

Patient Name _____ Date _____

Consider the following symptoms **BEFORE** and **AFTER** treatment. Rate each that pertains to you using these guidelines:

- 1= Occasionally have it, effect is not severe
- 2= Occasionally have it, effect is severe
- 3= Frequently have it, effect is not severe
- 4= Frequently have it, effect is severe

BEFORE	AFTER	BEFORE	AFTER
Neurologic		Emotional	
_____ Numbness or tingling in parts of the body	_____	_____ Depression	_____
_____ Multiple Sclerosis	_____	_____ Irritability	_____
_____ Shingles	_____	_____ Sudden anger	_____
_____ Epilepsy	_____	_____ Anxiety, fear, nervousness	_____
_____ Convulsions or seizures	_____	_____ Suicidal thoughts	_____
_____ Twitching of face or other muscles	_____	_____ Trouble making decisions	_____
_____ Tremors or shakes of hands, feet, head, etc	_____	_____ Mood swings	_____
_____ Any part of your body paralyzed	_____	Allergies	
_____ Considered jumpy	_____	_____ Hay fever	_____
_____ Considered nervous and jittery	_____	_____ Food allergies	_____
_____ Norcolepsy (Uncontrolled desire for sleep)	_____	_____ Chemical allergies	_____
Cardiovascular (Heart)		Energy/Activity	
_____ Heart attack	_____	_____ Fatigue, sluggishness	_____
_____ Unexplained chest pains	_____	_____ Restlessness	_____
_____ Tachycardia (racing heartbeat)	_____	_____ Apathy, lethargy	_____
_____ Angina (chest pain)	_____	_____ Tire easily	_____
_____ Heart murmur	_____	_____ Hyperactivity	_____
_____ High blood pressure	_____	_____ Tired when awoken in a.m.	_____
_____ Abnormal EKG (electrocardiogram)	_____	Eyes	
_____ Irregular heartbeat	_____	_____ Watery	_____
_____ Partial heart block	_____	_____ Itchy	_____
_____ Low blood pressure	_____	_____ Swollen, red	_____
_____ Endocarditis (heart infection)	_____	_____ Bags or dark circles	_____
Skin		_____ Blurred or tunnel vision	_____
_____ Unexplained rashes	_____	Head	
_____ Red color flushes	_____	_____ Headaches	_____
_____ Excessive itching	_____	_____ Insomnia	_____
_____ Rough skin	_____	_____ Faintness	_____
_____ Acne (pimples)	_____	_____ Dizziness	_____
_____ Do you frequently have dandruff	_____	Weight	
_____ Hair loss	_____	_____ Binge eating/drinking	_____
_____ Excessive sweating	_____	_____ Compulsive eating	_____
_____ Hives	_____	_____ Craving certain foods	_____
Ears		_____ Water retention	_____
_____ Itchy ears	_____	_____ Excessive weight	_____
_____ Hearing problems	_____	_____ Under weight	_____
_____ Ringing in ears	_____		
_____ Hissing in ears	_____		
_____ Drainage from ears	_____		
_____ Earaches, ear infections	_____		

BEFORE

AFTER

BEFORE

AFTER

Digestive Problems

- Bloated feeling after eating
- Heartburn
- Ulcers
- Diverticulitis
- Poor appetite
- Frequent urination during night
- Crohn's disease
- Grave's disease
- Constipation
- Frequent diarrhea
- Nausea
- Vomiting
- Colitis
- Blood in stool
- Diarrhea
- Abdominal pain
- Belching, passing gas

Joint/Muscles

- Pain or aches in joint
- Cramps in legs
- Stiffness, limitation of movement
- Feeling of weakness or tiredness
- Arthritis
- Osteoporosis
- Pain or aches in muscles

Lungs

- Chest congestion
- Difficulty breathing
- Pneumonia 1 or more times per year
- Bronchitis 1 or more times per year
- Shortness of breath
- Asthma
- Laryngitis 1 or more times per year

Mind

- Poor memory
- Learning disabilities
- Confusion, poor comprehension
- Difficulty making decisions
- Poor concentration
- Slurred speech
- Poor physical coordination
- Stuttering or stammering

Mouth/Throat

- Metallic taste in mouth
- Decreased saliva
- Chronic coughing
- Canker sores
- Gagging
- Frequently clearing throat
- Bleeding gums
- Increased saliva
- Sore throat
- Loss of voice
- Loosening teeth, periodontal disease
- Hoarseness
- Swollen/discolored tongue or gums

Nose

- Stuffy Nose
- Hay fever
- Excessive mucus formation
- Bloody nose
- Sneezing attacks
- Dry, crusty membranes
- Sinus problems
- Loss of smell

Endocrine

- Under active thyroid
- Over active thyroid
- Diabetes
- Menstruation painful
- Cold hands or feet
- Irregular menstruation
- Chronically sub-normal temperature
- Prostrate problems