**Systems Questionaire NAME: DATE:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Check box to the left of any comments that apply to you.** | * **Office Use only. Do not check any boxes below.** | | | | | | | | | | | | | | | | |
|  |  | **A** | **B12** | **BS** | **C** | **G** | | **H** | | **I** | | **AL** | **TH** | **BRC** |  | | | |
|  | Headaches | A |  | BS | C |  | | H | | I | | AL | TH | BC | s | | | |
|  | Cry easily; crying spells |  |  | BS |  |  | |  | |  | |  | TH | BC | e | | | |
|  | Eat as a reward or for pleasure, comfort or numbness |  |  |  |  |  | |  | |  | |  | TH | BC | d | | | |
|  | Worry, anxiety, phobia, or panic | A |  | BS | C |  | |  | |  | |  |  | BC | s | | | |
|  | Difficulty getting to sleep or staying asleep; awake more at night or wake up a few times; or unrefreshed | A |  | BS | C |  | |  | |  | |  |  | BC | s | | | |
|  | Hard to focus | A |  | BS |  |  | |  | |  | |  |  | BC | d | | | |
|  | Low energy, drive or arousal; feel weak and tired | A | B12 | BS | C |  | | H | |  | |  | TH | BC | d | | | |
|  | Obsessive thinking or behavior |  |  |  |  |  | |  | |  | |  |  | BC | s | | | |
|  | Inability to relax after tension or stress |  |  |  |  |  | |  | |  | |  |  | BC | g | | | |
|  | Depression, negativity |  | B12 | BS | C |  | | H | |  | |  |  | BC | ds | | | |
|  | Low self-esteem, lack of confidence |  |  |  |  | G | |  | |  | |  |  | BC | s | | | |
|  | Mood/eating problems, especially in winter/end of day | A |  | BS | C |  | | H | |  | |  |  | BC | s FA | | | |
|  | Irritability, anger |  |  |  |  | G | | H | |  | |  |  | BC | s FA | | | |
|  | Use of alcohol or drugs to improve mood |  |  |  |  | G | |  | |  | |  |  | BC | ed FA | | | |
|  | Frequent thirst | A |  | BS |  |  | |  | |  | |  |  |  |  | | | |
|  | Family history of diabetes, hypoglycemia,or alcoholism |  |  | BS |  |  | |  | |  | |  |  |  |  | | | |
|  | Crave sweets, carbs, alcohol but later have a drop in energy. |  |  | BS |  |  | |  | |  | |  |  | BC | esgd | | | |
|  | Dizzy, weak, or headache, especially if haven’t eaten in 3 hour |  |  | BS |  |  | |  | |  | |  |  |  |  | | | |
|  | Nervous, jittery, irritable during the day; calmer after meals |  |  | BS |  |  | |  | |  | |  |  |  |  | | | |
|  | Indecision/confusion/mental fog or short-term memory loss | A |  | BS | C |  | |  | |  | |  | TH |  |  | | | |
|  | Heart palpitations, rapid pulse, shaky hands | A |  | BS |  |  | |  | |  | |  |  |  | HT | | | |
|  | Night sweats (not menopausal) |  |  | BS |  |  | |  | |  | |  |  |  | CX | | | |
|  | Sores on legs that take a long time to heal |  |  | BS |  |  | |  | |  | |  |  |  |  | | | |
|  | Blurred vision or heavy breathing |  |  | BS |  |  | |  | |  | |  |  |  |  | | | |
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|  |  | **A** | **B12** | **BS** | **C** | **G** | | **H** | | **I** | | **AL** | **TH** | **BRC** |  | | | |
|  | Brown spots/bronzing of skin | A |  | BS |  |  | |  | |  | |  |  |  |  | | | |
|  | Numbness/tingling in hands or feet |  |  | BS |  |  | |  | |  | |  |  |  | Musculosk | | | |
|  | Bleeding gums or red/sore tongue |  | B12 | BS |  |  | |  | |  | |  |  |  |  | | | |
|  | Bruise easily | A |  | BS |  |  | |  | |  | |  |  |  | Vit C | | | |
|  | Crave salty foods | A |  |  |  |  | |  | |  | |  |  |  |  | | | |
|  | Often feel stressed, overwhelmed | A |  |  |  |  | |  | |  | |  |  | BC | g Ht | | | |
|  | Dark circles under eyes or brown spots | A |  |  | C |  | |  | |  | | AL |  |  |  | | | |
|  | Can’t start day without morning coffee and/or drink more than 3 cups coffee or soda per day | A |  | BS | C |  | |  | |  | |  |  |  |  | | | |
|  | Overweight | A |  |  | C |  | |  | |  | |  | TH |  |  | | | |
|  | Muscle weakness and cramping or pain in joints | A |  |  | C |  | |  | |  | |  | TH |  | Mg/K | | | |
|  | Low blood pressure | A |  |  |  |  | |  | |  | |  | TH |  |  | | | |
|  | Cold intolerance | A |  |  |  |  | |  | |  | |  | TH |  |  | | | |
|  | Crave sweets or carbohydrates (breads/pasta) | A |  | BS | C |  | |  | |  | |  |  | BC | egs | | | |
|  | Diagnosed with fibromyalgia/chronic fatigue/leaky gut/psoriasis | A |  |  | C |  | |  | |  | |  |  | BC | es | | | |
|  | Skin rash | A |  | BS | C |  | |  | |  | | AL |  |  |  | | | |
|  | Incapacitating fatigue/low energy/have to force yourself to do even moderate exercise | A | B12 | BS | C |  | |  | |  | |  | TH | BC | d | | | |
|  | Sore throat/swelling in neck | A |  |  | C |  | |  | |  | |  | TH |  |  | | | |
|  | Constipation |  | B12 | BS | C | G | |  | |  | |  | TH |  | FA | | | |
|  | Chronic headaches | A |  | BS | C |  | | H | | I | | AL | TH | BC | s | | | |
|  | Vertical ridges on nails |  |  |  |  |  | |  | |  | |  | TH |  |  | | | |
|  | Thinning hair/hair falling out |  |  |  |  |  | |  | |  | |  | TH |  |  | | | |
|  | Very dry skin/elbows/thin skin |  |  |  |  |  | | H | |  | |  | TH |  | FA | | | |
|  | Edge of eyebrows thinning |  |  |  |  |  | |  | |  | |  | TH |  |  | | | |
|  | Don’t like cold weather/cold hands |  |  |  |  |  | |  | |  | |  | TH |  |  | | | |
|  | Other members of family have thyroid problems |  |  |  |  |  | |  | |  | |  | TH |  |  | | | |
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|  |  | **A** | **B12** | **BS** | **C** | **G** | | **H** | | **I** | | **AL** | **TH** | **BRC** | |  | | |
|  | High cholesterol |  |  |  |  |  | |  | |  | |  | TH |  | |  | | |
|  | Use food, caffeine, tobacco, or other stimulants to get going | A |  | BS |  |  | |  | |  | |  | TH |  | |  | | |
|  | Hyperacidity or acid reflux |  |  |  | C |  | |  | |  | |  |  |  | | Ht | | |
|  | Blood blisters/white spots in mouth/tongue or sore throat |  |  |  | C |  | |  | |  | |  |  |  | |  | | |
|  | Urinary frequency |  |  | BS | C |  | |  | |  | |  |  |  | | Pit | | |
|  | “crawling” skin |  | B12 | BS | C |  | |  | |  | |  |  |  | |  | | |
|  | Chronic dental problems |  |  |  | C |  | |  | |  | |  |  |  | |  | | |
|  | Aversion to or jumping when touched |  |  |  | C |  | |  | |  | |  |  |  | |  | | |
|  | Chronic sinus problems with headaches |  |  |  | C |  | |  | |  | |  |  |  | |  | | |
|  | Mood swings | A |  | BS | C |  | | H | |  | |  |  | BC | |  | | |
|  | Dizziness/off balance/light headed |  | B12 | BS | C |  | |  | |  | |  |  |  | |  | | |
|  | Constipation/diarrhea/ belching/gas/bloating |  | B12 | BS | C | G | | H | |  | |  | TH |  | | FA | | |
|  | Anal or vaginal itching |  |  |  | C |  | |  | |  | |  |  |  | |  | | |
|  | Athlete’s foot, nail or skin fungus |  |  |  | C |  | |  | |  | |  |  |  | |  | | |
|  | Used antibiotics, cortisone, or birth control for more than 1 yr |  |  |  | C |  | | H | |  | |  |  |  | |  | | |
|  | Have pale skin |  | B12 |  |  |  | |  | | I | |  |  |  | | Iron | | |
|  | Sick to stomach and loss of weight |  | B12 |  | C | G | |  | |  | |  |  |  | |  | | |
|  | Goiter or lump in throat | A |  |  |  |  | |  | | I | |  | TH |  | |  | | |
|  | Brassy taste |  |  |  |  |  | |  | | I | |  |  |  | |  | | |
|  | Increased salivation |  |  |  |  |  | |  | | I | |  |  |  | |  | | |
|  | Sneezing |  |  |  |  |  | |  | | I | |  |  |  | |  | | |
|  | Irregular periods |  |  |  |  |  | | H | |  | |  |  |  | |  | | |
|  | Experienced a miscarriage, had abortion or infertility |  |  |  | C |  | | H | |  | |  |  |  | |  | | |
|  | Uncomfortable periods, cramps, lengthy or heavy bleeding |  |  |  |  |  | | H | |  | |  |  |  | |  | | |
|  | Use(d) birth control pills or other hormone medication |  |  |  |  |  | | H | |  | |  |  |  | |  | | |
|  | Hot flashes, sweats, insomnia, or mental illness |  |  |  |  |  | | H | |  | |  |  |  | |  | | |
|  | Skin eruptions with period |  |  |  |  |  | | H | |  | |  |  |  | |  | | |
|  | Premenstrual mood swings |  |  |  |  |  | | H | |  | |  |  |  | |  | | |
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|  |  | **A** | **B12** | **BS** | **C** | | **G** | | **H** | | **I** | **AL** | **TH** | **BRC** |  | | | |
|  | Crave milk, ice cream, yogurt, cheese or doughy foods like pasta, bread and cookies? And eat them often? | A |  | BS | C | |  | |  | |  | AL |  |  |  | | | |
|  | Experience bloating after meals |  |  |  |  | | G | |  | |  | AL |  |  |  | | | |
|  | Digestive discomfort of any kind |  | B12 | BS | C | | G | |  | |  | AL |  |  |  | | | |
|  | Respiratory problems like asthma, postnasal drip, congestion | A |  |  |  | |  | |  | |  | AL |  |  |  | | | |
|  | Low energy or drowsiness, especially after meals | A |  | BS |  | |  | |  | |  | AL |  |  |  | | | |
|  | Allergic to milk products or other common foods |  |  |  |  | |  | |  | |  | AL |  |  |  | | | |
|  | Under eat or often prefer beverages to solid foods |  |  |  |  | |  | |  | |  | AL |  |  |  | | | |
|  | Avoid food or throw up food because of bloating after eating make you feel fat or tired |  |  |  |  | |  | |  | |  | AL |  |  |  | | | |
|  | Can’t gain weight |  |  |  |  | |  | |  | |  | AL |  |  | Cx | | | |
|  | Hyperactivity or manic depression |  |  |  |  | |  | |  | |  | AL |  |  |  | | | |
|  | Food allergies run in the family |  |  |  |  | |  | |  | |  | AL |  |  |  | | | |
|  | Crave chips, cheese, & other rich foods more than sweets or starches |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | Are of Irish, Scottish, Welsh, Scandinavian, or Native American |  |  |  |  | |  | |  | |  |  |  |  | FA | | | |
|  | Alcoholism and depression in the family history |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | High cholesterol, low LDL levels |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | Feel heavy and clogged up after eating fatty foods | A |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | History of hepatitis or other liver/gallbladder problem |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | Light colored stool |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | Pain on the right side under the rib-cage |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | Nausea or vomiting |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | Pain between the shoulder blades or more on the right side |  |  |  |  | | G | |  | |  |  |  |  | FA | | | |
|  | Write an medications you are on below: |  |  |  |  | |  | |  | |  |  |  |  |  | | | |
|  |  |  |  |  |  | |  | |  | |  |  |  |  |  | | | |
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|  |  |  |  |  |  | |  | |  | |  |  |  |  |  | | | |
|  | **PATIENT NAME: DATE:** | **A** | **B12** | **BS** | **C** | | **G** | | **H** | | **I** | **AL** | **TH** | **BRC** | **FA** | |  |  |
|  | TOTALS |  |  |  |  | |  | |  | |  |  |  |  |  | |  |  |
|  | OUT OF | 32 | 11 | 34 | 35 | | 17 | | 17 | | 7 | 15 | 23 | 21 | 15 | |  |  |
|  | (TOTAL/OUT OF) = % |  |  |  |  | |  | |  | |  |  |  |  |  | |  |  |
|  |  | **>12** | **>3** | **>4** | **>7** | | **>5** | |  | |  | **>4** | **>7** |  | **>4** | |  |  |
|  |  | * 16 severe, > 13 moderate, > 7 mild, > 5 no treatment.. Avoid sugar, refined carbs, caffeine, alcohol. * Patient must have including fatigue or stress.   **ADRENALS:**  \*\*fasting and detox should NOT be used at beginning of adrenal strengthening.  DHEA/Herbs/K rich foods/veggies/B6/Vit C/E/Zinc/Magnesium. Adrenal support  Test stress coping hormones c saliva testing, especially cortisol levels. | Add B-complex + B12 can also add magnesium | 1. Add multivitamin+ chromium/B-complex + cinnamon. 2. Glutamine 3. Biotin 4. B1 thiamine 2. 5. Eat every 3-4 hours. Avoid sugar, refined carbs, caffeine, alcohol.. | Check if possible parasite (>20). Do grapefruit seed extract/black walnut/cloves first if present, then proceed to yogurt/acidophillus/ intestina l cleanse/candistatin. Avoid sugar, refined carbs, caffeine, alcohol.. | | Avoid fatty/spicy foods. Do a liver/gallbladder cleanse. May add milk thistle. | | >2 add amino acid complex. If >4 saliva test or have PCP do testing | | Iodine test | Cut out known allergens. Add zygest, acidophillis, and DLPA (DPA) | Blood tests. Thyroid support. If no change in symptoms p 4 months change to glandular thyroid support. Check iodine and have patient record daily temperature |  | Use olive oil/butter. Get spot test for vitamin D deficiency. Add omegas | |  |  |