

Energy & Immunity

- Allergies
- Anemia
- Catch colds easily
- Fatigue (chronic)
- Thyroid problems

Mind & Emotions

- Anxiety/Excessive worry
- Depression/Sadness
- Insomnia
- Irritability
- Mood swings
- Vivid dreams

Respiratory

- Asthma
- Cough
- Difficulty breathing
- Night sweats
- Shortness of breath
- Sinus infections
- Spontaneous sweating
- Wheezing

Cardiovascular

- Chest pain
- Cold hands & feet
- High blood pressure
- Low blood pressure
- Palpitations
- Rapid heart beat

Ears, Nose, Throat &**Eyes**

- Bad taste in mouth
- Bleeding gums/Mouth sores
- Blurry vision
- Cataracts
- Dry mouth
- Eye Dryness
- Excessive phlegm

- Excessive thirst
- Fainting
- Floaters or spots
- Frequent sore throat
- Glaucoma
- Loss of voice
- Nosebleeds
- Poor night vision
- Post-nasal drip
- Tinnitus
- Swollen glands

Skin

- Acne
- Brittle nails
- Changes in moles/lumps
- Dry hair or hair loss
- Dry, itchy skin
- Easy bruising
- Eczema
- Excessive sweating
- Hives
- Night sweating
- Rashes
- Psoriasis

Gastro-intestinal

- Abdominal pain
- Bad breath
- Belching
- Bloating
- Constipation
- Diarrhea
- Excessive hunger
- Gas
- Heartburn/Acid reflux
- Hemorrhoids
- Hiccups
- Lack of appetite
- Laxative use
- Mucus/Blood in stool
- Nausea/Vomiting

- Sudden weight change
- Ulcers
- Dietary restrictions (list)

Neurological

- Numbness/Tingling
- Paralysis
- Poor memory
- Seizures
- Tics
- Tremors
- Vertigo/Dizziness

Musculoskeletal

- Arthritis
- Fibromyalgia
- Headaches/migraines
- Joint pain
- Muscle cramps
- Muscle spasms
- Swelling
- Tendonitis
- Weak muscles

Kidney/Urinary

- Burning
- Edema/Swelling
- Frequent/Urgent urination
- Incontinence
- Kidney stones
- Painful urination
- Prone to UTI's

Male Health

- Decreased libido
- Discharge from penis
- Genital itching
- Groin pain
- Impotence

- Premature ejaculation
- Prostatitis
- STD_____

Female Health

- Age of first menses _____
- Date of last menses _____
- Duration of flow ___ days
- Length of cycle ___ days
- Heavy flow
- Light flow
- Irregular cycle
- Bleeding between periods
- Clots in menstrual blood
- Before/during/after period:
- Moodiness
- Breast tenderness
- Headaches
- Low back pain
- Menstrual cramps

Current form of contraception

For how long _____

of children born _____

of miscarriages _____

of abortions _____

Pregnancy complications

Would you like to conceive in the future?

STD_____

- Abnormal PAP smear
- Breast lumps
- Decreased libido
- Endometriosis
- Frequent yeast infections
- Hot flashes
- Ovarian cysts
- Unusual vaginal discharge
- Uterine fibroids
- Vaginal dryness