

# SYMPTOM INDICATOR ANALYSIS

\*Check all symptoms that you currently or often experience



PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## Food Allergies and Sensitivities

- Diarrhea/Constipation
- Red, Itchy Skin
- Swelling
- Fatigue
- Weight Gain

## Thyroid Function

- Exhaustion
- Dry Skin
- Constipation
- Depression
- Difficulty Losing Weight

## Stress

- Anxiety
- Restless Sleep
- Depression
- Impaired Memory
- Poor Muscle Tone

## Adrenal System

- Morning Exhaustion
- Craving for Salt/Sugar
- Low Sex Drive
- Mild Depression
- Muscular Weakness

## Inflammation

- Leg Cramps
- Swelling of Feet/Ankles
- Fatigue
- Numbness in Arms/Legs
- Dizziness

## Digestion

- Bloating After Meals
- Abdominal Distention
- Indigestion
- Belching
- Yeast Infections

## Immunity

- Chronic Infections
- Cold Sores
- Easily Catch Colds
- Fatigue
- Swollen Glands

## Candida

- Gas/Bloating
- Food Sensitivities
- Muscle/Joint Pain
- Skin Rashes
- Joint Pain

## Female Hormones

- PMS
- Weight Gain
- Bloating/Swelling
- Mood Swings
- Irregular Periods

## Male Hormones

- Reduced Sex Drive
- Loss of Muscle Tone
- Abdominal Fat
- Low Energy
- Depression

## Toxicity

- Body Aches
- Depression
- Anxiety
- Poor Memory
- Body Oder

## Energy

- Prolonged Fatigue
- Insomnia
- Poor Concentration
- Body Aches
- Depression

## Brain Function

- Poor Memory
- Inability to Concentrate
- Poor Focus
- Depression
- Anxiety

## Fibromyalgia

- Poor Quality of Sleep
- Body Aches
- Depression
- Irritable Bowel
- Tension Headaches

## Irritable Bowel Syndrome

- Abdominal Pain
- Diarrhea/Constipatin
- Bloating
- Cramps
- Gar/Distention