



Symptoms

confidential

Name (Last, First, Middle)

Date:

Body eZentials

ancient wisdom for modern wellness

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
- Pain All Over
- 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