SYSTEMS SURVEY FORM

(Restricted to Professional Use)

PATIENT	AGE	DOCTOR	DATE
1711LITI		200.0.	

<u>INSTRUCTIONS</u>: Circle the number that applies to you. If a symptom does not apply, leave it blank.
Circle either: (1) for MILD symptoms (occurs rarely), (2) for MODERATE symptoms (occurs several times a month), or (3) for SEVERE symptoms (occurs almost constantly).

	01 (0) 101 021	oymp			
president of the leading of the second			ROUP ONE		
1 - 1 2 3 Acid foods up		2 3 Gag			Appetite reduced
2 - 1 2 3 Get chilled, o			ble to relax, startles easily		Cold sweats often
3 – 1 2 3 "Lump" in thro			emities cold, clammy		Fever easily raised
4 - 1 2 3 Dry mouth-ey	es-nose 11 – 1	2 3 Stro	ng light irritates		Neuralgia-like pains
5 - 1 2 3 Pulse speeds			e amount reduced		Staring, blinks little
6 - 1 2 3 Keyed up - fa			rt pounds after retiring	20 – 1 2 3	Sour stomach frequent
7 - 1 2 3 Cuts heal slow	wly 14 – 1	2 3 "Nei	vous" stomach		
		GF	OUP TWO		
21 - 1 2 3 Joint stiffness	s after arising 29	-123	Digestion rapid	37 - 1 2 3 ⁶	"Slow starter"
22 - 1 2 3 Muscle-leg-to	e cramps at night 30	- 1 2 3	Vomiting frequent	38 - 1 2 3	Get "chilled" infrequently
23 - 1 2 3 "Butterfly" sto	mach, cramps 31	- 1 2 3	Hoarseness frequent	39 - 1 2 3	Perspire easily
24 - 1 2 3 Eyes or nose	watery 32	- 1 2 3	Breathing irregular	40 - 1 2 3	Circulation poor,
25 - 1 2 3 Eyes blink of	ten 33	- 1 2 3	Pulse slow; feels "irregular"		sensitive to cold
26 - 1 2 3 Eyelids swolle	en, puffy 34	- 1 2 3	Gagging reflex slow	41 - 1 2 3	Subject to colds,
27 – 1 2 3 Indigestion so	oon after meals 35	- 1 2 3	Difficulty swallowing	altred the co.	asthma, bronchitis
28 - 1 2 3 Always seem	hungry; 36	- 1 2 3	Constipation,		
feels "lighthea	aded" often		diarrhea alternating		A TOP OF THE PARTY
		GRO	OUP THREE		
42 - 1 2 3 Eat when ner	vous 49 – 1	2 3 He	art palpitates if meals	53 – 1 2 3	Crave candy or coffee
43 - 1 2 3 Excessive ap	petite	mis	ssed or delayed		in afternoons
44 - 1 2 3 Hungry between	een meals 50 - 1	2 3 Aft	ernoon headaches	54 - 1 2 3	Moods of depression -
45 - 1 2 3 Irritable before	re meals 51 – 1	2 3 Ov	ereating sweets upsets		"blues" or melancholy
46 - 1 2 3 Get "shaky" i	f hungry 52 – 1	2 3 Aw	aken after few hours sleep	55 – 1 2 3	Abnormal craving for
47 - 1 2 3 Fatigue, eatir	ng relieves	- h	ard to get back to sleep		sweets or snacks
48 - 1 2 3 "Lightheaded	" if meals delayed				i oth
		GR	OUP FOUR		
56 - 1 2 3 Hands and fe	et go to sleep 63 -		Get "drowsy" often	68 – 1 2 3	Bruise easily, "black
easily, numbr			Swollen ankles		and blue" spots
57 - 1 2 3 Sigh frequent			worse at night	69 – 1 2 3	Tendency to anemia
hunger"		1 2 3	Muscle cramps, worse	70 – 1 2 3	"Nose bleeds" frequent
58 – 1 2 3 Aware of "bre			during exercise; get	71 – 1 2 3	Noises in head, or
heavily"	711		"charley horses"		"ringing in ears"
59 – 1 2 3 High altitude	discomfort 66 -	123	Shortness of breath	72 – 1 2 3	Tension under the
60 - 1 2 3 Opens windo	ws in		on exertion		breastbone, or feeling
closed room	67 -	1 2 3	Dull pain in chest or		of "tightness",
61 - 1 2 3 Susceptible to	o colds		radiating into left arm,		worse on exertion
and fevers			worse on exertion		- Nage 1 1 1 1 1011
62 – 1 2 3 Afternoon "ya	wner"				

SYSTEMS SURVEY FORM - Page 2

		HILIDARISS DA. H. S. H.
74 - 1 2 3 Dry skin 75 - 1 2 3 Burning feet 84 76 - 1 2 3 Blurred vision 85 77 - 1 2 3 Itching skin and feet 86 78 - 1 2 3 Excessive falling hair 79 - 1 2 3 Frequent skin rashes 80 - 1 2 3 Bitter, metallic taste in mouth in mornings 89 81 - 1 2 3 Bowel movements	GROUP FIVE 3 - 1 2 3 Feeling queasy; headache over eyes 4 - 1 2 3 Greasy foods upset 5 - 1 2 3 Stools light-colored 6 - 1 2 3 Skin peels on foot soles 7 - 1 2 3 Pain between shoulder blades 8 - 1 2 3 Use laxatives 9 - 1 2 3 Stools alternate from soft to watery 1 - 1 2 3 History of gallbladder attacks or gallstones	 91 - 1 2 3 Sneezing attacks 92 - 1 2 3 Dreaming, nightmare type bad dreams 93 - 1 2 3 Bad breath (halitosis) 94 - 1 2 3 Milk products cause distress 95 - 1 2 3 Sensitive to hot weather 96 - 1 2 3 Burning or itching anus 97 - 1 2 3 Crave sweets
99 - 1 2 3 Lower bowel gas several 10 hours after eating	GROUP SIX 01 - 1 2 3 Coated tongue 02 - 1 2 3 Pass large amounts of foul-smelling gas 03 - 1 2 3 Indigestion 1/2 - 1 hour after	 104 - 1 2 3 Mucous colitis or "irritable bowel" 105 - 1 2 3 Gas shortly after eating r 106 - 1 2 3 Stomach "bloating" eating; may be up to 3-4 hours after
	GROUP SEVEN	
(A) 107 - 1 2 3 Insomnia 108 - 1 2 3 Nervousness 109 - 1 2 3 Can't gain weight 110 - 1 2 3 Intolerance to heat 111 - 1 2 3 Highly emotional 112 - 1 2 3 Flush easily 113 - 1 2 3 Night sweats 114 - 1 2 3 Thin, moist skin 115 - 1 2 3 Inward trembling 116 - 1 2 3 Heart palpitates 117 - 1 2 3 Increased appetite without weight gain 118 - 1 2 3 Pulse fast at rest 119 - 1 2 3 Eyelids and face twitch 120 - 1 2 3 Irritable and restless 121 - 1 2 3 Can't work under pressure	(C) 137 - 1 2 3 Failing memory 138 - 1 2 3 Low blood pressure 139 - 1 2 3 Increased sex drive 140 - 1 2 3 Headaches, "splitting or rendering" type 141 - 1 2 3 Decreased sugar tolerance (D) 142 - 1 2 3 Abnormal thirst 143 - 1 2 3 Bloating of abdomen 144 - 1 2 3 Weight gain around hips or waist	(E) 150 - 1 2 3 Dizziness 151 - 1 2 3 Headaches 152 - 1 2 3 Hot flashes 153 - 1 2 3 Increased blood pressure 154 - 1 2 3 Hair growth on face or body (female) 155 - 1 2 3 Sugar in urine (not diabetes) 156 - 1 2 3 Masculine tendencies (female) (F) 157 - 1 2 3 Weakness, dizziness 158 - 1 2 3 Chronic fatigue 159 - 1 2 3 Low blood pressure
(B) 122 - 1 2 3 Increase in weight 123 - 1 2 3 Decrease in appetite 124 - 1 2 3 Fatigue easily 125 - 1 2 3 Ringing in ears 126 - 1 2 3 Sleepy during day 127 - 1 2 3 Sensitive to cold 128 - 1 2 3 Dry or scaly skin 129 - 1 2 3 Constipation 130 - 1 2 3 Mental sluggishness 131 - 1 2 3 Hair coarse, falls out 132 - 1 2 3 Headaches upon arising wear off during day 133 - 1 2 3 Slow pulse, below 65 134 - 1 2 3 Frequency of urination 135 - 1 2 3 Reduced initiative	 145 - 1 2 3 Sex drive reduced or lacking 146 - 1 2 3 Tendency to ulcers, colitis 147 - 1 2 3 Increased sugar tolerance 148 - 1 2 3 Women: menstrual disorders 149 - 1 2 3 Young girls: lack of menstrual function 	 160 - 1 2 3 Nails, weak, ridged 161 - 1 2 3 Tendency to hives 162 - 1 2 3 Arthritic tendencies 163 - 1 2 3 Perspiration increase 164 - 1 2 3 Bowel disorders 165 - 1 2 3 Poor circulation 166 - 1 2 3 Swollen ankles 167 - 1 2 3 Crave salt 168 - 1 2 3 Brown spots or bronzing of skin 169 - 1 2 3 Allergies - tendency to asthma 170 - 1 2 3 Weakness after colds, influenza 171 - 1 2 3 Exhaustion - muscular and nervous 172 - 1 2 3 Respiratory disorders

GROUP EIGHT	FEMALE	ONLY	MALE ONLY		
173 - 1 2 3 Muscle weakness	200 - 1 2 3 Very eas	ilv fatiqued	213 – 1 2 3 Prostate trouble		
174 - 1 2 3 Lack of Stamina 175 - 1 2 3 Drowsiness after eating	201 – 1 2 3 Premens	100	214 – 1 2 3 Urination difficult		
176 – 1 2 3 Muscular soreness	202 – 1 2 3 Painful m				
177 - 1 2 3 Rapid heart beat	203 - 1 2 3 Depresse	The second	or dribbling		
178 - 1 2 3 Hyper-irritable 179 - 1 2 3 Feeling of a band around		enstruation	215 - 1 2 3 Night urination frequent		
your head			216 – 1 2 3 Depression		
180 - 1 2 3 Melancholia (feeling of	204 – 1 2 3 Menstrua		217 - 1 2 3 Pain on inside of		
sadness) 181 - 1 2 3 Swelling of ankles	and prolo		legs or heels		
182 – 1 2 3 Swelling of ankles	205 – 1 2 3 Painful b		218 - 1 2 3 Feeling of incomplete		
183 - 1 2 3 Tendency to consume	206 – 1 2 3 Menstrua	ite too frequently	bowel evacuation		
sweets or carbohydrates	207 – 1 2 3 Vaginal d	lischarge			
184 - 1 2 3 Muscle spasms	208 - 1 2 3 Hysterec	tomy/ovaries	219 - 1 2 3 Lack of energy		
185 - 1 2 3 Blurred vision	removed		220 - 1 2 3 Migrating aches and pains		
186 - 1 2 3 Loss of muscular control	209 - 1 2 3 Menopau	sal hot flashes	221 - 1 2 3 Tire too easily		
187 – 1 2 3 Numbness 188 – 1 2 3 Night sweats	210 - 1 2 3 Menses s		222 - 1 2 3 Avoids activity		
189 – 1 2 3 Rapid digestion	211 – 1 2 3 Acne, wo		223 - 1 2 3 Leg nervousness at night		
190 - 1 2 3 Sensitivity to noise			224 – 1 2 3 Diminished sex drive		
191 – 1 2 3 Redness of palms of hands and bottom of feet	212 – 1 2 3 Depressi	on or long standing	224 – 1 2 3 Diminished sex drive		
192 – 1 2 3 Visible veins on chest and	IMPORTANT				
abdomen	TO THE PATIENT: Please	list below the five ma	in physical complaints you have in order of		
193 – 1 2 3 Hemorrhoids 194 – 1 2 3 Apprehension (feeling that	their importance.				
something bad is going to	1.				
happen)					
195 – 1 2 3 Nervousness causing loss of appetite					
196 – 1 2 3 Nervousness with	3				
indigestion	4				
197 – 1 2 3 Gastritis 198 – 1 2 3 Forgetfulness	5				
199 – 1 2 3 Thinning hair	J				
	(TO BE COMPLETED	PV DOCTOR)			
Postural Blood Pressure: Recumbent	Stand	ing	Pulse		
Hema-Combistix Urine readings: -pH	Albumin r	oer cent	Glucosa per cent		
Tierna-combistix office readingspri	Albumin k	Jei Ceill	dideose per cerit		
Occult Blood pH of Saliva	pH of Sto	ol specimen	Weight		
Hemoglobin Blood Clotting Time					
Hemoglobin Blood Clotting Time	**************************************				
BARNES THYROID TE	ST	V			
This test was developed by Dr. Broda Barnes, M.D. and is a r	measurement of the underarm tem-		st at home to see if you may have a functional low thyroid. a digital one. When you use a digital one, place the probe		
perature to determine hypo and hyperthyroid states. The tes a.m. before leaving bed - with the temperature being taken for		under your arm for 5 minute	es then turn your machine on; continue on for an addition- regular one, shake down the night before.		
ed if the patient expends any energy prior to taking the test -	getting up for any reason, shaking				
down the thermometer, etc. It is important that the test be cone ing the prior positioning of both the thermometer and a clock			Temperature:		
PRE-MENSES FEMALES AND MENOPAL	JSAL FEMALES		Temperature:		
Any two days during the mor FEMALES HAVING MENSTRUAL			Temperature:		
The 2 nd and 3 rd day of flow OR any 5 days in a row.			Temperature:		
MALES			T		
Any 2 days during the mont	h.		Temperature:		

Date:_

_Temperature: _

CASE RECORD