0 0 0 HAIR COARSE, FALLS OUT
- 132 0 0 0 HEADACHES UPON ARISING-WEAR OFF DURING DAY
- 133 0 0 0 SLOW PULSE, BELOW 65
- 134 0 0 0 FREQUENT URINATION
- 135 0 0 0 IMPAIRED HEARING
- 136 0 0 0 REDUCED INITIATIVE

GROUP 7C HYPERPITUITARY

- 137 0 0 0 FAILING MEMORY
- 138 0 0 0 LOW BLOOD PRESSURE
- 139 0 0 0 INCREASED SEX DRIVE
- 140 0 0 0 HEADACHES, "SLPITTING OR RENDERING"
- 141 0 0 0 DECREASED SUGAR TOLERANCE

GROUP 7D HYPOPITUITARY

- 142 0 0 0 ABNORMAL THIRST
- 143 0 0 0 BLOATING OF THE ABDOMEN
- 144 0 0 0 WEIGHT GAIN AROUND HIPS OR WAIST
- 145 0 0 0 SEX DRIVE REDUCED OR LACKING
- 146 0 0 0 TENDENCY TOWARD ULCERS/COLITIS
- 147 0 0 0 INCREASED SUGAR TOLERANCE
- 148 0 0 0 (FEMALE) MENSTRUAL DISORDERS
- 149 0 0 0 (YOUNG GIRLS) LACK OF MENSTRUAL FUNCTION

GROUP 7E HYPERADRENAL

- 150 0 0 0 DIZZINESS
- 151 0 0 0 HEADACHES
- 152 0 0 0 HOT FLASHES
- 153 0 0 0 INCREASED BLOOD PRESSURE
- 154 0 0 0 (FEMALE) HAIR GROWTH BODY OR FACE
- 155 0 0 0 SUGAR IN URINE (NOT DIABETES)
- 156 0 0 0 (FEMALE) MASCULINE TENDENCIES

GROUP 7F HYPOADRENAL

- 157 0 0 0 WEAKNESS AND/OR DIZZINESS
- 158 0 0 0 CHRONIC FATIGUE
- 159 0 0 0 LOW BLOOD PRESSURE
- 160 0 0 0 NAILS WEAK AND/OR RIDGED
- 161 0 0 0 TENDENCY TOWARD HIVES
- 162 0 0 0 ARTHRITIC TENDENCIES
- 163 0 0 0 PERSPIRATION INCREASE

- 164 0 0 0 BOWEL DISORDERS
- 165 0 0 0 POOR CIRCULATION
- 166 0 0 0 SWOLLEN ANKLES
- 167 0 0 0 CRAVE SALT
- 168 0 0 0 BROWN SPOTS OR BRONZING OF SKIN
- 169 0 0 0 ALLERGIES-TENDENCY TO ASTHMA
- 170 0 0 0 WEAKNESS AFTER COLDS OR INFLUENZA
- 171 0 0 0 MUSCULAR AND NERVOUS EXHAUSTION
- 172 0 0 0 RESPIRATORY DISORDERS

GROUP 8 FOUNDTION

- 173 0 0 0 APPREHENSION
- 174 0 0 0 IRRITABILITY
- 175 0 0 0 MORBID FEARS
- 176 0 0 0 NEVER SEEMS TO GET WELL
- 177 0 0 0 FORGETFULNESS
- 178 0 0 0 INDIGESTION
- 179 0 0 0 POOR APPETITE
- 180 0 0 0 CRAVING FOR SWEETS
- 181 0 0 0 MUSCULAR SORENESS
- 182 0 0 0 DEPRESSION; FEELINGS OF DREAD
- 183 0 0 0 NOISE SENSITIVITY
- 184 0 0 0 ACOUSTIC HALLUCINATIONS
- 185 0 0 0 TENDENCY TO CRY WITHOUT REASON
- 186 0 0 0 HAIR IS COARSE AND/OR THINNING
- 187 0 0 0 WEAKNESS
- 188 0 0 0 FATIGUE
- 189 0 0 0 SKIN SENSITIVE TO TOUCH
- 190 0 0 0 TENDENCY TOWARD HIVES
- 191 0 0 0 NERVOUSNESS
- 192 0 0 0 HEADACHE
- 193 0 0 0 INSOMNIA
- 194 0 0 0 ANXIETY
- 195 0 0 0 ANOREXIA
- 196 0 0 0 INABILITY TO CONCENTRATE: CONFUSION
- 197 0 0 0 FREQUENT STUFFY NOSE; SINUS INFECTION
- 198 0 0 0 ALLERGY TO SOME FOODS
- 199 0 0 0 LOOSE JOINTS

FEMALE ONLY

- 200 0 0 0 VERY EASILY FATIGUED
- 201 0 0 0 PREMENSTRUAL TENSION
- 202 0 0 0 PAINFUL MENSES
- 203 0 0 0 DEPRESSED FEELINGS BEFORE PERIOD
- 204 0 0 0 EXCESSIVE AND PROLONGED PERIOD
- 205 0 0 0 PAINFUL BREASTS
- 206 0 0 0 MENSTRUATE TOO FREQUENTLY
- 207 0 0 0 VAGINAL DISCHARGE
- 208 0 0 0 HYSTERECTOMY/OVARIES REMOVED
- 209 0 0 0 MENOPAUSAL HOT FLASHES
- 210 0 0 0 MENSES SCANTY OR MISSED
- 211 0 0 0 ACNE, WORSE AT MENSES
- 212 0 0 0 LONG STANDING DEPRESSION

MALE ONLY

- 213 0 0 0 PROSTATE TROUBLE
- 214 0 0 0 URINATION DIFFICULT OR DRIBBLING
- 215 0 0 0 FREQUENT NIGHT TIME URINATION
- 216 0 0 0 DEPRESSION
- 217 0 0 0 PAIN ON INSIDE OF LEGS OR HEELS
- 218 0 0 0 FEELING OF INCOMPLETE BOWEL EVACUATION
- 219 0 0 0 LACK OF ENERGY
- 220 0 0 0 MIGRATING ACHES AND PAINS
- 221 0 0 0 TOO EASILY TIRED
- 222 0 0 0 AVOIDS ACTIVITY
- 223 0 0 0 LEG NERVOUSNESS AT NIGHT
- 224 0 0 0 DIMINISHED SEX DRIVE