

Please check all symptoms you have ever had, even if they do not seem related to your current problem and check the box where you fit on the chart. Your doctor will then be able to recommend what type of care you need to achieve balance . . .
Where are your loved ones?

BALANCED NERVOUS SYSTEM

High Energy Few Symptoms Resistant to Infections Positive Mental Attitude
 Mentally Alert Excellent Health Active Vibrant

UNBALANCED NERVOUS SYSTEM

Low

UNDER-AROUSSED

- Poor Attention
- Impulsive
- Easily Distracted
- Disorganized
- Depressed
- Lacking motivation
- Poor Concentration
- Spaciness
- Constipation
- Low pain threshold
- Difficulty waking
- Worry
- Irritable
- Low energy

Moderate

Severe

UNSTABLE

- Migraines
- Headaches
- Seizures
- Sleepwalking
- Hot flashes
- PMS
- Food sensitivities
- Bed wetting
- Eating disorders
- Bipolar disorders
- Mood swings
- Panic attacks

Low

Severe

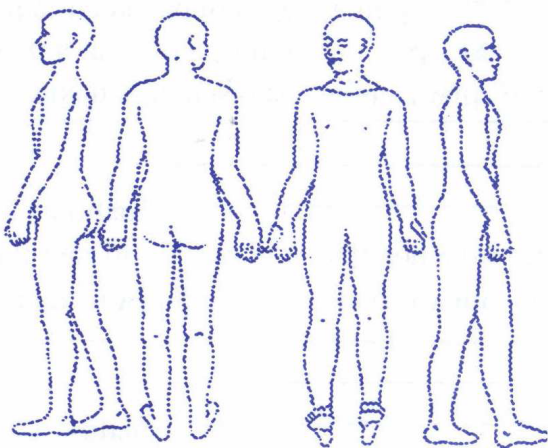
OVER-AROUSSED

- Cold hands
- Cold feet
- Tight Muscles
- Teeth grinding
- Anxiety
- Heart palpitations
- Restless sleep
- Poor expression of emotions
- Poor immune system
- Racing mind
- High blood pressure
- Accelerated aging
- Irritable bowel

EXHAUSTED NERVOUS SYSTEM

Cancer Rheumatoid Arthritis Diabetes Multiple Sclerosis Depression
 Chronic Fatigue Syndrome Fibromyalgia ALS Epstein-Barr Syndrome

SYMPTOM LOCALIZATION



P ___ Pain T ___ Tender
 N ___ Numb H ___ Hypoesthesia
 S ___ Spasm

Pain Index

Least 1 2 3 4 5 6 7 8 9 10 Worst

GI SYSTEM

___ Abdominal pain
 ___ Diarrhea
 ___ Constipation
 ___ Hemorrhoids
 ___ Weight trouble

NERVOUS SYSTEM

___ Numbness/Loss of feeling
 ___ Headaches
 ___ Depression
 ___ Insomnia

CARDIO-VASCULAR

___ Chest pain
 ___ Pain over heart
 ___ Difficult breathing
 ___ Blood pressure problems
 ___ Cholesterol problems

MUSCULOSKELETAL SYSTEM

___ Neck pain
 ___ Low back pain
 ___ Mid back pain
 ___ Pain between shoulders
 ___ Neck pain
 ___ Arm problems
 ___ Leg problems
 ___ Swollen joints
 ___ Painful joints
 ___ Stiff joints
 ___ Sore muscles
 ___ Weak muscles
 ___ Walking problems
 ___ Shoulder pain

EYE, EAR, NOSE AND THROAT

___ Vision problems
 ___ Ear pain
 ___ Ear or Hearing Issues
 ___ Jaw Pain

Dr's Notes: _____
