

RESPIRATORY

- ☒ Shortness of breath when standing or walking
- ☒ Tobacco smoker *formerly - 10 years*
- ☐ Easy coughing of mucus
- ☐ Difficulty swallowing mucus
- ☐ Rapid, shallow breather
- ☐ Sometimes wake up choking or gasping for breath
- ☐ Yawns frequently
- ☐ Sometimes hyperventilates
- ☒ Frequent chest colds */sore throat*

CARDIOVASCULAR

- ☐ Slow, strong pulse
- ☐ Fast, light pulse
- ☒ Frequent physical activity
- ☐ Warm bodied
- ☒ Cold bodied
- ☐ Sometimes dizzy or faint
- ☐ Hands warm, sweaty
- ☐ Hands cold, clammy or dry
- ☐ Palpitations either as an adolescent or before menses
- ☐ Hypertension, responds to diuretics
- ☐ Hypertension, not responding to diuretic

LYMPHATIC

- ☐ Recuperates quickly if ill
- ☐ Recuperates slowly if ill
- ☐ Injuries heal quickly
- ☐ Injuries heal slowly
- ☒ Eczema, dermatitis *mild*
- ☒ Asthma or hay fever *mild*
- ☐ Arthritis or rheumatism
- ☐ Digests fats easily
- ☐ Digests fats poorly

SKIN

- ☒ Skin eruptions superficial, come to a head
- ☒ Skin eruptions deep, not coming to a head
- ☒ Skin on trunk is dry
- ☐ Oily scalp or hair
- ☒ Dry scalp or hair
- ☐ Cracks, fissures on heel, feet, slow healing

MUCUS

- ☒ Sores, cracks, on mouth, anus, vagina
- ☐ Lips often dry, chapped
- ☐ Food often causes intestinal pain passing through
- ☒ Gets sore throat easily

GENERAL

- Mark conditions that are frequent. If it is mild, mark "1"; if it is a dominant condition, Mark "2"
- ☐ Alluminum cooking vessels
 - ☐ Awakens, can't go back to sleep
 - ☐ Bad dreams
 - ☐ Blurred vision
 - ☐ Brown spots, bronzing of skin
 - ☒ Bruises easily *(long lasting)*
 - ☐ Can't gain weight
 - ☐ Can't lose weight
 - ☒ Can't get started without coffee
 - ☐ Chemical or spray poisoning
 - ☐ Chronic fatigue, depression
 - ☐ Cry easily without seeming cause
 - ☐ Depressed for long periods
 - ☐ Earaches
 - ☐ Eat often or else faint/nervous
 - ☐ Eyes often red, inflamed
 - ☐ Face, eyes get puffy
 - ☐ Facial twitches
 - ☐ Gum problems
 - ☒ Headaches - *migraines*
 - ☐ Headaches in morning, wearing off
 - ☐ Heart palpitations when hungry
 - ☐ Heart palpitations after eating
 - ☒ Highly emotional
 - ☒ Highly controlled
 - ☐ Impaired hearing
 - ☒ Increase in weight (recent)
 - ☐ Lack of sensation somewhere in the body
 - ☐ Likes depressants
 - ☒ Likes stimulants
 - ☐ Lower back pain *occasional*
 - ☒ Frequent muscle cramps *recent*
 - ☐ Nails split, brittle
 - ☒ Nails weak, ridges
 - ☐ Nose bleeds frequently
 - ☐ Pollution heavy in work or home environment
 - ☐ Ringing in ears
 - ☒ Pulse speeds up after meals
 - ☒ Sensitive to cold weather
 - ☐ Sensitive to hot weather
 - ☐ Sensitive to high humidity
 - ☐ Sensitive to low humidity
 - ☒ Sexual desire decreased
 - ☐ Sexual desire increased
 - ☐ Stuffy nose during the day
 - ☒ Stuffy nose in evening, night
 - ☐ Tendency, seemingly, to anemia
 - ☐ Tremors in hands or neck
 - ☒ Varicose veins
 - ☐ Weight gain in upper arms, shoulders, back of neck

ADDITIONAL THINGS YOU WISH TO MENTION

daily supplements:
fish oil / yellowdock
mg / chromium / multi
** Amen orhea - no period for 91 days.*

mono - 1994
scarlet fever - 1986
discoid lupus - 1996