

# Holistic Naturopathic center

## INITIAL SYMPTOM QUESTIONNAIRE

*Please place a checkmark by each of your present symptoms.*

### Digestive Tract

- Diarrhea
- Constipation <1 day
- Bloating
- Belching
- Excessive gas
- Stomach pain
- Heartburn or reflux

### Ears

- Itchy ears
- Ear aches
- Ear infections
- Ringing in ears
- Hearing loss
- Fluid in ears

### Emotions

- Mood swings
- Anxiety
- Fear
- Anger
- Irritability
- Nervousness
- Depression
- Easily startled

### Cardiovascular

- Hypertension
- Irregular heartbeat
- Chest pain
- Rapid heartbeat
- Easily winded

### Energy

- Fatigue
- Apathy
- Hyperactivity
- Restlessness
- Lethargy
- Nervous tics

### Eyes

- Watery eyes
- Itchy eyes
- Swelling
- Sticky eyelids
- Dark circles
- Blurred vision
- Night blindness

### Weight

- Binge eating
- Cravings
- Excess weight
- Fluid retention
- Underweight
- Excess Thirst
- Rectal Itching
- Always hungry

### Urinary

- Frequent urination
- Frequent urinary infections
- Urgent urination
- Genital itching
- Blood in urine

### Joints/Muscles

- Pain in joints
- Numbness or tingling
- Stiffness
- Limited movement
- Aches in muscles
- Muscle weakness
- Bone loss

### Mouth & Throat

- Chronic cough
- Gagging
- Sore throat
- Swollen tongue
- Canker sores
- Difficulty swallowing

### Nose/Senses

- Stuffy nose
- Sinus problems
- Hay fever
- Sneezing excess
- Excess mucus
- Loss of smell
- Loss of taste
- Loss of appetite

### Skin

- Acne
- Hives/rashes
- Hair loss
- Flushing/hot flashes
- Excessive Sweating
- Dry skin or hair

### Lungs

- Congestion
- Asthma/bronchitis
- Shortness of breath
- Difficulty breathing
- Dizziness
- Bad breath

### Head/Sleep

- Memory loss
- Confusion
- Poor concentration
- Stuttering
- Learning disability
- Headaches
- Migraines
- Insomnia
- Slurred speech
- Night cramps

### Other

- Autoimmunity
- Frequent illness
- Low/high blood sugar
- Brittle nails
- Frequent nausea

**Note:** This questionnaire is an assessment of your perceived or previously diagnosed conditions. Dr. Gero is not a medical doctor and does not diagnose or treat any disease. He is a health educator who will work in conjunction with your primary care physician.

Name: \_\_\_\_\_ Date: \_\_\_\_\_