

(310) 375-0655 ~ www.theremedypharm.com

SYSTEMS SURVEY FORM

Name:						Date of Birth:			_ s	Sex:	Male Female Date:				
Address:						Email:									
Circle the corresponding number.		RAT	Έs	symp	oton	rs rarely) n (occurs several times a month) ccurs almost constantly)									
					_	1	_	_	_	_	1	_	_		
GROUP 1		0	1	2	3	Get "chilled"	$\underline{\sqcup}$			ᆜ	Tightness or pressure in chest,	\sqsubseteq	\sqsubseteq		
Acid foods upset		\sqsubseteq	\sqsubseteq	\sqcup	\sqsubseteq	Perspire easily	$\underline{\sqcup}$			ᆜ	worse on exertion	\sqsubseteq	ᆜ	\sqsubseteq	
Get chilled often		$\underline{\sqcup}$		$\underline{\sqcup}$		Sensitive to cold	$\underline{\sqcup}$			ᆜ	Skin discolors easily after impact	$\underline{\sqcup}$	ᆜ		
"Lump" in throat		\sqsubseteq		$\underline{\sqcup}$	\sqsubseteq	Upper respiratory challenges					Tendency to anemia	\sqsubseteq	\sqsubseteq		
Dry mouth, eyes, nose							_			_	Noises in head or "ringing in ears"				
Pulse speeds after meal						GROUP 3	0	1	2	3	Fatigue upon exertion				
Keyed up, fail to calm						Eat when nervous						_			
Gag occasionally						Excessive appetite					GROUP 5	0	1	2	3
Unable to relax, startle	easily					Hungry between meals					Dizziness				
Extremities cold, clamm	У					Irritable before meals					Dry skin				
Strong light irritates						Get "shaky" if hungry					Burning feet				
Occasionally weak urine	e flow					Fatigue, eating relieves					Blurred vision				
Heart pounds after retiri	ng					"Lightheaded" if meals delayed					Itching skin and feet				
"Nervous" stomach						Heart palpitates if meals missed					Hair loss				
Appetite reduced occas	ionally					or delayed					Occasional skin rashes				
Cold sweats often						Fatigue in afternoon					Bitter, metallic taste in mouth				
Get heated easily						Overeating sweets upsets					in morning				
Nerve discomfort						Awaken after few hours sleep,					Occasional constipation				
Staring, blink little						hard to get back to sleep					Worrier, feels insecure				
Sour stomach frequent						Crave candy or coffee in afternoon					Nausea occasionally after eating				
GROUP 2		0	1	2	3	Moods of "blues" or melancholy					Greasy foods upset				
Joint stiffness after arisi	na					Craving for sweets or snacks					Stools light-colored				
		一	$\frac{\sqcup}{\sqcap}$	+	븕						Skin peels on foot soles				
Muscle, leg, toe cramps		一	$\stackrel{\square}{\vdash}$	屵	믐	GROUP 4	0	1	2	3	Discomfort between shoulder				
"Butterfly" stomach, crai	nps	믐	$\stackrel{ op}{ o}$	+	븜	Hands and feet go to					blades				
Eyes or nose watery		\vdash	$\frac{\sqcup}{\sqcap}$	+	븕	sleep easily, numbness					Occasional laxative use				
Eyes blink often		屵	$\frac{\square}{\square}$	ዙ	븜	Sigh frequently, "air hunger"					Stools alternate from soft to watery				
Eyelids swollen, puffy	a a la	屵	$\stackrel{\square}{\vdash}$	ዙ	븜	Aware of "breathing heavily"					Sneezing attacks				
Indigestion soon after m	leais	ឣ	$\frac{\sqcup}{\sqcap}$	믐	븕	High-altitude discomfort					Dreaming, nightmare-type				
Always seem hungry,			Ш	Ш	Ш	Open windows in closed room					bad dreams				
feel "lightheaded" often		$\overline{}$	$\overline{\Box}$	$\overline{}$	$\overline{}$	Immune system challenge					Bad breath (halitosis)				
Digestion rapid		\vdash	믐	片	븜	Afternoon "yawner"					Milk products cause upset				
Hoarseness frequent		屵	$\stackrel{\square}{=}$	屵	片	Get "drowsy" often					Sensitive to hot weather				
Uneven breathing		屵	$\frac{\sqcup}{\vdash}$	屵	븕	Swollen ankles worse at night					Burning or itching anus				
Pulse slow				\exists	片	Muscle cramps, worse during					Crave sweets				
Gagging reflex slow				$\frac{\square}{\square}$	片	exercise; get "charley horse"									
Difficulty swallowing				$\frac{\sqcup}{\sqcup}$	片	Difficulty catching breath,									
Temporary constipation	or diarrhea					especially during exercise									
"Slow starter"		Ш	Ш												

GROUP 6	0 1 2 3	GROUP 7C	0 1 2 3	Tendency to consume	
Loss of taste for meat		Failing memory with age		sweets/carbohydrates	
Lower bowel gas several hours		Increased sex drive		Muscle spasms	
after eating		Episodes of tension in head		Blurred vision	
Burning stomach sensations,		Decreased sugar tolerance		Involuntary muscle action	
eating relieves				Numbness	
Coated tongue		GROUP 7D	0 1 2 3	Night sweats	
Pass large amounts of		Abnormal thirst		Rapid digestion	
foul-smelling gas		Bloating of abdomen		Sensitivity to noise	
Indigestion 1/2 -1 hour after eating;		Weight gain around hips or waist		Redness of palms of hands and	
may be up to 3-4 hours after		Sex drive reduced or lacking		bottom of feet	
Watery or loose stool		Tendency for stomach issues		Visible veins on chest and abdomen	
Gas shortly after eating		Immune system challenges		Hemorrhoids	
Stomach "bloating"		Menstrual disorders		Apprehension (feeling that	
				something bad is going to happen)	
GROUP 7A	0 1 2 3	GROUP 7E	0 1 2 3	Nervousness causing loss of appetit	e 🗌 🗎 🗎
Difficulty sleeping		Dizziness		Nervousness with indigestion	
On edge		Headaches		Gastritis	
Can't gain weight		Hot flashes		Forgetfulness	
Intolerance to heat		Hair growth on face or body (female)		Thinning hair	
Highly emotional		Sugar in urine (not diabetes)			
Flush easily		Masculine tendencies (female)		FEMALE ONLY	0 1 2 3
Night sweats				Very easily fatigued	
Thin, moist skin		GROUP 7F	0 1 2 3	Premenstrual tension	
Inward trembling		Weakness, dizziness		Menses more painful than usual	
Heart races		Tired throughout day		Depressed feelings	
Increased appetite without		Nails weak, ridged		before menstruation	
weight gain		Sensitive skin		Painful breasts during menses	
Pulse fast at rest		Stiff joints		Menstruate too frequently	
Eyelids and face twitch		Perspiration increase		Hysterectomy/ovaries removed	
Irritable and restless		Bowel discomfort		Menopausal hot flashes	
Can't work under pressure		Poor circulation		Menses scanty or missed	
		Swollen ankles		Acne, worse at menses	
GROUP 7B	0 1 2 3	Crave salt			
Increase in weight		Areas of skin darkening		MALE ONLY	0 1 2 3
Decrease in appetite		Upper respiratory sensitivity		Less involved in exercise/	
Fatigue easily		Tiredness		social activities	
Ringing in ears		Breathing challenges		Difficult to postpone urination	
Sleepy during day				Weak urinary stream	
Sensitive to cold		GROUP 8	0 1 2 3	Feeling of "blues" or melancholy	
Dry or scaly skin		Muscle weakness		Feeling of incomplete bowel	
Temporary constipation		Lack of stamina		evacuation	
Mental sluggishness		Drowsiness after eating		Lack of energy	
Hair coarse, falls out		Muscular soreness		Muscles in arms and legs seem	
Tension in head upon arising		Heart races		softer/smaller	
wears off during day		Hyperirritable		Tire too easily	
Slow pulse below 65		Feeling of a band around head		Avoid activity	
Changing urinary function		Melancholia (feeling of sadness)		Leg nervousness at night	
Sounds appear diminished		Swelling of ankles		Diminished sex drive	
Reduced initiative		Change in urinary function			

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TO BE COMPLETED BY HEALTH	CARE PROFESSIONAL	
Digestion		Large Intestine (Palpate)
Hydrochloric Acid Point		Ascending
Enzyme Point		Transverse
Murphy's Sign		Descending
Adrenals		Postural Hypotension
Pupil Dilation Exam	Pass Fai	Supine
Zinc Taste Test	Pass Fai	
Cuff Test	Pass Fai	Cuff Pressure
		pH of Saliva
		Pulse
BARNES THYROID TEST		
if the patient expends any energy that the test, be conducted for example of the conducted for example	prior to taking the test such as getti actly 10 minutes, making the prior po	I, with the temperature being taken for 10 minutes. The test is invalidated ng up for any reason, shaking down the thermometer, etc. It is important ositioning of both the thermometer and a clock important.
	IENOPAUSAL FEMALES (any two ny five days in a row) MALES (any	days during the month) FEMALES HAVING MENSTRUAL CYCLES (the two days during the month)
Day 1 [Day 2 Day 3	Day 4 Day 5
Day 1 ERSTRICTIONS ON USE	Day 2 Day 3	Day 4 Day 5