

# CLINICAL APPRAISAL INDICATOR

Client Name \_\_\_\_\_

Date \_\_\_\_\_

## INSTRUCTIONS

Please Circle the number next to the symptom in the GROUPS below that are applicable to you

1) *Mild Symptoms* - symptoms occurring once or twice a month

2) *Moderate Symptoms* - symptoms occurring once or twice a week

3) *Severe Symptoms* - symptoms occurring daily

### GROUP ONE

- |                             |       |                                |       |                          |       |
|-----------------------------|-------|--------------------------------|-------|--------------------------|-------|
| 1) "Nervous" Stomach        | 1 2 3 | 5) Mental alert, quick         | 1 2 3 | 9) Fever easily raised   | 1 2 3 |
| 2) Dry Mouth-Eyes-Nose      | 1 2 3 | 6) Extremities cold, clammy    | 1 2 3 | 10) Cold sweats often    | 1 2 3 |
| 3) Pulse speeds after meals | 1 2 3 | 7) Heart pounds after retiring | 1 2 3 | 11) Neuralgia-like pains | 1 2 3 |
| 4) Keyed up -- fail to calm | 1 2 3 | 8) Acid foods upset            | 1 2 3 |                          |       |

ARE YOUR SYMPTOMS MADE WORSE BY EMOTIONAL STRESS? Yes / No

### GROUP TWO

- |                                    |       |  |       |  |       |
|------------------------------------|-------|--|-------|--|-------|
| 12) Perspire easily                | 1 2 3 | 16) Digestion rapid                    | 1 2 3 | 20) Joint stiffness after rising         | 1 2 3 |
| 13) Muscle-leg-toe cramps at night | 1 2 3 | 17) Vomiting frequent                  | 1 2 3 | 21) Circulation poor, sensitive to cold  | 1 2 3 |
| 14) Eyelids swollen, puffy         | 1 2 3 | 18) Difficulty swallowing              | 1 2 3 | 22) Subject to colds, asthma, bronchitis | 1 2 3 |
| 15) Indigestion soon after meals   | 1 2 3 | 19) Constipation, diarrhea-alternating | 1 2 3 |  |       |

ARE YOUR SYMPTOMS MADE WORSE BY EMOTIONAL STRESS? Yes / No

### GROUP THREE

- |                                |       |   |       |  |       |
|--------------------------------|-------|---|-------|--|-------|
| 23) Afternoon headaches        | 1 2 3 | 26) Heart palpitates if meals are missed or delayed | 1 2 3 | 28) Awaken after few hours of sleep difficult to get back to sleep | 1 2 3 |
| 24) Get "shaky" if hungry      | 1 2 3 | 27) Eat when nervous                                | 1 2 3 | 29) Crave candy or coffee in afternoons                            | 1 2 3 |
| 25) Faintness if meals delayed | 1 2 3 |   |       | 30) Abnormal craving for sweets or snacks                          | 1 2 3 |

### GROUP FOUR

- |  |       |  |       |  |       |
|--|-------|--|-------|--|-------|
| 31) Bruise easily "black and blue" spots | 1 2 3 | 36) Swollen ankles, worse at night                                   | 1 2 3 | 40) Hands and feet go to sleep easily, numbness                                | 1 2 3 |
| 32) Sigh frequently, "air hunger"        | 1 2 3 | 37) Muscle cramps, worse during exercise                             | 1 2 3 | 41) Tendency to anemia   | 1 2 3 |
| 33) Aware of "breathing heavily"         | 1 2 3 | 38) Shortness of breath on exertion                                  | 1 2 3 | 42) Tension under the breastbone, or feeling of "tightness", worse on exertion | 1 2 3 |
| 34) Opens window in closed rooms         | 1 2 3 | 39) Dull pain in chest or radiating into left arm, worse on exertion | 1 2 3 |  |       |
| 35) Susceptible to colds and fevers      | 1 2 3 |  |       |  |       |

### GROUP FIVE

- |  |       |                                  |       |  |       |
|--|-------|----------------------------------|-------|--|-------|
| 43) Dry Skin                                       | 1 2 3 | 47) Biliousness                  | 1 2 3 | 51) Laxatives used often                         | 1 2 3 |
| 44) Skin rashes frequent                           | 1 2 3 | 48) Greasy foods upset           | 1 2 3 | 52) History of gallbladder attacks or gallstones | 1 2 3 |
| 45) Bitter metallic taste in mouth in the mornings | 1 2 3 | 49) Stools light colored         | 1 2 3 | 53) Sneezing attacks                             | 1 2 3 |
| 46) Bowel movements painful or difficult           | 1 2 3 | 50) Pain between shoulder blades | 1 2 3 |  |       |

### GROUP SIX

- |   |       |  |       |                                     |       |
|---|-------|--|-------|-------------------------------------|-------|
| 54) Lower bowel gas several hours after eating  | 1 2 3 | 56) Coated tongue  | 1 2 3 | 58) Gas shortly after eating        | 1 2 3 |
| 55) Burning stomach sensations, eating relieves | 1 2 3 | 57) Indigestion 1/2 to 1 hour after eating; may be up to 3-4 hours | 1 2 3 | 59) Stomach "bloating" after eating | 1 2 3 |

(Restricted to Professional Use Only)

# CLINICAL APPRAISAL INDICATOR

## GROUP SEVEN

(A)	(B)	(E)			
60) Pulse fast at rest	1 2 3	76) Slow pulse, below 65	1 2 3	91) Hot flashes	1 2 3
61) Nervousness	1 2 3	77) Increase in weight	1 2 3	92) Headaches	1 2 3
62) Can't gain weight	1 2 3			93) Dizziness	1 2 3
63) Intolerance to heat	1 2 3	(C)		94) Increased blood pressure	1 2 3
64) Highly emotional	1 2 3	78) Low blood pressure	1 2 3	95) Sugar in urine (not diabetes)	1 2 3
65) Flush easily	1 2 3	79) Failing memory	1 2 3	96) Masculine tendencies (female)	1 2 3
66) Night sweats	1 2 3	80) Increased sex desire	1 2 3		
67) Inward trembling	1 2 3	81) Headaches, "splitting or rending" type	1 2 3	(F)	
68) Heart palpitates	1 2 3	82) Decreased sugar tolerance	1 2 3	97) Low blood pressure	1 2 3
69) Insomnia	1 2 3			98) Chronic fatigue	1 2 3
		(D)		99) Weakness, fatigue	1 2 3
(B)		83) Bloating of intestines	1 2 3	100) Tendency to hives	1 2 3
70) Impaired hearing	1 2 3	84) Abnormal thirst	1 2 3	101) Arthritic tendencies	1 2 3
71) Decrease in appetite	1 2 3	85) Weight gain around hips or waist	1 2 3	102) Perspiration increases	1 2 3
72) Ringing in ears	1 2 3	86) Sex desire reduced or lacking	1 2 3	103) Crave salt	1 2 3
73) Constipation	1 2 3	87) Tendency to ulcers colitis	1 2 3	104) Brown spots or bronzing of skin	1 2 3
74) Mental sluggishness	1 2 3	88) Increased sugar tolerance	1 2 3	105) Allergies - tendency to asthma	1 2 3
75) Headaches upon arising - wears off during the day	1 2 3	89) Women: menstrual disorders	1 2 3	106) Exhaustion - muscular and nervousness	1 2 3
		90) Young girls: lack of menstrual	1 2 3	107) Respiratory disorders	1 2 3

## GROUP EIGHT

Female Only	Male Only				
108) Painful menses	1 2 3	115) Vaginal discharge	1 2 3	122) Pain on inside of legs or heel	1 2 3
109) Premenstrual tension	1 2 3	116) Menopause, hot flashes, etc.	1 2 3	123) Feeling of incomplete bowel	1 2 3
110) Very easily fatigued	1 2 3	117) Menses scanty	1 2 3	124) Prostate trouble	1 2 3
111) Depressed feeling before period	1 2 3	118) Acne, worse at menses	1 2 3	125) Leg nervousness at night	1 2 3
112) Menstruation excessive / prolonged	1 2 3	119) Tire too easily	1 2 3	126) Diminished sex desire	1 2 3
113) Painful breasts	1 2 3	120) Urination difficult	1 2 3		
114) Menstruate too frequently	1 2 3	121) Night urination frequent movement	1 2 3		

## GROUP NINE

127) Chronic cough	1 2 3	131) Difficulty breathing	1 2 3	134) Bronchitis (frequent)	1 2 3
128) Pain around ribs	1 2 3	132) Coughing up phlegm	1 2 3	135) Infections settle in lungs	1 2 3
129) Shortness of breath	1 2 3	133) Coughing up blood	1 2 3	136) Sensitive to smog	1 2 3
130) Chest pain	1 2 3				

## GROUP TEN

137) Frequent urination	1 2 3	141) Cloudy urine	1 2 3	144) Painful/burning when passing urine	1 2 3
138) Rose colored (bloody) urine	1 2 3	142) Rarely need to urinate	1 2 3	145) Urination when you cough or sneeze	1 2 3
139) Dripping after urination	1 2 3	143) Frequent bladder infections	1 2 3	146) Strong smelling urine	1 2 3
140) Difficulty passing urine	1 2 3				

## GROUP ELEVEN

(A)	(B)				
147) Throat infections	1 2 3	150) Gets boils or styes	1 2 3	153) Bumpy skin on back of arms	1 2 3
148) Poor wound healing	1 2 3	151) Swollen lymph glands	1 2 3	154) Inflamed or bleeding gums	1 2 3
149) Slow to recover from cold or flu	1 2 3	152) Catch colds or flu too easily	1 2 3		
(B)					
155) Poor wound healing	1 2 3	157) Swollen lymph glands	1 2 3	159) Hyperactivity	1 2 3
156) Post nasal drip	1 2 3	158) Swollen tongue	1 2 3	160) Food sensitivity or allergy	1 2 3