

ADVANCED METHODS HEALTHCARE

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INSTRUCTIONS: Completely black out one of the three circles only if applicable to you:

1-mild — 2-moderate — 3-severe

MILD symptoms (once or twice last 3 months)

MODERATE symptoms (once or twice last month)

SEVERE symptoms (Chronic, once or twice last week)

LEAVE BLANK UNLESS THEY APPLY

NAME:

DATE:

BIRTHDAY:

SEX: ___ MALE ___ FEMALE

HEIGHT:

WEIGHT:

BLOOD PRESSURE:

PULSE:

IMPORTANT

List below your 3 main complaints in order of importance:

1.

2.

3.

1 2 3 ----- GROUP 1 -----SD

1 Acid foods upset

2 Get chilled, often

3 "Lump" in throat

4 Dry mouth-eyes-nose

5 Pulse speeds after meals

6 Keyed up--fail to calm

7 Cuts heal slowly

8 Gag easily

9 Unable to relax; startles easily

10 Extremities cold, clammy

11 Strong light irritates

12 Urine amount reduced

13 Heart pounds after retiring

14 "Nervous" stomach

15 Appetite reduced

16 Cold sweats often

17 Fever easily raised

18 Neuralgia-like pains

19 Staring, blinks little

20 Sour stomach frequent

----- GROUP 2 -----PD

21 Joint stiffness after arising

22 Muscle-leg-toe cramps at night

23 "Butterfly" stomach, cramps

24 Eyes or nose watery

25 Eyes blink often

26 Eyelids swollen, puffy

27 Indigestion soon after meals

28 Always seems hungry; 'lightheaded' often

29 Digestion rapid

30 Vomiting frequent

31 Hoarseness frequent

32 Breathing irregular

33 Pulse slow; feels "irregular"

34 Gagging reflex slow

35 Difficulty swallowing

36 Constipation, diarrhea alternating

37 "Slow starter"

38 Get "chilled" infrequently

39 Perspire easily

40 Circulation poor, sensitive to cold

41 Subject to colds, asthma, bronchitis

----- GROUP 3 -----SR

42 Eat when nervous

43 Excessive appetite

44 Hungry between meals

45 Irritable before meals

46 Get "shaky" if hungry

47 Fatigue, eating relieves

48 "Lightheaded" if meals delayed

49 Heart palpitates if meals missed or delayed

50 Afternoon headaches

51 Overeating sweets upsets

52 Awaken after few hours hard to get back to sleep

53 Crave candy or coffee in afternoons

54 Moods of depression "blues" or melancholy

55 Abnormal craving for sweets or snacks

----- GROUP 4 -----CV

56 Hands and feet go to sleep easily, numbness

57 Sigh frequently, "air hunger"

58 Aware of "breathing heavily"

59 High altitude discomfort

60 Opens windows in closed room

61 Susceptible to colds and fevers

62 Afternoon "yawner"

63 Get "drowsy" often

64 Swollen ankles worse at night

65 Muscle cramps, worse during exercise(charley-horses)

66 Shortness of breath on exertion

67 Pain in chest /radiating into left arm, worse on exertion

68 Bruise easily, "black/blue" spots

69 Tendency to anemia

70 "Nose bleeds" frequent

71 Noises in head or "ringing in ears"

72 Tension under the breast-bone, or "tightness", worse on exertion

----- GROUP 5 -----LBIL

73 Dizziness

74 Dry skin

75 Burning feet

76 Blurred vision

77 Itching skin and feet

78 Excessive falling hair

79 Frequent skin rashes

80 Bitter, metallic taste in mouth in mornings

81 Bowel movements painful difficult

82 Worrier, feels insecure

83 Feeling queasy; headache over eyes

84 Greasy foods upset

85 Stools light-colored

86 Skin peels on foot soles

87 Pain between shoulder blades

88 Use laxatives

89 Stools alternate fromsoft to watery

90 History of gallbladder attacks or gall stones

91 Sneezing attacks

92 Dreaming, nightmaretype bad dreams

93 Bad breath (halitosis)

94 Milk products cause distress

95 Sensitive to hot weather

96 Burning or itching anus

97 Crave sweets

NUTRITEC SYMPTOM SURVEY

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1 2 3 ----- GROUP 6 -----DIG

- 98 Loss of taste for meat
- 99 Lower bowel gas several hours after eating
- 100 Burning stomach sensa-tions, eating relieves
- 101 Coated tongue
- 102 Pass large amounts of foul smelling gas
- 103 Indigestion 1/2 -1 hour after eating; or up to 3-4 hrs.
- 104 Mucus colitis or "irritable bowel"
- 105 Gas shortly after eating
- 106 Stomach "bloating" after eating

----- GROUP 7A -----HT

- 107 Insomnia
- 108 Nervousness
- 109 Can't gain weight
- 110 Intolerance to heat
- 111 Highly emotional
- 112 Flush easily
- 113 Night sweats
- 114 Thin, moist skin
- 115 Inward trembling
- 116 Heart palpitates
- 117 Increased appetite without weight gain
- 118 Pulse fast at rest
- 119 Eyelids and face twitch
- 120 Irritable and restless
- 121 Can't work under pressure

----- GROUP 7B -----hT

- 122 Increase in weight
- 123 Decrease in appetite
- 124 Fatigue easily
- 125 Ringing in ears
- 126 Sleepy during day
- 127 Sensitive to cold
- 128 Dry or scaly skin
- 129 Constipation
- 130 Mental sluggishness
- 131 Hair coarse, falls out
- 132 Headaches upon arising wear off during day
- 133 Slow pulse, below 65
- 134 Frequency of urination
- 135 Impaired hearing
- 136 Reduced initiative

----- GROUP 7C -----HP

- 137 Failing memory
- 138 Low blood pressure
- 139 Increased sex drive
- 140 Headaches, "splitting or rending" type
- 141 Decreased sugar tolerance

----- GROUP 7D -----hP

- 142 Abnormal thirst
- 143 Bloating of abdomen
- 144 Weight gain around hips or waist
- 145 Sex drive reduced or lacking
- 146 Tendency to ulcers, colitis
- 147 Increased sugar tolerance
- 148 Women: menstrual disorders
- 149 Young girls: lack of menstrual function

----- GROUP 7E -----HA

- 150 Dizziness
- 151 Headaches
- 152 Hot flashes
- 153 Increased blood pressure
- 154 Hair growth on face or body (female)
- 155 Sugar in urine (not diabetes)
- 156 Masculine tendencies (female)

1 2 3 ----- GROUP 7F -----hA

- 157 Weakness, dizziness
- 158 Chronic fatigue
- 159 Low blood pressure
- 160 Nails weak, ridged
- 161 Tendency to hives
- 162 Arthritic tendencies
- 163 Perspiration increase
- 164 Bowel disorders
- 165 Poor circulation
- 166 Swollen ankles
- 167 Crave salt
- 168 Brown spots or bronzing of skin
- 169 Allergies - tendency to asthma
- 170 Weakness after colds, influenza
- 171 Exhaustion-muscular and nervous
- 172 Respiratory disorders

----- FEMALE ONLY -----

- 173 Very easily fatigued
- 174 Premenstrual tension
- 175 Painful menses
- 176 Depressed feelings before menstruation
- 177 Menstruation excessive and prolonged
- 178 Painful breasts
- 179 Menstruate too frequently
- 180 Vaginal discharge
- 181 Hysterectomy /ovaries Removed
- 182 Menopausal hot flashes
- 183 Menses scanty or missed
- 184 Acne, worse at menses
- 185 Depression-long standing

----- MALE ONLY -----

- 186 Prostate trouble
- 187 Urination difficult or Dribbling
- 188 Night urination frequent
- 189 Depression
- 190 Pain on inside of legs or heels
- 191 Feeling of incomplete bowel evacuation
- 192 Lack of energy
- 193 Migrating aches and pains
- 194 Tire too easily
- 195 Avoids activity
- 196 Leg nervousness at night
- 197 Diminished sex drive

Notes: