

## Allergy Symptom Rating Scale

Number the boxes which apply to you with a 1, 2, or 3. (1) for mild symptoms (2) for moderate symptoms (3) for severe symptoms. Leave the box blank if it doesn't apply to you.

**File No:** \_\_\_\_\_ **Date** \_\_\_\_\_ **SEX:** M [ ] F [ ]. **AGE/DOB** \_\_\_\_\_

**Name:** \_\_\_\_\_

Symptoms	1	2	3	Symptoms	1	2	3
Abnormal appetite poor/excess				Cuts heal slowly			
Abdominal bloating				Dandruff			
Absent mindedness				Decreased sex drive			
Abnormal hair growth				Depression			
Acid foods upset				Diabetes			
Acne				Diarrhea			
Addiction to smoke				difficulty in walking			
Addiction to sugar				Difficulty in swallowing			
Addiction to alcohol				Digestion rapid			
Addiction to drug				Diverticulitis			
Allergic to drugs				Dream disturbed sleep			
Addiction to spices				Dry nose			
Anemia				Dry eyes			
Anger				Dry mouth			
Appetite -excess				Dyslexia			
Arthritis				Ear aches			
Asthma bronchial				Ear infection			
Asthma cardiac				Eating disorder			
Athelete's foot				Eczema			
Bad breath				Edema			
Backache - (upper area)				Emotional imbalances			
Backache (middle area)				Elbow pains			
Backache (Lower area)				Excess thirst			
Blurred vision				Eyelids puffy			
Bowel disorders				Eyes watery			
Brain fog				Eyes itch			
Breast pain or swelling				Fainting spells			
Breast lumps				Falling hair			
Bronchitis				Fatigue			
Brown spots				Feels cold often			
Bruises easily				Feels insecure			
Burning/ itching anus				Fever			
Burning feet				Fibromyalgia or body ache			
Coated tongue				Forgetfulness			
Cold sweats often				Frequent rashes			
Colds/flu's frequent				Gags easily			
Colitis				Gall stones			
Compulsive behavior				Gastric distress			
Constipation				General itching			
Cold extremities				Greasy foods upset			
Cough				Hairloss			
Cradle cap				Hayfever			
Crave spices				Headaches/sinus			
Crave salt				Headache/morning			
Crave sweets				Headache/afternoon			
Crave sour / bitters				Headaches - migraine			
Crave onions/ beans				Hearing decreased			
Chronic Fatigue				Heartburn			

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Name: \_\_\_\_\_

SEX: M  F  AGE/DOB \_\_\_\_\_

Symptoms	1	2	3	Symptoms	1	2	3
Heart irregularities				Perspiration excess			
Hemorrhoides				Phobias			
Herpes				PMS (premenstual symptom)			
High altitude causes problems				Poor memory			
High blood pressure				Post nasal drip			
Hip pains				Premature grayting			
Hives				Prolapse uterus or bladder			
Hoarseness				Prone to infections			
Humidity-discomfort				Prostate trouble			
Hungry between meals				Psoriasis			
Hyperactivity				Red or Pink eyes			
Hysterectemy				Restless leg syndrome			
Ileocecal valve				Ring worm			
Increased sex drive				Ringing in the ears			
Indigestion				Seizures			
Infertility male/female				Sensitive to cold /heat			
Insomnia				Shortness of breath			
Internal trembling				Shoulder pains			
Irritable and restless				Sighs frequently			
keyed-up and fails to calm				Sinusitis			
Knee pains				Skin problems			
Labored breathing				Sleepy during the day			
Low Back ache				Sleepy during the day			
Low blood pressure				Slow pulse < 65			
Lump in the throat				Slow starter			
Memory loss-long term				Smell decreased			
Memory loss-short-term				Sneezing attacks			
Menses, scanty				Sore throat			
Menses, excess				Sore canker			
Menses, irregular				Sour stomach			
Menses, Painful				Startles easily			
Mental confusion				Strong light irritates			
Metallic taste				Swollen ankles and feet			
Migrating pains				Thinning / thickening of the skin			
Milk causes discomfort				Throat constriction/throat closing			
Mood swings				Tightness in the chest			
Mucus production				Tingling sensation all over the body			
Muscle cramps or spasms				Tires too easily			
Nasal polyp				Tourette's Syndrome			
Nausea or vomiting				Urinary tract disorder			
Neck pains				Urination difficult			
Nervous stomach				Urine amount increased /decreased			
Neuralgia				Uterine polyp			
Night sweats				Vaginal discharge			
Nose bleed				Varicose veins			
Numbness				Warts			
Obsessive behavior				Weak nails			
Overia cyst				Weight gain			
Pain between shoulders				Weight loss			
Pain on the heels				White spots over the body			
Pain-unexplained				Worrier			
Pain - shoulder				Yeast infection			
				Other			