SYSTEMS SURVEY FORM

(Restricted to Professional Use)

PATIENT	_AGE	DOCTOR	DATE

<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).

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		1951140	GROUP ONE		Western E. S. C.
1 - 1 2 3	Acid foods upset	8 - 1 2 3	Gag Easily	15 - 1 2	3 Appetite reduced
2 - 1 2 3	Get chilled, often	9 - 1 2 3	Unable to relax, startles easily	16 - 1 2	3 Cold sweats often
3 - 1 2 3	"Lump" in throat 1	0 - 1 2 3	Extremities cold, clammy	17 - 1 2	3 Fever easily raised
4 - 1 2 3	Dry mouth-eyes-nose 1	1 - 1 2 3	Strong light irritates	18 - 1 2	3 Neuralgia-like pains
5 - 1 2 3	Pulse speeds after meal 1	2 - 1 2 3	Urine amount reduced	19 - 1 2	3 Staring, blinks little
6 - 1 2 3	Keyed up - fail to calm 1	3 - 1 2 3	Heart pounds after retiring	20 - 1 2	3 Sour stomach frequen
7 - 1 2 3	Cuts heal slowly 1	4 - 1 2 3	"Nervous" stomach	in success and the second	
prose mie			GROUP TWO	the state of	
21 – 1 2 3	Joint stiffness after arising	29 – 1	2 3 Digestion rapid	37 - 1 2 3	"Slow starter"
22 - 1 2 3	Muscle-leg-toe cramps at nig	ht 30 - 1	2 3 Vomiting frequent	38 - 1 2 3	Get "chilled" infrequently
23 – 1 2 3	"Butterfly" stomach, 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 often	33 - 1	2 3 Pulse slow; feels "irregular	,,,	sensitive to cold
26 - 1 2 3	Eyelids swollen, puffy	34 - 1	2 3 Gagging reflex slow	41 - 1 2 3	Subject to colds,
27 – 1 2 3	Indigestion soon after meals	35 – 1	2 3 Difficulty swallowing		asthma, bronchitis
28 - 1 2 3	Always seem hungry;	36 – 1	2 3 Constipation,		
	feels "lightheaded" often		diarrhea alternating		own digital a Same - Bill
10115.0	y vouce to		GROUP THREE	178.00	
42 – 1 2 3	Eat when nervous	19 – 1 2 3	Heart palpitates if meals	53 - 1 2 3	3 Crave candy or coffee
	Excessive appetite			office Silverige	
	A residence of the second seco	50 – 1 2 3	Afternoon headaches	54 - 1 2 3	3 Moods of depression -
		51 – 1 2 3	Overeating sweets upsets		"blues" or melancholy
46 – 1 2 3			Awaken after few hours sleep	55 - 1 2 3	3 Abnormal craving for
	Fatigue, eating relieves		- hard to get back to sleep		sweets or snacks
	"Lightheaded" if meals delay	ed			
SAVE OF	yanisht si a ta a la		GROUP FOUR	Window is	cesservi 8 2 1 - Sil
56 – 1 2 3	Hands and feet go to sleep	63 - 1 2	2 3 Get "drowsy" often	68 – 1 2 3	Bruise easily, "black
	easily, numbness		2 3 Swollen ankles		and blue" spots
	Sigh frequently, "air		worse at night	69 – 1 2 3	Tendency to anemia
1.30	hunger"	65 – 1 2	2 3 Muscle cramps, worse		"Nose bleeds" frequent
58 – 1 2 3	Aware of "breathing		during exercise; get		Noises in head, or
	heavily"		"charley horses"		"ringing in ears"
59 – 1 2 3	High altitude discomfort	66 - 1 2	2 3 Shortness of breath		Tension under the
	Opens windows in		on exertion	priens noque:	breastbone, or feeling
affer colds,	closed room	67 – 1 2			of "tightness",
61 - 1 2 3	Susceptible to colds		radiating into left arm,		
	and fevers		worse on exertion		WOIGC OII CACITIOII
62 - 1 2 3	Afternoon "yawner"		WOIGO OII OAGILIOII		AND THE RESERVE OF THE PARTY OF
	agreement the second of the se	and the marks of the second section of	entry resolvent American in the continuous temperature for the continuous and the continuous and the continuous	a agricultura e e e e e e e e e e e e e e e e e e e	

SYSTEMS SURVEY FORM - Page 2

	3131EW3 30HVET FORW - Fage 2	
74 - 1 2 3 Dry skin 75 - 1 2 3 Burning feet 76 - 1 2 3 Blurred vision 77 - 1 2 3 Itching skin and feet 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 81 - 1 2 3 Bowel movements painful or difficult 82 - 1 2 3 Worrier, feels insecure 98 - 1 2 3 Loss of taste for meat hours after eating	over eyes 34 - 1 2 3 Greasy foods upset 35 - 1 2 3 Stools light-colored 36 - 1 2 3 Skin peels on foot soles 37 - 1 2 3 Pain between shoulder blades 38 - 1 2 3 Use laxatives 39 - 1 2 3 Stools alternate from soft to watery 30 - 1 2 3 History of gallbladder attacks or gallstones GROUP SIX 101 - 1 2 3 Coated tongue 102 - 1 2 3 Pass large amounts of foul-smelling gas 103 - 1 2 3 Indigestion 1/2 - 1 hour after	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 104 - 1 2 3 Mucous colitis or "irritable bowel" 105 - 1 2 3 Gas shortly after eating 106 - 1 2 3 Stomach "bloating" eating; may be up to 3-4 hours after
	CDOUD CEVEN	
(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 Inward trembling 116 - 1 2 3 Inereased appetite without weight gain 117 - 1 2 3 Increased appetite without weight gain 118 - 1 2 3 Eyelids and face twitch 120 - 1 2 3 Irritable and restless 121 - 1 2 3 Can't work under 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 Mental sluggishness 131 - 1 2 3 Hair coarse, falls out	(D) 142 - 1 2 3 Abnormal thirst 143 - 1 2 3 Bloating of abdomen	(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 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
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 Impaired hearing 136 – 1 2 3 Reduced initiative		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	ily fatigued	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		214 - 1 2 3 Urination difficult
176 - 1 2 3 Muscular soreness	202 - 1 2 3 Painful n		
177 – 1 2 3 Rapid heart beat	203 - 1 2 3 Depress	ad facilings	or dribbling
178 - 1 2 3 Hyper-irritable 179 - 1 2 3 Feeling of a band around		onetruption	215 – 1 2 3 Night urination frequent
your head	204 – 1 2 3 Menstrua	ation excessive	216 – 1 2 3 Depression
180 - 1 2 3 Melancholia (feeling of sadness)			217 – 1 2 3 Pain on inside of
181 – 1 2 3 Swelling of ankles	and prole		legs or heels
182 - 1 2 3 Diminished urination	205 – 1 2 3 Painful b		218 - 1 2 3 Feeling of incomplete
183 – 1 2 3 Tendency to consume sweets or carbohydrates	206 – 1 2 3 Menstrua		bowel evacuation
owooto or carbonyarates	207 – 1 2 3 Vaginal d		219 - 1 2 3 Lack of energy
184 – 1 2 3 Muscle spasms	208 – 1 2 3 Hystered	torriy/ovaries	220 - 1 2 3 Migrating aches and pain
185 – 1 2 3 Blurred vision 186 – 1 2 3 Loss of muscular control	removed		
187 – 1 2 3 Numbness	209 – 1 2 3 Menopau	addi fiot fladfiod	221 – 1 2 3 Tire too easily
188 - 1 2 3 Night sweats	210 – 1 2 3 Menses		222 - 1 2 3 Avoids activity
189 - 1 2 3 Rapid digestion 190 - 1 2 3 Sensitivity to noise	211 – 1 2 3 Acne, wo	orse at menses	223 - 1 2 3 Leg nervousness at night
191 - 1 2 3 Redness of palms of hands	212 - 1 2 3 Depressi	on of long standing	224 - 1 2 3 Diminished sex drive
and bottom of feet 192 - 1 2 3 Visible veins on chest and		IMPORT	ANIT
abdomen	TO THE PATIENT Please	IMPORT	n physical complaints you have in order of
193 - 1 2 3 Hemorrhoids	their importance.	ilst below the live man	i priysical complaints you have in order of
194 – 1 2 3 Apprehension (feeling that something bad is going to	1		
happen)	' -		
195 – 1 2 3 Nervousness causing loss	2		
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	D BY DOCTOR)	
Postural Blood Pressure: Recumbent	Stand	ling	Pulse
Hema-Combistix Urine readings: pH	Albumin p	per cent	Glucose per cent
Occult Blood pH of Saliva	nH of Cto	ol onooimon	Waight
Occuit blood ph of Saliva	pn or sto	ol specimen	Weight
Hemoglobin Blood Clotting Time			
DADNEC TUVDOID TE	O.T.		
BARNES THYROID TE This test was developed by Dr. Broda Barnes, M.D. and is a r			at home to see if you may have a functional low thyroid
perature to determine hypo and hyperthyroid states. The test a.m. before leaving bed - with the temperature being taken for	is conducted by the patient in the	under your arm for 5 minutes	a digital one. When you use a digital one, place the probes then turn your machine on; continue on for an addition-
ed if the patient expends any energy prior to taking the test -	getting up for any reason, shaking	al 5 minutes. When using a	regular one, shake down the night before.
down the thermometer, etc. It is important that the test be conding the prior positioning of both the thermometer and a clock		Date:	Temperature:
PRE-MENSES FEMALES AND MENOPAU	ISAL FEMALES	Date:	Temperature:
Any two days during the mor		Date:	Temperature:
The 2 nd and 3 rd day of flow OR any 5 day		Date:	Temperature:
MALES Any 2 days during the month	1.	Date:	Temperature:
		Date:	Temperature: Temperature:
		Date	iemperature.

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