

# Symptom Questionnaire

The following questionnaire is a general assessment of your health developed by Dr Royal Lee D.D.S. Each grouping represents a particular area of your body that may be causing you problems.

Place a 1 next to a symptom that bothers you a few times a year.

Place a 2 by something that is “frequently” or “all the time.”

Leave all others blank.

Please note that this is not an accurate medical survey but something that can be used as a guide to appraise your general health. This form should be brought to your health provider for further assessment and advice.

If you have symptoms in one or more areas of your body, it doesn’t mean that you have that condition (or conditions). This form indicates those areas where health issues may develop over time if not corrected. Again, if there are symptoms present, this form should be brought to your health care provider who can give you a proper evaluation.

By making the changes recommended here and throughout the rest of this book, you can lose weight, look and feel great, and reduce your chances of having medical problems as you age. I’d also like you to re-do this questionnaire in a month. I believe you will find many differences from when you started.

**Remember**—The information contained herein is strictly for informational purposes only. It is not intended to be a substitute for a professional consultation with a physician or other health care provider. Dr Zeines cannot be held responsible for any adverse effects or consequences resulting from the use of this information. If you have a condition that requires medical advice please consult a healthcare physician!

## Group One

- Acid foods upset \_\_\_\_\_
- Get chilled, often \_\_\_\_\_
- “Lump” in throat \_\_\_\_\_
- Dry mouth-eyes-nose \_\_\_\_\_
- Pulse speeds after meal \_\_\_\_\_
- Keyed up—fail to calm down \_\_\_\_\_
- Cuts heal slowly \_\_\_\_\_
- Gag easily \_\_\_\_\_
- Unable to relax; startles easily \_\_\_\_\_
- Extremities cold, clammy \_\_\_\_\_
- Strong light irritates \_\_\_\_\_
- Urine amount reduced \_\_\_\_\_
- Heart pounds after retiring \_\_\_\_\_
- “Nervous” stomach \_\_\_\_\_
- Appetite reduced \_\_\_\_\_
- Cold sweats often \_\_\_\_\_
- Fever easily raised \_\_\_\_\_
- Neuralgia-like pains \_\_\_\_\_
- Staring, blinks little \_\_\_\_\_
- Sour stomach frequent \_\_\_\_\_

## Group Two

- Joint stiffness after arising \_\_\_\_\_
- Muscle-leg-toe cramps at night \_\_\_\_\_
- “Butterfly” stomach, cramps \_\_\_\_\_

- Eyes or nose watery \_\_\_\_\_
- Eyes blink often \_\_\_\_\_
- Eyelids swollen, puffy \_\_\_\_\_
- Indigestion soon after meals \_\_\_\_\_
- Always seems hungry; feels “lightheaded” often \_\_\_\_\_
- Digestion rapid \_\_\_\_\_
- Vomiting frequent \_\_\_\_\_
- Breathing irregular \_\_\_\_\_
- Pulse slow; feels “irregular” \_\_\_\_\_
- Gagging reflex slow \_\_\_\_\_
- Difficulty swallowing \_\_\_\_\_
- Constipation, diarrhea alternating \_\_\_\_\_
- “Slow starter” \_\_\_\_\_
- Get “chilled” frequently \_\_\_\_\_
- Perspire easily \_\_\_\_\_
- Circulation poor, sensitive to cold \_\_\_\_\_
- Subject to colds, asthma, bronchitis \_\_\_\_\_
- Hoarseness frequent \_\_\_\_\_

## Group Three

- Excessive appetite \_\_\_\_\_
- Hungry between meals \_\_\_\_\_
- Irritable before meals \_\_\_\_\_
- Get “shaky” if hungry \_\_\_\_\_
- Fatigue, eating relieves \_\_\_\_\_
- “Lightheaded” if meals delayed \_\_\_\_\_
- Heart palpitates if meals missed or delayed \_\_\_\_\_

- Overeating sweets upsets \_\_\_\_\_
- Awaken after few hours sleep—hard to get back to sleep \_\_\_\_\_
- Crave candy or coffee in afternoon \_\_\_\_\_
- Moods of depression “blues” or melancholy \_\_\_\_\_
- Abnormal craving for sweets or snacks \_\_\_\_\_

## Group Four

- Hands and feet go to sleep easily, numbness \_\_\_\_\_
- Sigh frequently, “air hunger” \_\_\_\_\_
- Aware of “breathing heavily” \_\_\_\_\_
- High altitude discomfort \_\_\_\_\_
- Opens windows in closed room \_\_\_\_\_
- Susceptible to colds and fevers \_\_\_\_\_
- Afternoon “yawner” \_\_\_\_\_
- Get “drowsy” often \_\_\_\_\_
- Swollen ankles worse at night \_\_\_\_\_
- Muscle cramps, worse during exercise; get “charley horses” \_\_\_\_\_
- Shortness of breath on exertion \_\_\_\_\_
- Dull pain in chest or radiating into left arm, worse on exertion \_\_\_\_\_
- Bruise easily, “black and blue” spots. Tendency to anemia. “Nose bleeds” frequent  
\_\_\_\_\_
- Noises in head, or “ringing” in ears \_\_\_\_\_
- Tension under the breastbone, or feeling of “tightness,” worse on exertion  
\_\_\_\_\_

## Group Five

- Dizziness \_\_\_\_\_
- Dry skin \_\_\_\_\_
- Burning feet \_\_\_\_\_
- Blurred vision \_\_\_\_\_
- Itching skin and feet \_\_\_\_\_
- Excessive falling hair \_\_\_\_\_
- Frequent skin rashes \_\_\_\_\_
- Bitter, metallic taste in mouth in mornings \_\_\_\_\_
- Bowel movements painful or difficult \_\_\_\_\_
- Worrier, feels insecure \_\_\_\_\_
- Feeling queasy; headache over eyes \_\_\_\_\_
- Greasy foods upset \_\_\_\_\_
- Stools light-colored \_\_\_\_\_
- Skin peels on foot soles \_\_\_\_\_
- Pain between shoulder blades \_\_\_\_\_
- Use laxatives \_\_\_\_\_
- Stools alternate from soft to watery \_\_\_\_\_
- History of gallbladder attacks or gallstones \_\_\_\_\_
- Sneezing attacks \_\_\_\_\_
- Dreaming, nightmare type bad dreams \_\_\_\_\_
- Bad breath (halitosis) \_\_\_\_\_
- Milk products cause distress \_\_\_\_\_
- Sensitive to hot weather \_\_\_\_\_
- Burning or itching anus \_\_\_\_\_
- Crave sweets \_\_\_\_\_

## Group Six

- Loss of taste for meat \_\_\_\_\_
- Lower bowel gas several hours after eating \_\_\_\_\_
- Burning stomach sensations, eating relieves \_\_\_\_\_
- Coated tongue \_\_\_\_\_
- Pass large amounts of foul-smelling gas \_\_\_\_\_
- Indigestion ½-1 hour after eating; may be up to 3-4 hours \_\_\_\_\_
- Mucous colitis or “irritable bowel” \_\_\_\_\_
- Gas shortly after eating \_\_\_\_\_
- Stomach “bloating” after eating \_\_\_\_\_

## Group Seven (A)

- Insomnia \_\_\_\_\_
- Nervousness \_\_\_\_\_
- Can't gain weight \_\_\_\_\_
- Intolerance to heat \_\_\_\_\_
- Highly emotional \_\_\_\_\_
- Flush easily \_\_\_\_\_
- Night sweats \_\_\_\_\_
- Thin, moist skin \_\_\_\_\_
- Inward trembling \_\_\_\_\_
- Heart palpitates \_\_\_\_\_
- Increased appetite without weight gain \_\_\_\_\_
- Pulse fast at rest \_\_\_\_\_
- Eyelids and face twitch \_\_\_\_\_

- Irritable and restless \_\_\_\_\_
- Can't work under pressure \_\_\_\_\_

## **Group Seven (B)**

- Increase in weight \_\_\_\_\_
- Decrease in appetite \_\_\_\_\_
- Fatigue easily \_\_\_\_\_
- "Ringing" in ears \_\_\_\_\_
- Sleepy during day \_\_\_\_\_
- Sensitive to cold \_\_\_\_\_
- Dry or scaly skin \_\_\_\_\_
- Constipation \_\_\_\_\_
- Mental sluggishness \_\_\_\_\_
- Hair coarse, falls out \_\_\_\_\_
- Headaches upon arising wear off during day \_\_\_\_\_
- Slow pulse, below 65 \_\_\_\_\_
- Frequency of urination \_\_\_\_\_
- Impaired hearing \_\_\_\_\_
- Reduced initiative \_\_\_\_\_

## **Group Eight (A)**

- Failing memory \_\_\_\_\_
- Low blood pressure \_\_\_\_\_
- Increased sex drive \_\_\_\_\_
- Headaches, "splitting" or "rending" type \_\_\_\_\_
- Decreased sugar tolerance \_\_\_\_\_

## Group Eight (B)

- Abnormal thirst \_\_\_\_\_
- Bloating of abdomen \_\_\_\_\_
- Weight gain around hips or waist \_\_\_\_\_
- Sex drive reduced or lacking \_\_\_\_\_
- Tendency to ulcers, colitis \_\_\_\_\_
- Increased sugar tolerance \_\_\_\_\_
- Women: menstrual disorders \_\_\_\_\_
- Young girls: lack of menstrual function \_\_\_\_\_

## Group Nine (A)

- Dizziness \_\_\_\_\_
- Headaches \_\_\_\_\_
- Hot flashes \_\_\_\_\_
- Increased blood pressure \_\_\_\_\_
- Hair growth on face or body (female) \_\_\_\_\_
- Sugar in urine (not diabetes) \_\_\_\_\_
- Masculine tendencies (female) \_\_\_\_\_

## Group Nine (B)

- Weakness, dizziness \_\_\_\_\_
- Chronic fatigue \_\_\_\_\_
- Low blood pressure \_\_\_\_\_
- Nails weak, ridged \_\_\_\_\_



If most of your symptoms are in:

Group One:	You may be	Too acidic. You need more alkaline foods
Group Two:	You may be	Too Alkaline. You need more acidic foods
Group Three:	You might have	Possible sugar problems
Group Four:	You might have	Possible heart weakness
Group Five:	You might have	Possible Liver and gallbladder weakness
Group Six:	You might have	Digestive problems
Group Seven A:	You might have	hyperthyroid problems
Group Seven B:	You might have	hyperthyroid problems
Group Eight A:	You might have	hyperpituitary problems
Group Eight B:	You might have	hyperpituitary problems
Group Nine A:	You might have	hyperadrenal problems
Group Nine :	You might have	hyperadrenal problems

Questionnaire taken from: Living a Longer Life by, Dr. Victor Zeines