**Please place an X in the box for those that apply**

[ ] Tendency to gain weight and unable to lose it, especially around the waist.

[ ] High frequency of getting the flu and other respiratory diseases.

[ ] Tendency to tremble when under pressure.

[ ] Reduced sex drive.

[ ] Lightheaded when rising from a laying down position.

[ ] Unable to remember things.

[ ] Lack of energy in the mornings and also in the afternoon between 3 to 5 pm.

[ ] Feel better suddenly for a brief period after a meal.

[ ] Often feel tired between 9 - 10 pm, but resist going to bed.

[ ] Need coffee or stimulants to get going in the morning.

[ ] Crave for salty, fatty, and high protein food such as meat and cheese.

[ ] Increase symptoms of PMS for women; period are heavy and then stop, or almost stopped on the 4th day, only to start flow again on the 5th or 6th day.

[ ] Pain in the upper back or neck with no apparent reasons

[ ] Feels better when stress is relieved, such as on a vacation.

[ ] Difficulties in getting up in the morning

[ ] Lightheaded

[ ] Mild depression

[ ] Food and or inhalant allergies

[ ] Lethargy and lack of energy

[ ] Increased effort to perform daily tasks

[ ] Decreased ability to handle stress

[ ] Dry and thin skin

[ ] Hypoglycemia

[ ] Low Body Temperature

[ ] Nervousness

[ ] Palpitation

[ ] Unexplained hair loss

[ ] Alternating constipation and diarrhea

[ ] Dyspepsia

[ ] Sleep disturbance, insomnia

[ ] Feeling overwhelmed or unable to cope

[ ] Sensitivity to light

[ ] Low stamina and slow to recover from exercise

[ ] Slow to recover from injury or illness

[ ] Difficulty concentrating, brain fog

[ ] Poor digestion

[ ] Irritable bowel syndrome, IBS

[ ] Menopause symptoms

[ ] Low blood pressure

[ ] Sensitivity to cold

[ ] Fearfulness

[ ] Arthritis

[ ] Anxiety/Panic Attacks

[ ] Irritability, impatience, quick to anger

[ ] Lack of lust for life and/or food

[ ] Excess hunger

[ ] Low appetite