

Metabolic Symptom Survey

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|------------------|-------------------|-----------|------------|-------------|
| Last Name | First Name | MI | Age | Date |
|------------------|-------------------|-----------|------------|-------------|

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|----------------|---------------------|
| Address | Phone number |
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- 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 | GENERAL BODY TYPE | I tend toward thin body type |
| Weight is extremely hard to lose | WEIGHT GAIN | I cannot gain weight easily |
| Tends towards coarseness. May be sparse. | HAIR | 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. | SKIN | 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 | FACIAL COLOR | Pale color especially around the mouth |
| Tend to have puffy eyes with bags underneath the eyes. | TISSUE AROUND EYES | I often have dark circles under eyes. More sunken than puffy. |
| Tend to lose outer 1/3 to 1/2 of the eyebrow | EYEBROWS | Tend towards fullness |
| May be thick | NAILS | Tend towards thin and brittle |
| I'm not that flexible | LIGAMENTS | 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. | GENERAL STATE OF FLUIDS AND SECRETIONS | I tend towards dryness and cannot hold onto water well. |
| I'm not really that susceptible to night blindness or light sensitivity. | LIGHT SENSITIVITY | 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 | BODY PAINS | 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 | TEMPERATURE PATTERNS | 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. | COLD INTOLERANCE | I tend towards a strong intolerance to cold |
| I tend towards a strong intolerance to heat | HEAT INTOLERANCE | I am occasionally intolerant of the heat |
| I don't notice that my hands and feet are cold | COLD HANDS AND FEET | I notice I have very cold hands and feet |
| I notice that I tend to be more oily than sweaty | PERSPIRATION | I used to sweat profusely but not any more OR I notice that I sweat profusely |

| THYROID | SIGNS & SYMPTOM QUERY | ADRENAL |
|---|----------------------------------|---|
| I tend not to over-react emotionally | EMOTIONS | I tend to over react emotionally |
| I have a tendency towards depression. I have little to no anxiety. | MOOD | 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. | STRESS | 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". | MENTAL FUNCTION | 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 | SLEEP PATTERNS | 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. | ENERGY PATTERN | 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. | EXERCISE TOLERANCE | 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 | DIET HABITS | I find myself wanting to be a vegetarian or I notice I avoid certain foods. |
| I think it's great | DIGESTION | I can't digest meat or other proteins very well. I notice that certain foods are difficult to digest. |
| Sweets | FOOD CRAVINGS | Fats |
| I tend towards constipation | BOWEL MOVEMENTS | I tend towards to a loose stool. |
| I tend towards normal blood sugar or my blood sugar is on the high side. | BLOOD SUGAR | 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. | BLOOD PRESSURE | 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. | IMMUNE SYSTEM | I notice that my immune system tends to over-react, which results in allergies, and sensitivities. |
| S/SX TOTALS | | |

This section to be filled in by your health care practitioner

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

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| S/SX SECTION TOTALS | | |
| LAB SECTION TOTALS | | |