



Lake Cities Chiropractic Center  
Optimal Health through nutrition

# Nutrition Analysis



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# SYMPTOM SURVEY FORM



Patient \_\_\_\_\_ Doctor \_\_\_\_\_ Date \_\_\_\_\_

Birth Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Approx Weight \_\_\_\_\_ Sex: Male  Female

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Vegetarian: Yes  No

INSTRUCTIONS: Fill in only the circles which apply to you.

- ○ ○ MILD symptoms (occurred once or twice last 6 months).
- ● ○ MODERATE symptoms (occurred once or twice last month).
- ○ ● SEVERE symptoms (chronic, occurred once or twice last week).
- ○ ○ Leave circles **BLANK** if they don't apply to you!

1 2 3

- 52 ○ ○ ○ Awaken after few hours sleep - hard to get back to sleep
- 53 ○ ○ ○ Crave candy or coffee in afternoons
- 54 ○ ○ ○ Moods of depression - "blues" or melancholy
- 55 ○ ○ ○ Abnormal craving for sweets or snacks

### GROUP 4 - Cardio-Vascular

- 56 ○ ○ ○ Hands and feet go to sleep easily, numbness
- 57 ○ ○ ○ Sigh frequently, "air hunger"
- 58 ○ ○ ○ Aware of "breathing heavily"
- 59 ○ ○ ○ High altitude discomfort
- 60 ○ ○ ○ Opens windows in closed rooms
- 61 ○ ○ ○ Susceptible to colds and fevers
- 62 ○ ○ ○ Afternoon "yawner"
- 63 ○ ○ ○ Get "drowsy" often
- 64 ○ ○ ○ Swollen ankles, worse at night
- 65 ○ ○ ○ Muscle cramps, worse during exercise; get "charley horses"
- 66 ○ ○ ○ Shortness of breath on exertion
- 67 ○ ○ ○ Dull pain in chest or radiating into left arm, worse on exertion
- 68 ○ ○ ○ Bruise easily, "black and blue" spots
- 69 ○ ○ ○ Tendency to anemia
- 70 ○ ○ ○ "Nose bleeds" frequent
- 71 ○ ○ ○ Noises in head, or "ringing in ears"
- 72 ○ ○ ○ Tension under the breastbone, or feeling of "tightness", worse on exertion

### GROUP 5 - Biliary / Liver

- 73 ○ ○ ○ Dizziness
- 74 ○ ○ ○ Dry skin
- 75 ○ ○ ○ Burning feet
- 76 ○ ○ ○ Blurred vision
- 77 ○ ○ ○ Itching skin and feet
- 78 ○ ○ ○ Excessive falling hair
- 79 ○ ○ ○ Frequent skin rashes
- 80 ○ ○ ○ Bitter, metallic taste in mouth in mornings
- 81 ○ ○ ○ Bowel movements painful or difficult
- 82 ○ ○ ○ Worrier, feels insecure
- 83 ○ ○ ○ Feeling queasy; headache over eyes
- 84 ○ ○ ○ Greasy foods upset
- 85 ○ ○ ○ Stools light colored
- 86 ○ ○ ○ Skin peels on foot soles
- 87 ○ ○ ○ Pain between shoulder blades
- 88 ○ ○ ○ Use laxatives
- 89 ○ ○ ○ Stools alternate from soft to watery
- 90 ○ ○ ○ History of gallbladder attacks or gallstones
- 91 ○ ○ ○ Sneezing attacks
- 92 ○ ○ ○ Dreaming, nightmare type bad dreams
- 93 ○ ○ ○ Bad breath (halitosis)
- 94 ○ ○ ○ Milk products cause distress
- 95 ○ ○ ○ Sensitive to hot weather
- 96 ○ ○ ○ Burning or itching anus
- 97 ○ ○ ○ Crave sweets

### GROUP 6 - Digestive

- 98 ○ ○ ○ Loss of taste for meat
- 99 ○ ○ ○ Lower bowel gas several hours after eating
- 100 ○ ○ ○ Burning stomach sensations, eating relieves
- 101 ○ ○ ○ Coated tongue
- 102 ○ ○ ○ Pass large amounts of foul-smelling gas
- 103 ○ ○ ○ Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
- 104 ○ ○ ○ Mucous colitis or "irritable bowel"
- 105 ○ ○ ○ Gas shortly after eating
- 106 ○ ○ ○ Stomach "bloating" after eating

### 1 2 3 GROUP 1 - Sympathetic Dominance

- 1 ○ ○ ○ Acid foods upset
- 2 ○ ○ ○ Get chilled often
- 3 ○ ○ ○ "Lump" in throat
- 4 ○ ○ ○ Dry mouth-eyes-nose
- 5 ○ ○ ○ Pulse speeds after meal
- 6 ○ ○ ○ Keyed up - fail to calm
- 7 ○ ○ ○ Cut heals slowly
- 8 ○ ○ ○ Gag easily
- 9 ○ ○ ○ Unable to relax; startles easily
- 10 ○ ○ ○ Extremities cold, clammy
- 11 ○ ○ ○ Strong light irritates
- 12 ○ ○ ○ Urine amount reduced
- 13 ○ ○ ○ Heart pounds after retiring
- 14 ○ ○ ○ "Nervous" stomach
- 15 ○ ○ ○ Appetite reduced
- 16 ○ ○ ○ Cold sweats often
- 17 ○ ○ ○ Fever easily raised
- 18 ○ ○ ○ Neuralgia-like pains
- 19 ○ ○ ○ Staring, blinks little
- 20 ○ ○ ○ Sour stomach often

### GROUP 2 - Parasympathetic Dominance

- 21 ○ ○ ○ Joint stiffness on arising
- 22 ○ ○ ○ Muscle-leg-toe cramps at night
- 23 ○ ○ ○ "Butterfly" stomach, cramps
- 24 ○ ○ ○ Eyes or nose watery
- 25 ○ ○ ○ Eyes blink often
- 26 ○ ○ ○ Eyelids swollen, puffy
- 27 ○ ○ ○ Indigestion soon after meals
- 28 ○ ○ ○ Always seems hungry; feels "lightheaded" often
- 29 ○ ○ ○ Digestion rapid
- 30 ○ ○ ○ Vomiting frequent
- 31 ○ ○ ○ Hoarseness frequent
- 32 ○ ○ ○ Breathing irregular
- 33 ○ ○ ○ Pulse slow; feels "irregular"
- 34 ○ ○ ○ Gagging reflex slow
- 35 ○ ○ ○ Difficulty swallowing
- 36 ○ ○ ○ Constipation, diarrhea alternating
- 37 ○ ○ ○ "Slow starter"
- 38 ○ ○ ○ Get "chilled" infrequently
- 39 ○ ○ ○ Perspire easily
- 40 ○ ○ ○ Circulation poor, sensitive to cold
- 41 ○ ○ ○ Subject to colds, asthma, bronchitis

### GROUP 3 - Sugar Handling

- 42 ○ ○ ○ Eat when nervous
- 43 ○ ○ ○ Excessive appetite
- 44 ○ ○ ○ Hungry between meals
- 45 ○ ○ ○ Irritable before meals
- 46 ○ ○ ○ Get "shaky" if hungry
- 47 ○ ○ ○ Fatigue, eating relieves
- 48 ○ ○ ○ "Lightheaded" if meals delayed
- 49 ○ ○ ○ Heart palpitates if meals missed or delayed
- 50 ○ ○ ○ Afternoon headaches
- 51 ○ ○ ○ Overeating sweets upsets

- 1 2 3 GROUP 7A - Hyperthyroid**
- 107    Insomnia
  - 108    Nervousness
  - 109    Can't gain weight
  - 110    Intolerance to heat
  - 111    Highly emotional
  - 112    Flush easily
  - 113    Night sweats
  - 114    Thin, moist skin
  - 115    Inward trembling
  - 116    Heart palpitates
  - 117    Increased appetite without weight gain
  - 118    Pulse fast at rest
  - 119    Eyelids and face twitch
  - 120    Irritable and restless
  - 121    Can't work under pressure

- GROUP 7B - Hypothyroid**
- 122    Increase in weight
  - 123    Decrease in appetite
  - 124    Fatigue easily
  - 125    Ringing in ears
  - 126    Sleepy during day
  - 127    Sensitive to cold
  - 128    Dry or scaly skin
  - 129    Constipation
  - 130    Mental sluggishness
  - 131    Hair coarse, falls out
  - 132    Headaches upon arising, wear off during day
  - 133    Slow pulse, below 65
  - 134    Frequency of urination
  - 135    Impaired hearing
  - 136    Reduced initiative

- GROUP 7C - Hyperpituitary**
- 137    Failing memory
  - 138    Low blood pressure
  - 139    Increased sex drive
  - 140    Headaches, "splitting or rending" type
  - 141    Decreased sugar tolerance

- GROUP 7D - Hypopituitary**
- 142    Abnormal thirst
  - 143    Bloating of abdomen
  - 144    Weight gain around hips or waist
  - 145    Sex drive reduced or lacking
  - 146    Tendency to ulcers, colitis
  - 147    Increased sugar tolerance
  - 148    Women: menstrual disorders
  - 149    Young girls: lack of menstrual function

- GROUP 7E - Hyperadrenal**
- 150    Dizziness
  - 151    Headaches
  - 152    Hot flashes
  - 153    Increased blood pressure
  - 154    Hair growth on face or body (female)
  - 155    Sugar in urine (not diabetes)
  - 156    Masculine tendencies (female)

- GROUP 7F - Hypoadrenal**
- 157    Weakness, dizziness
  - 158    Chronic fatigue
  - 159    Low blood pressure
  - 160    Nails weak, ridged
  - 161    Tendency to hives
  - 162    Arthritic tendencies
  - 163    Perspiration increase
  - 164    Bowel disorders
  - 165    Poor circulation
  - 166    Swollen ankles
  - 167    Crave salt
  - 168    Brown spots or bronzing of skin
  - 169    Allergies - tendency to asthma

- 1 2 3**
- 170    Weakness after colds, influenza
  - 171    Exhaustion - muscular and nervous
  - 172    Respiratory disorders

- GROUP 8 - Foundational**
- 173    Apprehension
  - 174    Irritability
  - 175    Morbid fears
  - 176    Never seems to get well
  - 177    Forgetfulness
  - 178    Indigestion
  - 179    Poor appetite
  - 180    Craving for sweets
  - 181    Muscular soreness
  - 182    Depression; feelings of dread
  - 183    Noise sensitivity
  - 184    Acoustic hallucinations
  - 185    Tendency to cry without reason
  - 186    Hair is coarse and/or thinning
  - 187    Weakness
  - 188    Fatigue
  - 189    Skin sensitive to touch
  - 190    Tendency toward hives
  - 191    Nervousness
  - 192    Headache
  - 193    Insomnia
  - 194    Anxiety
  - 195    Anorexia
  - 196    Inability to concentrate; confusion
  - 197    Frequent stuffy nose; sinus infections
  - 198    Allergy to some foods
  - 199    Loose joints

- FEMALE ONLY**
- 200    Very easily fatigued
  - 201    Premenstrual tension
  - 202    Painful menses
  - 203    Depressed feelings before menstruation
  - 204    Menstruation excessive and prolonged
  - 205    Painful breasts
  - 206    Menstruate too frequently
  - 207    Vaginal discharge
  - 208    Hysterectomy / ovaries removed
  - 209    Menopausal hot flashes
  - 210    Menses scanty or missed
  - 211    Acne, worse at menses
  - 212    Depression of long standing

- MALE ONLY**
- 213    Prostate trouble
  - 214    Urination difficult or dribbling
  - 215    Night urination frequent
  - 216    Depression
  - 217    Pain on inside of legs or heels
  - 218    Feeling of incomplete bowel evacuation
  - 219    Lack of energy
  - 220    Migrating aches and pains
  - 221    Tire too easily
  - 222    Avoids activity
  - 223    Leg nervousness at night
  - 224    Diminished sex drive

List the five main complaints you have in the order of their importance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_