advanced ALLERGEase

Symptoms

confidential

Name (Last, First, Middle)	Date:

Please Check All Symptoms You Currently Have or Have Had Within the Past Year:

General
- Chills
- Low Energy
- Dizziness
- Allergies
- Fatigue
- Fevers
- Excess Thirst
- Insomnia
- Nervousness
- Numbness
- Sweat Spontaneously
- Night Sweating
- Lack of Sweating
- Weight Loss
- Weight Gain
- Aversion to Heat
- Aversion to Cold

Head and Neck
- Blurred Vision
- Heaviness in the Head
- Headache
- Phlegm in Throat
- Cataract
- Double Vision
- Earache
- Ear Discharge
- Eye Pain/Strain
- Nasal Obstruction
- Nasal Discharge
- Loss of Sense of Smell
- Hearing Loss
- Hoarseness
- Nosebleeds
- Recurrent Sore Throat
- Red/Inflamed Eye
- Ringing in Ear
- Sinus Problems
- Sores on Lips
- Sores on Tongue
- Taste Change
- Teeth Problems
- Vision – see halos

Respiratory
- Asthma
- Hay Fever
- Persistent Cough
- Coughing Blood
- Shortness of Breath
- Recurrent Bronchitis
- Phlegm Production
- Difficulty Inhaling
- Difficulty Exhaling

Cardiovascular
- Chest Pain
- High Blood Pressure
- Low Blood Pressure
- Irregular Heart Beat
- Poor Circulation
- Swelling of Ankles
- Varicose Veins
- Distention in Chest

Gastrointestinal
- Abdominal Pain
- Bloating
- Belching
- Gas
- Constipation
- Diarrhea/Loose Stools
- Bloody Stools
- Black Stools
- Difficulty Swallowing
- Heartburn/Reflux
- Hemorrhoids
- Indigestion
- Poor Appetite
- Stomachache
- Nausea
- Vomiting
- Vomiting Blood

Diet
- Vegetarian
- Healthy Diet
- Eat Much Fried Foods
- Eat Much Meat
- Smoke Cigarettes
- Drink Alcohol
- Drink Coffee
- Eat a Lot of Sweets

Emotional
- Insomnia
- Irritability
- Often Feel Angry
- Troubling Dreams
- Cry Uncontrollably
- Feel Sad A Lot
- Forgetful
- Mind Not Clear
- Anxiety
- Much Fear
- Unrestrained Joy
- Terrors
- Difficulty Expressing Emotion

Genitourinary
- Dilute Urine
- Dark Urine
- Blood In Urine
- Cloudy Urine
- Burning Urination
- Scanty Urine
- Profuse Urine
- Frequent Urination
- Poor Bladder Control
- Urgency to Urinate

Musculoskeletal

Pain, weakness, numbness in:
- Arms
- Feet
- Hands
- Joints
- Legs
- Hips
- Neck
- Shoulders
- Pain All Over
- Cold Limbs
- Knee Problems
- Low Back Pain
- All Over Weakness
- Lack of Strength
- Broken Bones

Skin
- Thick Skin
- Thin Skin
- Broken Blood Vessels
- Blood Not Clotting
- Bruise Easily
- Discoloration
- Dark Circles Around Eyes
- Bags Under Eyes
- Lumps in Groin
- Lumps Underarm
- Dry Skin
- Acne
- Brittle Nails
- Premature Gray Hair
- Dry, Brittle Hair
- Hair Falling Out

Weight
- Underweight
- Normal for Height
- Overweight
- Very Overweight

Neurological
- Fainting
- Convulsing
- Handwriting Change
- Paralysis
- Seizures
- Tremor
- Recent Clumsiness
- Drowsiness
- Vertigo

Women Only
- Abnormal Pap Smear
- Bleed Between Periods
- Irregular Periods
- Heavy Periods
- < 25 day cycle
- > 35 day cycle
- Endometriosis
- Painful Periods
- Premenstrual Tension
- Breast Lumps
- Contraceptives
- Sores on Genitalia
- Low Sexual Energy
- Vaginal Discharge
- Menopausal
- Uterine Prolapse
- Facial Hair
- Loss of Head Hair
- May Be Pregnant

Significant Illness
- Arthritis
- AIDS
- Auto Immune Disease
- Cancer
- Connective Tissue Disease
- Gallstones
- Heart Disease
- Hepatitis
- Hypertension
- Kidney Stones
- Rheumatic Fever
- Thyroid Disease
- Venereal Disease

Lifestyle
- Exercise Regularly
- Exercise Excessively
- Take Steroids
- Take Melatonin
- Use Drugs

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