

Metabolic Symptom Survey

Last Name	First Name	MI	Age	Date
Address			Phone number	

- 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

S/SX SECTION TOTALS		
LAB SECTION TOTALS		