

## Your Symptom Score Test

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

### To Be Done Every 4 Months

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#### Gut Symptoms

- Heartburn or Acid Reflux
- Intestinal Pain or Discomfort
- Bloating, Gas, Belching
- Seasonal Allergies
- Autoimmune Issues
- Constipation
- Diarrhea
- Catch a Cold More Than 1x Per Year
- Rash or Acne on Cheeks or Chin
- Hair Thinning or Hair Loss

#### Soft Tissue Symptoms

- Brittle Hair
- Rashes
- Cracked Heels
- Any Organ Dysfunction (thyroid, lungs etc)
- Gray Hair Before the Age of 50
- Age Spots (aka liver spots)
- Lack of Sexual Desire
- Hemorrhoids
- Varicose or Spider Veins
- Forgetfulness

#### Chronic Pain Symptoms

- Feet
- Ankles / Calves
- Knees
- Hips / Pelvis
- Low Back
- Mid Back
- Upper Back
- Neck / Head
- Shoulders
- Wrists / Hands

#### Blood Sugar Symptoms

- Sleepiness After Meals
- Difficulty Focusing
- Mood Swings
- Sugar, Carb or Alcohol Cravings
- Excessive Sweating or Thirst
- Brownish or Yellowish Coloring on Legs
- Trouble Staying Asleep
- Skin Tags
- Nightmares or Sleep Walking
- High Triglycerides

#### Hard Tissue Symptoms

- Joint Pain
- Stiff, Sore or Cramping Muscles
- Dizziness
- Ringing in the Ears
- Muscle or Eye Twitching
- Consistent Sleeping Issues
- High or Low Blood Pressure
- Headaches (1 or more per month)
- Bleeding Gums or Cavities
- Kidney Stones

#### Mental Health Symptoms

- Anxiety
- Depression
- Embarrassment
- Guilt
- Victim Oriented Thinking
- Approval Seeking
- Disappointment in Yourself
- Disappointment in Others
- Constant Thoughts of the Past
- Constant Thoughts of the Future

**Symptom Score: \_\_\_\_\_/60**

**30 or Over is a Hot Mess**