

Please place a check mark for symptoms or diseases you have had in the past. Circle the name of any symptoms or diseases you currently are experiencing.

**General Symptoms**

- Tremors
- Headache
- Migraines
- Fever
- Chills
- Cold hands / feet
- Sweating
- Fainting / Dizziness / Vertigo
- Motion sickness
- Convulsions
- Loss of sleep / Insomnia
- Fatigue
- Nervousness
- Depression
- Loss of weight
- Forgetfulness
- Numbness or pain in arms, hands, elbows, shoulders, hips, legs, knees, feet
- Confusion
- Paralysis
- Other

**Eyes, Ears, Nose, Throat**

- Failing vision
- Eye pain or sensitivity
- Eye strain
- Blurry vision
- Cross-eyed
- Eye inflammation
- Glaucoma
- Cataracts
- Color blindness
- Spots / lines in vision
- Deafness
- Earache
- Loss of hearing
- Ear discharge
- Ear noises, ringing
- Nosebleeds
- Nasal obstruction
- Nasal drainage
- Loss of smell
- Sinus infection
- Hay fever
- Allergies
- Sore throat
- Hoarseness
- Difficult speech
- Difficult swallowing
- Loss of taste or changes in taste
- Dental decay
- Gum problems
- Tonsillitis

- Asthma / Bronchitis / Pneumonia
- Frequent colds / flu
- Thyroid problems
- Enlarged / swollen glands
- Other

**Skin, Hair, Nails**

- Skin eruptions
- Eczema / Psoriasis
- Itching
- Clammy skin
- Dryness
- Bruise easily
- Cuts heal slowly
- Boils
- Rashes
- Moles / warts
- Sensitive skin
- Hives or allergy
- Hair problems
- Finger / toenail problems
- Other

**Respiratory**

- Chronic cough
- Spitting up phlegm
- Spitting up blood
- Chest pain
- Difficulty breathing
- Wheezing
- Other

**Cardio-vascular**

- Rapid beating heart
- Slow beating heart
- Irregular beating heart
- High blood pressure
- Low blood pressure
- Pain over heart
- Previous stroke
- Hardening of arteries
- Swelling of ankles
- Poor circulation
- Paralytic stroke
- Varicose veins
- High cholesterol
- Low cholesterol
- Anemia
- Other

**Muscle & Joints**

- Stiff neck or neck pain
- Pain between shoulders
- Backache
- Painful tailbone

- Foot, toe, or heel problems
- Hand, wrist, or finger problems
- Hernia
- Spinal curvature
- Faulty posture
- Swollen joints
- Stiff joints
- Painful joints
- Arthritis
- Sore muscles
- Weak muscles
- Walking problems
- Sciatica
- Other

**Genitourinary**

- Frequent urination
- Scanty urine
- Painful urination
- Blood in urine
- Pus in urine
- Kidney infection or stones
- Bed wetting
- Inability to control urine
- Bladder problems
- Foul smelling urine
- Discolored / cloudy urine
- Urinary tract infections
- Other

**Gastrointestinal**

- Eating disorder
- Poor appetite
- Excessive hunger
- Difficult chewing
- Belching
- Bad breath
- Nausea
- Gas
- Indigestion
- Heartburn
- Vomiting
- Vomiting of blood
- Pain in abdominal area
- Distension of abdomen / bloating
- Constipation
- Diarrhea
- Undigested food in stool
- Black stool
- Blood in stool
- Mucous in stool
- Colon problems
- Anal problems
- Hemorrhoids

- Intestinal worms
- Liver problems
- Gallbladder problems / stones
- Jaundice
- Colitis
- Weight problems
- Other

**Female**

- PMS
- Painful menstrual periods
- Excessive flow
- Hot flashes
- Irregular cycle
- Period cramps or backache
- Previous miscarriage
- Vaginal discharge
- Vaginal pain
- Breast pain
- Lumps in breast
- Menopausal symptoms
- Abnormal bleeding
- Reduced sex drive
- Pregnancy
- Pregnancy complications
- Abnormal Pap tests
- Other

**Male**

- Prostate problems
- Genital pain or problems
- Reduced sex drive
- Premature ejaculation
- Seminal emission
- Impotence
- Discharges
- Other

**Other**

- Edema
- Hepatitis
- Herpes
- Cancer
- Diabetes
- TB
- Epilepsy
- Alcoholism / substance abuse
- Mental / emotional disorder
- HIV+ / AIDS
- Venereal disease
- Other