

1 2 3 ----- GROUP 7A -----

- 107    Insomnia
- 108    Nervousness
- 109    Can't gain weight
- 110    Intolerance to heat
- 111    Highly emotional
- 112    Flush easily
- 113    Night sweats
- 114    Skin is thin and moist
- 115    Inward trembling
- 116    Heart palpitates
- 117    Increased appetite without weight gain
- 118    Pulse races when resting
- 119    Eyelids and face twitch
- 120    Irritable and restless
- 121    Can't work under pressure

----- GROUP 7B -----

- 122    Noticeable weight gain
- 123    Decrease in appetite
- 124    Easily fatigued
- 125    Ringing in ears
- 126    Sleepy during day
- 127    Sensitive to cold
- 128    Dry or scaly skin
- 129    Constipation
- 130    Mental sluggishness
- 131    Hair course, falls out
- 132    Headaches upon arising wear off during day
- 133    Pulse slow, below 65
- 134    Frequent urination
- 135    Impaired hearing
- 136    Reduced initiative

----- GROUP 7C -----

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

----- GROUP 7D -----

- 142    Abnormal thirst
- 143    Bloating of the abdomen
- 144    Weight gain around hips or waist
- 145    Sex drive reduced or lacking
- 146    Tendency toward ulcers and/or colitis
- 147    Increased sugar tolerance
- 148    (FEMALE) Menstrual disorders
- 149    (YOUNG GIRLS) Lack of menstrual function

----- GROUP 7E -----

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

----- GROUP 7E -----

- 157    Weakness and/or dizziness
- 158    Chronic fatigue
- 159    Low blood pressure
- 160    Nails weak and/or ridged
- 161    Tendency towards 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
- 170    Weakness after colds or influenza
- 171    Muscular and nervous exhaustion
- 172    Respiratory disorders

1 2 3 ----- GROUP 8 -----

- 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 course and/or thinning
- 187    Weakness
- 188    Fatigue
- 189    Skin sensitive to touch
- 190    Tendency towards 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    Excessive and prolonged menstruation
- 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    Long standing depression

----- MALE ONLY -----

- 213    Prostate trouble
- 214    Urination difficult or dribbling
- 215    Frequent night-time urination
- 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    Too easily tired
- 222    Avoids activity
- 223    Leg nervousness at night
- 224    Diminished sex drive

List below your five main physical complaints in order of importance:

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

Notes: