Nutritec Software Symptom Survey

NAME:	DATE:
Phone:	E-mail:
Fax:	DOB://
Sex: 🗌 Male 🗌 Female	e Tissue Calcium:
Height:	Weight:
Blood Pressure: Pulse:_	
Sitting: Laying:	Standing:

INSTRTIONS: Completely black out one of the three circles: 1-mild, 2-moderate, 3-severe

- O O MILD symptoms (once or twice last 6 months)
- ● MODERATE symptoms (once or twice last month)
- ○ SEVERE symptoms (Chronic, once or twice last week)
- ○ Leave circles **BLANK** if they do not apply to you!

	GROUP 1 Acid foods upset
2000	Feel chilled often
	"Lump" in throat Dry mouth-eyes-nose
	Pulse speeds after meals
5 O O O 6 O O O	Keyed up; unable to feel calm
7 O O O 8 O O O	Cuts heal slowly
.000 .000	Gag easily Unable to relax; startles easily
10 0 0 0	Extremities cold and/or clammy
11 0 0 0	
12 O O O 13 O O O	Urine amount reduced Heart pounds after retiring
	"Nervous" stomach
15 0 0 0	Appetite reduced
$16 \bigcirc \bigcirc$	Cold sweats often Body temperature rises easily
17 0 0 0 18 0 0 0	Skin sensitive to touch
19 O O Q	Staring, blinks little
20 0 0 0	Frequently has a sour stomach
21 O O O	GROUP 2 Joint stiffness after rising
22000	Muscle-leg-toe cramps at night
$\begin{array}{c} \overline{}\\ 23 \\ 24 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ $	"Butterfly" stomach, cramps
$\begin{array}{c} 24 \\ 25 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ 0 \\ $	Eyes or nose watery
$25 \circ 0 \circ 0$	Eyes blink often Eyelids swollen or puffy
27 0 0 0	Indigestion soon after meals
$28 \bigcirc 0 \bigcirc 0$ $29 \bigcirc 0 \bigcirc 0$	Always seems hungry; "lightheaded" often
30 0 0 0	Food digests rapidly Vomit frequently
31000	Frequently hoarse
32 0 0 0	Irregular breathing
$33 \bigcirc \bigcirc \bigcirc \\34 \bigcirc \bigcirc \bigcirc \bigcirc$	Pulse slow or feels "irregular" Slow gag reflex
35 0 0 0	Difficulty swallowing
36 0 0 0	Alternating constipation and diarrhea
37 O O O 38 O O O	"Slow starter"
3° 0 0 0 39 0 0 0	Not easily chilled Perspire easily
40 0 0 0	Poor circulation or sensitive to cold
41 0 0 0	Subject to colds, asthma, bronchitis
42 0 0 0	GROUP 3
42 0 0 0	Eat when nervous Excessive appetitie

1 2 3 44 0 0 0	GROUP 3 continued
44 0 0 0	Hungry between meals
45 O O O 46 O O O	Irritable before meals
46000	Get "shaky" if hungry
47000	Feeling fatigued, eating relieves "Lightheaded" if meals delayed
40 0 0 0	Heart palpitates if meals missed or delayed
50 0 0 0	Afternoon headaches
51 0 0 0	Upset feeling from excessive eating of sweets
$52 \bigcirc 0 \bigcirc 0$	Awaken after few hours sleep hard to get back
	to sleep
53 0 0 0	Crave candy or coffee in afternoons
54 O O O	Moods of depression "blues" or melancholy
55 O O O	Abnormal craving for sweets or snacks
	GROUP 4
56 O O O	Hands and feet go to sleep easily, numbness
57 O O O	Sigh frequently, "air hunger"
58 Õ Õ Õ	Aware of "breathing heavily"
59 () () ()	Discomfort at high altitude
	Opens windows in closed room
	Susceptible to colds and fevers
	Afternoon yawner
63 0 0 0	Get "drowsy" often
64 0 0 0	Swollen ankles worse at night
65 () () ()	Muscle cramps, worse during exercise; "charley-horse"
66 () () ()	Shortness of breath on exertion
67 0 0 0	Dull pain in chest or radiating into left arm,
0,000	worse on exertion
68 0 0 0	Bruise easily,"black/blue"spots on arms or legs
69 0 0 0	Tendency to anemia
70 0 0 0	Frequently have "nose bleeds"
71 0 0 0	"Ringing in ears" or noises in head
72 () ()	Tension under the breast-bone, or feeling of
	"tightness" in the chest, gets worse on exertion
	GROUP 5
73000	Dizziness
74 0 0 0	Dry skin
75 O O O	Burning feet
76 O O O	Blurred vision
76 O O O	Blurred vision Itching skin and feet
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1 2 107 O C 108 O C 109 O C		GROUP 7A Insomnia Nervousness Can't gain weight
110 O C 111 O C 112 O C 113 O C 114 O C		Intolerance to heat Highly emotional Flush easily Night sweats Skin is thin and moist
115 O C 116 O C 117 O C 118 O C		Inward trembling Heart palpitates Increased appetite without weight gain Pulse races when resting
119 O (120 O (121 O (Eyelids and face twitch Irritable and restless Can't work under pressure GROUP 7B
122 () 123 () 124 () 125 ()	88	Noticeable weight gain Decrease in appetite Easily fatigued Ringing in ears
126 O (127 O (128 O (129 O (Sleepy during day Sensitive to cold Dry or scaly skin Constipation
130 () 131 () 132 () 133 ()	200	Mental sluggishness Hair coarse, falls out Headaches upon arising wear off during day Pulse slow, below 65
134 O (135 O (136 O (O C	Frequent urination Impaired hearing Reduced initiative GROUP 7C
137 () 138 () 139 () 140 ()	\mathbf{O}	Failing memory Low blood pressure Increased sex drive Headaches, "splitting or rending" type
141 0 0	õõ	Decreased sugar tolerance
142 O C 143 O C	00	Abnormal thirst Bloating of the abdomen
144 O C 145 O C 146 O C	<u> </u>	Weight gain around hips or waist Sex drive reduced or lacking
146 O C 147 O C 148 O C 149 O C		Tendency toward ulcers and/or colitis Increased sugar tolerance (FEMALE) Menstrual disorders (YOUNG GIRLS) Lack of menstrual function
150 O C	00	GROUP 7E Dizziness Headaches
152 O C 153 O C	\mathbf{O}	Hot flashes Increased blood pressure
154 O C 155 O C 156 O C		(FEMALE) Hair growth on face or body Sugar in urine (not diabetes) (FEMALE) Masculine tendencies
157 () (158 () (159 () (GROUP 7F Weakness and/or dizziness Chronic fatigue Low blood pressure
160 O (161 O (Nails weak and/or ridged Tendency towards hives
163 O (Arthritic tendencies Perspiration increase
165 🔿 🤇		Bowel disorders Poor circulation Swollen ankles
166 () 167 () 168 ()	0 0	Crave salt Brown spots or bronzing of skin
168 O (169 O (170 O (O C	Allergies - tendency to asthma Weakness after colds or influenza
171 ()		Muscular and nervous exhaustion Respiratory disorders

1 2 3	GROUP 8		
173 () () () () () () () () () () () () ()	Apprehension Irritability		
175 () () ()) Morbid fears		
176 O O O 177 O O O) Never seems to get well) Forgetfulness		
178 () () ()) Indigestion		
179 O O C	Poor appetite		
	Craving for sweets Muscular soreness		
182 () () ()	Depression; feelings of dread		
183 O O C	O Noise sensitivity		
184 0 0 0	 Acoustic hallucinations Tendency to cry without reason 		
	Hair is coarse and/or thinning		
	Weakness		
	Skin sensitive to touch		
190 () () ()) Tendency towards hives		
) Nervousness) Headache		
193 () () ()) Insomnia		
194 O O C	O Anxiety		
	 Anorexia Inability to concentrate; confusion 		
197 〇 〇 〇	Frequent stuffy nose; sinus infections		
	Allergy to some foods		
199 0 0 0	Coose jointsFEMALE ONLY		
200 0 0 0	Very easily fatigued		
201 0 0 0	O Premenstrual tension		
202 0 0 0	 Painful menses Depressed feelings before menstruation 		
204 0 0 0	Excessive and prolonged menstruation		
205 0 0 0	Painful breasts		
206 O O O 207 O O O	 ✓ Menstruate too frequently ✓ Vaginal discharge 		
208 0 0 0	D Hysterectomy / ovaries removed		
209 0 0 0	Menopausal hot flashes		
210 O O O 211 O O O	Menses scanty or missed		
211 0 0 0	 J Acne, worse at menses J Long standing depression 		
	MALE ONLY		
213 () () ()			
214 O O C 215 O O C			
	 Frequent night-time urination Depression 		
217 0 0 0) Pain on inside of legs or heels		
	Feeling of incomplete bowel evacuation		
) Lack of energy) Migrating aches and pains		
221 0 0 0	Too easily tired		
	Avoids activity		
) Leg nervousness at night) Diminished sex drive		
List below yo	ur five main physical complaints in order of importance:		
1			
2	·······		
3			
4			
5			
Notes:			