

Review of Symptoms - please circle all current symptoms & underline past symptoms.

General

cold hands & feet cold intolerance low body temperature daytime sleepiness difficulty falling asleep early waking fatigue fever flushina heat intolerance night waking nightmares no dream recall Head, Eyes, Ears coniunctivitis distorted sense of smell distorted taste ear fullness ear ringing/buzzing lid margin redness eye crusting eye pain hearing loss hearing problems headache migraine sensitivity to loud noises vision problems (other than glasses) macular degeneration vitreous detachment retinal detachment

Musculoskeletal

back muscle spasm calf cramps chest tightness foot cramps joint deformity joint pain joint redness joint stiffness muscle pain muscle spasms muscle stiffness muscle twitches - around eyes muscle twitches - arms & legs muscle weakness tendonitis tension headache TMJ problems

Mood/Nerves

agoraphobia anxiety auditory hallucinations black-put concentration difficulty balance difficulty thinking difficulty judgment problems difficulty with speech fainting dizziness fearfulness irritability light-headedness numbness phobias panic attacks paranoia seizures suicidal thoughts tingling tremor/trembling visual hallucinations

Eating

binge eating bulimia can't gain weight can't lose weight can't maintain healthy weight frequent dieting poor appetite salt cravings carbohydrate cravings (bread/pasta) sweet cravings (candy, cookies, cakes) chocolate cravings caffeine dependency Digestion anal spasms bad teeth bleeding gums bloating of lower abdomen bloating of whole abdomen bloating after meal blood in stools burping cold sores constipation cracking at corner of lips cramps dentures with poor chewing diarrhea alternating diarrhea/constipation difficulty swallowing dry mouth excess flatulence/gas fissures food "repeat"/reflux gas heartburn hemorrhoids indigestion nausea upper abdominal pain vomiting jaundice/yellow eyes,skin abnormal liver function tests

lower abdominal pain mucus in stools periodontal/gum disease sore tongue strong stool odor undigested food in stools Intolerance to: lactose all dairy wheat gluten corn eggs fatty foods veast fermented foods

Skin Problems

acne on: back chest face shoulders athlete's foot bumps on back of upper arms cellulite dark circles under eyes ears get red easv bruising lack of sweating eczema hives jock itch lackluster skin moles with changes oily skin pale skin patchy dullness rash red face sensitivity to bites sensitivity to poison ivy/oak shingles skin darkening strong body odor hair loss vitiligo itching skin: in general anus arms ear canals eves feet hands legs nipples nose penis roof of mouth scalp throat



Review of symptoms, continued - circle current, underline past symptoms.

Skin, Dryness of;

eyes feet cracking? peeling? hair hair unmanageable hands cracking? peeling? mouth/throat scalp dandruff? skin in general

Nails

bitten brittle curve up frayed fungus - fingers fungus- toes pitting ragged cuticles ridges soft thickening of fingernails thickening of toenails white spots/lines

Lymph Nodes

enlarged/neck tender/neck other enlarged/tender

Respiratory

bad breath bad odor in nose cough - dry cough - productive hoarseness sore throat Hay Fever; spring fall summer change of seasons nasal stuffiness nose bleeds post nasal drip sinus fullness sinus infection snoring wheezing winter stuffiness

Cardiovascular

angina/chest pain breathlessness heart murmur irregular pulse palpitations phlebitis swollen ankles/feet varicose veins

Urinary

bed wetting hesitancy (trouble getting started) infection kidney disease leaking/incontinence pain/burning prostate infection urgency

Male Reproductive

discharge from penis ejaculation problem genital pain impotence prostate or urinary infection lumps in testicle poor libido/sex drive

Female Reproductive

breast cysts breast lumps breast tenderness ovarian cyst poor libido/sex drive vaginal discharge vaginal odor vaginal itch vaginal pain with sex Premenstrual symptoms: bloating breast tenderness carbohydrate cravings chocolate cravings constipation diarrhea decreased sleep fatique increased sleep irritability Menstrual symptoms: cramps heavy periods irregular periods no periods scanty periods spotting between

Please list any other symptoms and details not listed above: