

# Metabolic Symptom Survey

<b>Last Name</b>	<b>First Name</b>	<b>MI</b>	<b>Age</b>	<b>Date</b>
<b>Address</b>			<b>Phone number</b>	

- Please place a check mark to the left of each answer that BEST APPLIES to you
- Choose only one answer per query
- If no answer applies to you, leave that query unchecked/unanswered
- **IMPORTANT:** The choices as written may not describe you exactly. So it is VERY IMPORTANT that you choose the answer that best describes your TENDENCIES. The provided answer need not be a perfect description, just an indication of your trend. If you definitely fall somewhere in between, skip that query and go on to the next one.

THYROID	SIGNS & SYMPTOM QUERY	ADRENAL
I tend toward weight gain- global or localised	<b>GENERAL BODY TYPE</b>	I tend toward thin body type
Weight is extremely hard to lose	<b>WEIGHT GAIN</b>	I cannot gain weight easily
Tends towards coarseness. May be sparse.	<b>HAIR</b>	Tends towards thin and wispy. Dry and may fall out easily. May become straw-like. Sparse on forearms or lower legs.
Tend towards oily. Poor healing. Normal thickness though may easily bruise.	<b>SKIN</b>	Dry and thin. May notice that the fingerprints are smoothed out. Can see longitudinal wrinkles over finger pads.
Red and rosy complexion, including around the mouth	<b>FACIAL COLOR</b>	Pale color especially around the mouth
Tend to have puffy eyes with bags underneath the eyes.	<b>TISSUE AROUND EYES</b>	I often have dark circles under eyes. More sunken than puffy.
Tend to lose outer 1/3 to 1/2 of the eyebrow	<b>EYEBROWS</b>	Tend towards fullness
May be thick	<b>NAILS</b>	Tend towards thin and brittle
I'm not that flexible	<b>LIGAMENTS</b>	I tend towards lax ligaments. I may be "double jointed". May complain of joint sprain or strains.
My skin tends towards the oily. Fluid retention common, especially in lower legs.	<b>GENERAL STATE OF FLUIDS AND SECRETIONS</b>	I tend towards dryness and cannot hold onto water well.
I'm not really that susceptible to night blindness or light sensitivity.	<b>LIGHT SENSITIVITY</b>	I often have light sensitivity and tend towards night blindness. I may see a strong after image when a strong light is shone in my face.
I may complain occasionally of muscle and/or joint pain esp. in feet or lower legs	<b>BODY PAINS</b>	Tend towards headaches and/or migraines. I usually have pain in muscles rather than joints, though I can strain or sprain my joints easily.
Tend towards a low body temperature usually below 97.6. The temperature is low, stable and does not fluctuate very much. Average can be low 90's to a little below 98.6	<b>TEMPERATURE PATTERNS</b>	I am a bit of a thermal chameleon because my temperature is never stable. I'm hot when it is warm and cold when it is cool. I can't regulate my temperature very well. My body temperature is low and usually below 97.6. I notice that my temperature is low and always changing.
I'm cold anyway so I don't notice that I'm too intolerant to the cold.	<b>COLD INTOLERANCE</b>	I tend towards a strong intolerance to cold
I tend towards a strong intolerance to heat	<b>HEAT INTOLERANCE</b>	I am occasionally intolerant of the heat
I don't notice that my hands and feet are cold	<b>COLD HANDS AND FEET</b>	I notice I have very cold hands and feet
I notice that I tend to be more oily than sweaty	<b>PERSPIRATION</b>	I used to sweat profusely but not any more OR I notice that I sweat profusely

<b>THYROID</b>	<b>SIGNS &amp; SYMPTOM QUERY</b>	<b>ADRENAL</b>
I tend not to over-react emotionally	<b>EMOTIONS</b>	I tend to over react emotionally
I have a tendency towards depression. I have little to no anxiety.	<b>MOOD</b>	I have a tendency towards anxiety, panic attacks, and insecurity. I have little to no depression.
I tend to be able to tolerate a marginal amount of stress.	<b>STRESS</b>	I cannot tolerate stress. It overwhelms me.
I notice I have poor focus, mental clarity, concentration, and short-term memory. I might describe it as "slow thinking".	<b>MENTAL FUNCTION</b>	I notice I have poor focus, mental clarity, concentration, and short-term memory. I might describe it as "brain fog".
I tend towards one or more of the following: sleepiness, narcolepsy, sleep apnea, and waking unrefreshed	<b>SLEEP PATTERNS</b>	I tend towards one or more of the following: sleeplessness, insomnia, waking up at night unable to go back to sleep, waking unrefreshed.
I complain mostly of being tired and feeling sluggish. I notice I have low motivation.	<b>ENERGY PATTERN</b>	My biggest complaint is fatigue or exhaustion. I might describe it as "wired and tired". I notice a lack of motivation and I can't persevere with things.
Exercise tires me out. I can't exercise much.	<b>EXERCISE TOLERANCE</b>	Exercise causes fatigue and I often finish my workout before it is finished because I am wiped out. I notice my body temperature drops after exercise.
I tend to eat everything	<b>DIET HABITS</b>	I find myself wanting to be a vegetarian or I notice I avoid certain foods.
I think it's great	<b>DIGESTION</b>	I can't digest meat or other proteins very well. I notice that certain foods are difficult to digest.
Sweets	<b>FOOD CRAVINGS</b>	Fats
I tend towards constipation	<b>BOWEL MOVEMENTS</b>	I tend towards to a loose stool.
I tend towards normal blood sugar or my blood sugar is on the high side.	<b>BLOOD SUGAR</b>	I have a tendency towards hypoglycemia. I need small meals often or I will "crash"
My blood pressure runs normal to very high. It is poorly controlled by meds.	<b>BLOOD PRESSURE</b>	My blood pressure tends to run low. Ranges from 110/70 to 80/50.
I notice that my immune system tends to under-respond, which results in infections such as sinus, bladder, bowel, skin etc.	<b>IMMUNE SYSTEM</b>	I notice that my immune system tends to over-react, which results in allergies, and sensitivities.
<b>S/SX TOTALS</b>		

**This section to be filled in by your health care practitioner**

<b>THYROID</b>	<b>LAB &amp; PE FINDINGS</b>	<b>ADRENALS</b>
Usually high >220 or 5.7	<b>TOTAL CHOLESTEROL</b>	Usually low to low normal <160 or 4.14
Tends to be low <40 or 1.03	<b>HDL CHOLESTEROL</b>	Tends to be high >75 or 1.94
Usually 3.5 or more	<b>HDL/CHOL. RATIO</b>	Usually 3.0 or less
> 4.5	<b>SERUM POTASSIUM</b>	< 4.0
> 135	<b>SERUM SODIUM</b>	< 135
Mid normal range (around 7.0)	<b>WHITE BLOOD CELLS</b>	< 5.0
Tends to normal or high normal > 300	<b>PLATELETS</b>	Tends to low normal < 200
Not elevated > 90	<b>MCV</b>	> 90
>13	<b>RDW</b>	>13
Type A	<b>BLOOD TYPE</b>	Type O
Negative	<b>ORTHOSTATIC HTN</b>	Positive
Negative	<b>PUPILLARY REFLEX</b>	Positive
Positive	<b>ACHILLES REFLEX</b>	Negative

<b>S/SX SECTION TOTALS</b>		
<b>LAB SECTION TOTALS</b>		