



## Rapha Wellness Center Symptom Survey Form

Name: \_\_\_\_\_

Sex: Male Female

Date: \_\_\_\_\_

☐ ☐ ☐ DO NOT FILL circles that do not apply.

☒ ☐ ☐ MILD

☐ ☒ ☐ MODERATE

☐ ☐ ☒ SEVERE

### GROUP 1

- ☐ ☐ ☐ Acid foods upset
- ☐ ☐ ☐ Get chilled often
- ☐ ☐ ☐ "Lump" in throat
- ☐ ☐ ☐ Dry mouth-eyes-nose
- ☐ ☐ ☐ Pulse speeds after meal
- ☐ ☐ ☐ Keyed up - fail to calm
- ☐ ☐ ☐ Cut heals slowly
- ☐ ☐ ☐ Gag easily
- ☐ ☐ ☐ Unable to relax; startles easily
- ☐ ☐ ☐ Extremities cold, clammy
- ☐ ☐ ☐ Strong light irritates
- ☐ ☐ ☐ Urine amount reduced
- ☐ ☐ ☐ Heart pounds after retiring
- ☐ ☐ ☐ "Nervous" stomach
- ☐ ☐ ☐ Appetite reduced
- ☐ ☐ ☐ Cold sweats often
- ☐ ☐ ☐ Fever easily raised
- ☐ ☐ ☐ Neuralgia-like pains
- ☐ ☐ ☐ Staring, blinks little
- ☐ ☐ ☐ Sour stomach often

### GROUP 2

- ☐ ☐ ☐ Joint stiffness on arising
- ☐ ☐ ☐ Muscle-leg-toe cramps at night
- ☐ ☐ ☐ "Butterfly" stomach, cramps
- ☐ ☐ ☐ Eyes or nose watery
- ☐ ☐ ☐ Eyes blink often
- ☐ ☐ ☐ Eyelids swollen, puffy
- ☐ ☐ ☐ Indigestion soon after meals
- ☐ ☐ ☐ Always seems hungry; feels "lightheaded" often
- ☐ ☐ ☐ Digestion rapid
- ☐ ☐ ☐ Vomiting frequent
- ☐ ☐ ☐ Hoarseness frequent
- ☐ ☐ ☐ Breathing irregular
- ☐ ☐ ☐ Pulse slow; feels "irregular"
- ☐ ☐ ☐ Gagging reflex slow
- ☐ ☐ ☐ Difficulty swallowing
- ☐ ☐ ☐ Constipation, diarrhea alternating
- ☐ ☐ ☐ "Slow starter"
- ☐ ☐ ☐ Get "chilled" infrequently
- ☐ ☐ ☐ Perspire easily
- ☐ ☐ ☐ Circulation poor, sensitive to cold
- ☐ ☐ ☐ Subject to colds, asthma, bronchitis

### GROUP 3

- ☐ ☐ ☐ Eat when nervous
- ☐ ☐ ☐ Excessive appetite
- ☐ ☐ ☐ Hungry between meals
- ☐ ☐ ☐ Irritable before meals
- ☐ ☐ ☐ Get "shaky" if hungry
- ☐ ☐ ☐ Fatigue, eating relieves
- ☐ ☐ ☐ "Lightheaded" if meals delayed
- ☐ ☐ ☐ Heart palpitates if meals missed or delayed
- ☐ ☐ ☐ Afternoon headaches
- ☐ ☐ ☐ Overeating sweets upsets
- ☐ ☐ ☐ Awaken after few hours sleep - hard to get back to sleep
- ☐ ☐ ☐ Crave candy or coffee in afternoons
- ☐ ☐ ☐ Moods of depression - "blues" or melancholy
- ☐ ☐ ☐ Abnormal craving for sweets or snacks

### GROUP 4

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

### GROUP 5

- ☐ ☐ ☐ Dizziness
- ☐ ☐ ☐ Dry skin
- ☐ ☐ ☐ Burning feet
- ☐ ☐ ☐ Blurred vision
- ☐ ☐ ☐ Itching skin and feet
- ☐ ☐ ☐ Excessive falling hair
- ☐ ☐ ☐ Frequent skin rashes
- ☐ ☐ ☐ Bitter, metallic taste in mouth in mornings
- ☐ ☐ ☐ Bowel movements painful or difficult
- ☐ ☐ ☐ Worrier, feels insecure
- ☐ ☐ ☐ Feeling queasy; headache over eyes
- ☐ ☐ ☐ Greasy foods upset
- ☐ ☐ ☐ Stools light colored
- ☐ ☐ ☐ Skin peels on foot soles
- ☐ ☐ ☐ Pain between shoulder blades
- ☐ ☐ ☐ Use laxatives
- ☐ ☐ ☐ Stools alternate from soft to watery
- ☐ ☐ ☐ History of gallbladder attacks or gallstones
- ☐ ☐ ☐ Sneezing attacks
- ☐ ☐ ☐ Dreaming, nightmare type bad dreams
- ☐ ☐ ☐ Bad breath (halitosis)
- ☐ ☐ ☐ Milk products cause distress
- ☐ ☐ ☐ Sensitive to hot weather
- ☐ ☐ ☐ Burning or itching anus
- ☐ ☐ ☐ Crave sweets

**GROUP 6**

- ☐ Loss of taste for meat
- ☐ Lower bowel gas several hours after eating
- ☐ Burning stomach sensations, eating relieves
- ☐ Coated tongue
- ☐ Pass large amounts of foul-smelling gas
- ☐ Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
- ☐ Mucous colitis or "irritable bowel"
- ☐ Gas shortly after eating
- ☐ Stomach "bloating" after eating
- ☐ Weakness after colds, influenza
- ☐ Exhaustion - muscular and nervous
- ☐ Respiratory disorders

**GROUP 7A**

- ☐ Insomnia
- ☐ Nervousness
- ☐ Can't gain weight
- ☐ Intolerance to heat
- ☐ Highly emotional
- ☐ Flush easily
- ☐ Night sweats
- ☐ Thin, moist skin
- ☐ Inward trembling
- ☐ Heart palpitates
- ☐ Increased appetite without weight gain
- ☐ Pulse fast at rest
- ☐ Eyelids and face twitch
- ☐ Irritable and restless
- ☐ Can't work under pressure

**GROUP 7B**

- ☐ Increase in weight
- ☐ Decrease in appetite
- ☐ Fatigue easily
- ☐ Ringing in ears
- ☐ Sleepy during day
- ☐ Sensitive to cold
- ☐ Dry or scaly skin
- ☐ Constipation
- ☐ Mental sluggishness
- ☐ Hair course, falls out
- ☐ Headaches upon arising, wear off during day
- ☐ Slow pulse, below 65
- ☐ Frequency of urination
- ☐ Impaired hearing
- ☐ Reduced initiative

**GROUP 7C**

- ☐ Failing memory
- ☐ Low blood pressure
- ☐ Increased sex drive
- ☐ Headaches, "splitting or rending" type
- ☐ Decreased sugar tolerance

**GROUP 7D**

- ☐ Abnormal thirst
- ☐ Bloating of abdomen
- ☐ Weight gain around hips or waist
- ☐ Sex drive reduced or lacking
- ☐ Tendency to ulcers, colitis
- ☐ Increased sugar tolerance
- ☐ Women: menstrual disorders
- ☐ Young girls: lack of menstrual function

**GROUP 7E**

- ☐ Dizziness
- ☐ Headaches
- ☐ Hot flashes
- ☐ Increased blood pressure
- ☐ Hair growth on face or body (female)
- ☐ Sugar in urine (not diabetes)
- ☐ Masculine tendencies (female)

**GROUP 7F**

- ☐ Weakness, dizziness
- ☐ Chronic fatigue
- ☐ Low blood pressure
- ☐ Nails weak, ridged
- ☐ Tendency to hives
- ☐ Arthritic tendencies
- ☐ Perspiration increase
- ☐ Bowel disorders
- ☐ Poor circulation
- ☐ Swollen ankles
- ☐ Crave salt
- ☐ Brown spots or bronzing of skin
- ☐ Allergies – tendency to asthma

**GROUP 8**

- ☐ Apprehension
- ☐ Irritability
- ☐ Morbid fears
- ☐ Never seems to get well
- ☐ Forgetfulness
- ☐ Indigestion
- ☐ Poor appetite
- ☐ Craving for sweets
- ☐ Muscular soreness
- ☐ Depression; feelings of dread
- ☐ Noise sensitivity
- ☐ Acoustic hallucinations
- ☐ Tendency to cry without reason
- ☐ Hair is coarse and/or thinning
- ☐ Weakness
- ☐ Fatigue
- ☐ Skin sensitive to touch
- ☐ Tendency toward hives
- ☐ Nervousness
- ☐ Headaches
- ☐ Insomnia
- ☐ Anxiety
- ☐ Anorexia
- ☐ Inability to concentrate; confusion
- ☐ Frequent stuffy nose; sinus infections
- ☐ Allergy to some foods
- ☐ Loose joints

**FEMALE ONLY**

- ☐ Very easily fatigued
- ☐ Premenstrual tension
- ☐ Painful menses
- ☐ Depressed feelings before menstruation
- ☐ Menstruation excessive and prolonged
- ☐ Painful breasts
- ☐ Menstruate too frequently
- ☐ Vaginal discharge
- ☐ Hysterectomy / ovaries removed
- ☐ Menopausal hot flashes
- ☐ Menses scanty or missed
- ☐ Acne, worse at menses
- ☐ Depression of long standing

**MALE ONLY**

- ☐ Prostate trouble
- ☐ Urination difficult or dribbling
- ☐ Night urination frequent
- ☐ Depression
- ☐ Pain on inside of legs or heels
- ☐ Feeling of incomplete bowel evacuation
- ☐ Lack of energy
- ☐ Migrating aches and pains
- ☐ Tire too easily
- ☐ Avoids activity
- ☐ Leg nervousness at night
- ☐ Diminished sex drive

**List your five main complaints in the order of their importance:**

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