



Healthy By Choice • Not By Chance

SYSTEMS SURVEY FORM

(Restricted to Professional Use)

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PATIENT _____ AGE _____ HEALTH CARE PROFESSIONAL _____ DATE _____

INSTRUCTIONS: Circle the number that applies to you. If a symptom does not apply, leave it blank.
 Circle either: (1) for MILD symptoms (occurs rarely), (2) for MODERATE symptoms (occurs several times a month),
 or (3) for SEVERE symptoms (occurs almost constantly).

GROUP 1

- | | | |
|-----------------------------------|--|-----------------------------------|
| 1 – 1 2 3 Acid foods upset | 8 – 1 2 3 Unable to relax, startles easily | 15 – 1 2 3 Cold sweats often |
| 2 – 1 2 3 Get chilled, often | 9 – 1 2 3 Extremities cold, clammy | 16 – 1 2 3 Get heated easily |
| 3 – 1 2 3 “Lump” in throat | 10 – 1 2 3 Strong light irritates | 17 – 1 2 3 Nerve discomfort |
| 4 – 1 2 3 Dry mouth-eyes-nose | 11 – 1 2 3 Occasionally weak urine flow | 18 – 1 2 3 Staring, blinks little |
| 5 – 1 2 3 Pulse speeds after meal | 12 – 1 2 3 Heart pounds after retiring | 19 – 1 2 3 Sour stomach frequent |
| 6 – 1 2 3 Keyed up - fail to calm | 13 – 1 2 3 “Nervous” stomach | |
| 7 – 1 2 3 Gag occasionally | 14 – 1 2 3 Appetite reduced occasionally | |

GROUP 2

- | | | |
|--|---|---|
| 20 – 1 2 3 Joint stiffness after arising | 28 – 1 2 3 Digestion rapid | 36 – 1 2 3 “Slow starter” |
| 21 – 1 2 3 Muscle-leg-toe cramps at night | 29 – 1 2 3 Vomiting occasionally | 37 – 1 2 3 Get “chilled” |
| 22 – 1 2 3 “Butterfly” stomach, cramps | 30 – 1 2 3 Hoarseness frequent | 38 – 1 2 3 Perspire easily |
| 23 – 1 2 3 Eyes or nose watery | 31 – 1 2 3 Uneven breathing | 39 – 1 2 3 Sensitive to cold |
| 24 – 1 2 3 Eyes blink often | 32 – 1 2 3 Pulse slow | 40 – 1 2 3 Upper respiratory challenges |
| 25 – 1 2 3 Eyelids swollen, puffy | 33 – 1 2 3 Gagging reflex slow | |
| 26 – 1 2 3 Indigestion soon after meals | 34 – 1 2 3 Difficulty swallowing | |
| 27 – 1 2 3 Always seem hungry; feels “lightheaded” often | 35 – 1 2 3 Temporary constipation or diarrhea | |

GROUP 3

- | | | |
|---|--|--|
| 41 – 1 2 3 Eat when nervous | 48 – 1 2 3 Heart palpitates if meals missed or delayed | 52 – 1 2 3 Crave candy or coffee in afternoons |
| 42 – 1 2 3 Excessive appetite | | |
| 43 – 1 2 3 Hungry between meals | 49 – 1 2 3 Fatigue in afternoons | 53 – 1 2 3 Moods of “blues” or melancholy |
| 44 – 1 2 3 Irritable before meals | 50 – 1 2 3 Overeating sweets upsets | |
| 45 – 1 2 3 Get “shaky” if hungry | 51 – 1 2 3 Awaken after few hours’ sleep - hard to get back to sleep | 54 – 1 2 3 Craving for sweets or snacks |
| 46 – 1 2 3 Fatigue, eating relieves | | |
| 47 – 1 2 3 “Lightheaded” if meals delayed | | |

GROUP 4

- | | | |
|--|---|---|
| 55 – 1 2 3 Hands and feet go to sleep easily, numbness | 62 – 1 2 3 Get “drowsy” often | 67 – 1 2 3 Skin discolors easily after impact |
| 56 – 1 2 3 Sigh frequently, “air hunger” | 63 – 1 2 3 Swollen ankles worse at night | 68 – 1 2 3 Tendency to anemia |
| 57 – 1 2 3 Aware of “breathing heavily” | 64 – 1 2 3 Muscle cramps, worse during exercise; get “charley horses” | 69 – 1 2 3 Noises in head, or “ringing in ears” |
| 58 – 1 2 3 High altitude discomfort | 65 – 1 2 3 Difficulty catching breath, especially during exercise | 70 – 1 2 3 Fatigue upon exertion |
| 59 – 1 2 3 Opens windows in closed room | 66 – 1 2 3 Tightness or pressure in chest, worse on exertion | |
| 60 – 1 2 3 Immune system challenges | | |
| 61 – 1 2 3 Afternoon “yawner” | | |

GROUP 5

- | | | |
|--|---|--|
| 71 - 1 2 3 Dizziness | 81 - 1 2 3 Nausea occasionally after eating | 88 - 1 2 3 Sneezing attacks |
| 72 - 1 2 3 Dry skin | 82 - 1 2 3 Greasy foods upset | 89 - 1 2 3 Dreaming, nightmare type bad dreams |
| 73 - 1 2 3 Burning feet | 83 - 1 2 3 Stools light-colored | 90 - 1 2 3 Bad breath (halitosis) |
| 74 - 1 2 3 Blurred vision | 84 - 1 2 3 Skin peels on foot soles | 91 - 1 2 3 Milk products cause upset |
| 75 - 1 2 3 Itching skin and feet | 85 - 1 2 3 Discomfort between shoulder blades | 92 - 1 2 3 Sensitive to hot weather |
| 76 - 1 2 3 Hair loss | 86 - 1 2 3 Occasional laxative use | 93 - 1 2 3 Burning or itching anus |
| 77 - 1 2 3 Occasional skin rashes | 87 - 1 2 3 Stools alternate from soft to watery | 94 - 1 2 3 Crave sweets |
| 78 - 1 2 3 Bitter, metallic taste in mouth in mornings | | |
| 79 - 1 2 3 Occasional constipation | | |
| 80 - 1 2 3 Worrier, feels insecure | | |

GROUP 6

- | | | |
|--|---|--------------------------------------|
| 95 - 1 2 3 Loss of taste for meat | 98 - 1 2 3 Coated tongue | 101 - 1 2 3 Watery or loose stool |
| 96 - 1 2 3 Lower bowel gas several hours after eating | 99 - 1 2 3 Pass large amounts of foul-smelling gas | 102 - 1 2 3 Gas shortly after eating |
| 97 - 1 2 3 Burning stomach sensations, eating relieves | 100 - 1 2 3 Indigestion ½ - 1 hour after eating; may be up to 3-4 hours after | 103 - 1 2 3 Stomach "bloating" |

GROUP 7

GROUP 7A

- 104 - 1 2 3 Difficulty sleeping
 105 - 1 2 3 On edge
106 - 1 2 3 Can't gain weight
 107 - 1 2 3 Intolerance to heat
 108 - 1 2 3 Highly emotional
 109 - 1 2 3 Flush easily
 110 - 1 2 3 Night sweats
 111 - 1 2 3 Thin, moist skin
 112 - 1 2 3 Inward trembling
 113 - 1 2 3 Heart races
 114 - 1 2 3 Increased appetite without weight gain
115 - 1 2 3 Pulse fast at rest
 116 - 1 2 3 Eyelids and face twitch
117 - 1 2 3 Irritable and restless
 118 - 1 2 3 Can't work under pressure

GROUP 7B

- 119 - 1 2 3 Increase in weight
 120 - 1 2 3 Decrease in appetite
 121 - 1 2 3 Fatigue easily
 122 - 1 2 3 Ringing in ears
 123 - 1 2 3 Sleepy during day
 124 - 1 2 3 Sensitive to cold
 125 - 1 2 3 Dry or scaly skin
 126 - 1 2 3 Temporary constipation
 127 - 1 2 3 Mental sluggishness
 128 - 1 2 3 Hair coarse, falls out
 129 - 1 2 3 Tension in head upon arising wears off during day
 130 - 1 2 3 Slow pulse, below 65
 131 - 1 2 3 Changing urinary function
 132 - 1 2 3 Sounds appear diminished
 133 - 1 2 3 Reduced initiative

GROUP 7C

- 134 - 1 2 3 Failing memory with age
 135 - 1 2 3 Increased sex drive
 136 - 1 2 3 Episodes of tension in head
 137 - 1 2 3 Decreased sugar tolerance

GROUP 7D

- 138 - 1 2 3 Abnormal thirst
 139 - 1 2 3 Bloating of abdomen
 140 - 1 2 3 Weight gain around hips or waist
 141 - 1 2 3 Sex drive reduced or lacking
 142 - 1 2 3 Tendency for stomach issues
 143 - 1 2 3 Increased sugar tolerance
 144 - 1 2 3 Menstrual disorders

GROUP 7E

- 145 - 1 2 3 Dizziness
 146 - 1 2 3 Headaches
 147 - 1 2 3 Hot flashes
 148 - 1 2 3 Hair growth on face or body (female)
 149 - 1 2 3 Sugar in urine (not diabetes)
 150 - 1 2 3 Masculine tendencies (female)

GROUP 7F

- 151 - 1 2 3 Weakness, dizziness
 152 - 1 2 3 Tired throughout day
 153 - 1 2 3 Nails, weak, ridged
 154 - 1 2 3 Sensitive skin
 155 - 1 2 3 Stiff joints
 156 - 1 2 3 Perspiration increase
 157 - 1 2 3 Bowel discomfort
 158 - 1 2 3 Poor circulation
 159 - 1 2 3 Swollen ankles
 160 - 1 2 3 Craves salt
 161 - 1 2 3 Areas of skin darkening
 162 - 1 2 3 Upper respiratory sensitivity
 163 - 1 2 3 Tiredness
 164 - 1 2 3 Breathing challenges

GROUP 8	FEMALE ONLY	MALE ONLY
165 – 1 2 3 Muscle weakness	192 – 1 2 3 Very easily fatigued	202 – 1 2 3 Less involved in exercise/social activities
166 – 1 2 3 Lack of stamina	193 – 1 2 3 Premenstrual tension	203 – 1 2 3 Difficult to postpone urination
167 – 1 2 3 Drowsiness after eating	194 – 1 2 3 Menses more painful than usual	204 – 1 2 3 Weak urinary stream
168 – 1 2 3 Muscular soreness	195 – 1 2 3 Depressed feelings before menstruation	205 – 1 2 3 Feeling of “blues” or melancholy
169 – 1 2 3 Heart races	196 – 1 2 3 Painful breasts during menses	206 – 1 2 3 Feeling of incomplete bowel evacuation
170 – 1 2 3 Hyper-irritable	197 – 1 2 3 Menstruate too frequently	207 – 1 2 3 Lack of energy
171 – 1 2 3 Feeling of a band around your head	198 – 1 2 3 Hysterectomy/ovaries removed	208 – 1 2 3 Muscles in arms and legs seem softer/smaller
172 – 1 2 3 Melancholia (feeling of sadness)	199 – 1 2 3 Menopausal hot flashes	209 – 1 2 3 Tire too easily
173 – 1 2 3 Swelling of ankles	200 – 1 2 3 Menses scanty or missed	210 – 1 2 3 Avoids activity
174 – 1 2 3 Change in urinary function	201 – 1 2 3 Acne, worse at menses	211 – 1 2 3 Leg nervousness at night
175 – 1 2 3 Tendency to consume sweets/carbohydrates		212 – 1 2 3 Diminished sex drive
176 – 1 2 3 Muscle spasms		
177 – 1 2 3 Blurred vision		
178 – 1 2 3 Involuntary muscle action		
179 – 1 2 3 Numbness		
180 – 1 2 3 Night sweats		
181 – 1 2 3 Rapid digestion		
182 – 1 2 3 Sensitivity to noise		
183 – 1 2 3 Redness of palms of hands and bottom of feet		

IMPORTANT

TO THE PATIENT: Please list below the five main physical complaints you have in order of their importance.

1. _____
2. _____
3. _____
4. _____
5. _____

TO BE COMPLETED BY HEALTH CARE PROFESSIONAL

Postural Blood Pressure: Recumbent _____ Standing _____ Pulse _____

Hema-Combistix Urine readings: pH _____ Albumin per cent _____ Glucose per cent _____

Occult Blood _____ pH of Saliva _____ pH of Stool specimen _____ Weight _____

Hemoglobin _____ Blood Clotting Time _____

BARNES THYROID TEST

This test was developed by Dr. Broda Barnes, M.D. and is a measurement of the underarm temperature to determine hypo and hyperthyroid states. The test is conducted by the patient in the a.m. before leaving bed - with the temperature being taken for 10 minutes. The test is invalidated if the patient expends any energy prior to taking the test - getting up for any reason, shaking down the thermometer, etc. It is important that the test be conducted for exactly 10 minutes, making the prior positioning of both the thermometer and a clock important.

PRE-MENSES FEMALES AND MENOPAUSAL FEMALES (Any two days during the month)
FEMALES HAVING MENSTRUAL CYCLES (The 2nd and 3rd day of flow or any 5 days in a row)
MALES (Any 2 days during the month)

RESTRICTIONS ON USE

THE SYSTEMS SURVEY IS TO BE USED ONLY BY TRAINED HEALTH CARE PRACTITIONERS. IF YOU ARE A PATIENT, YOU SHOULD NOT USE THE SYSTEMS SURVEY. IF YOU ARE NOT A TRAINED HEALTH CARE PRACTITIONER, YOU SHOULD NOT USE THE SYSTEMS SURVEY. HEALTH CARE PRACTITIONERS SHOULD ONLY USE THE SYSTEMS SURVEY TO PROVIDE SERVICES THAT ARE WITHIN THE SCOPE OF THEIR LICENSE OR PROFESSIONAL TRAINING. THE SYSTEMS SURVEY IS NOT INTENDED TO DIAGNOSE ANY DISEASE. THE SYSTEMS SURVEY IS INTENDED TO BE USED AS A HELPFUL TOOL FOR HEALTH CARE PRACTITIONERS IN COLLECTING INFORMATION CONCERNING THE HEALTH AND WELLNESS OF PATIENTS.

CASE RECORD

Name _____ Date _____ Telephone _____

Address _____ City _____ State _____ Zip _____

Age _____ Weight _____ Height _____ Sex _____

Occupation _____ Married _____

History of Illness and Treatment: _____

Operations, Accidents or Injuries: _____

Present Illness or Complaints: _____

Diagnostic Summary: _____

Recommendations and Progress: _____
