

# Initial Symptom Checklist

Patient Name: \_\_\_\_\_

Present Weight: \_\_\_\_\_

Immuno Test Date: \_\_\_\_\_

Date Diet Started: \_\_\_\_\_ Checklist Date: \_\_\_\_\_

Medical Diagnosis (if any): \_\_\_\_\_

## SYMPTOM POINT SCALE:

Use the point scale to rate your symptoms based on how you've been feeling over the past 30 days.

0 = *never or almost never* have the symptom

1 = *occasionally* have it, effect is *not severe*

2 = *occasionally* have it, effect is *severe*

3 = *frequently* have it, effect is *not severe*

4 = *frequently* have it, effect is *severe*

Be sure to enter your Symptom Progress Checklist scores in the comparison chart on page 40.

### DIGESTIVE TRACT

- Belching
- Bloating feeling
- Constipation
- Diarrhea
- Nausea
- Passing gas
- Stomach pains
- Vomiting

**Total**

### EARS

- Drainage from ear
- Ear aches
- Ear infections
- Hearing loss
- Itchy ears
- Ringing in ears

**Total**

### EMOTIONS

- Aggressiveness
- Anxiety/fear
- Depression
- Irritability/anger
- Mood swings
- Nervousness

**Total**

### ENERGY & ACTIVITY

- Apathy
- Fatigue
- Hyperactivity
- Lethargy
- Restlessness
- Sluggishness

**Total**

### EYES

- Blurred vision
- Dark circles
- Itchy eyes
- Sticky eyelids
- Swollen eyelids
- Watery eyes

**Total**

### HEAD

- Dizziness
- Faintness
- Headaches
- Insomnia
- Lightheadedness

**Total**

### JOINTS & MUSCLES

- Aches in muscles
- Arthritis
- Feeling of weakness
- Limited movement
- Pain in joints
- Stiffness

**Total**

### LUNGS

- Asthma/bronchitis
- Chest congestion
- Difficulty breathing
- Shortness of breath
- Wheezing

**Total**

### MIND

- Confusion
- Learning disabilities
- Poor concentration
- Poor memory
- Stuttering/stammering

**Total**

### MOUTH & THROAT

- Canker sores
- Chronic coughing
- Gagging
- Often clear throat
- Sore throat
- Swollen tongue/lips/gums

**Total**

### NOSE

- Excessive mucous
- Hay fever
- Sinus problems
- Sneezing attacks
- Stuffy nose

**Total**

### SKIN

- Acne
- Dermatitis
- Eczema
- Excessive sweating
- Flushing/hot flashes
- Hair loss
- Hives/rashes
- Itching

**Total**

### WEIGHT

- Binge eating
- Compulsive eating
- Cravings
- Excessive weight
- Underweight
- Water retention

**Total**

### OTHER

- Anaphylactic reactions
- Chest pains
- Frequent illness
- Genital itch
- Irregular heartbeat
- Rapid heartbeat
- Urgent urination

**Total**

**GRAND TOTAL**