



Medical Symptoms Questionnaire

Please rate each symptom based on how you've felt during the past two weeks. If your total score is over 20, it's a gentle reminder to take action before these signs progress. Any 4's mean your body is calling out for help you don't have to suffer!

POINT SCALE

- 0 – Never or almost never have the symptom
- 1 – Occasionally have it, effect is not severe
- 2 – Occasionally have it, effect is severe
- 3 – Frequently have it, effect is not severe
- 4 – Frequently have it, effect is severe

Head

Headaches	
Feeling faint	
Getting dizzy	
Insomnia	
Migraines	

Eyes

Watery or itchy eyes	
Swollen, reddened or sticky eyelids	
Bags or dark circles under your eyes	
Blurred or tunnel vision	
Cataracts	

Ears

Itchy ears	
Earaches or ear infections	
Drainage from ears	
Ringing in the ears	
Hearing loss	

Nose

Stuffy nose	
Sinus problems	
Hay fever	
Sneezing attacks	
Excessive mucus formation	

Mouth / Throat

Gagging, frequent need to clear throat	
Sore throat, hoarseness, loss of voice	
Swollen or discoloured tongue, gums, or lips	
Cold sores	
Sores at corners of lips	

Skin

Acne	
Hives, rashes, dry skin, psoriasis, eczema	
Hair loss	
Flushing or hot flushes	
Excessive sweating	

Heart

Irregular or skipped heartbeat	
Rapid or pounding heartbeat	
Chest pain	
Varicose veins	
Poor circulation, cold hands/feet	

Lungs

Chest congestion	
Asthma, bronchitis, bronchiectasis	
Shortness of breath	
Chronic coughing	
Difficulty breathing	

Digestive Tract

Nausea, vomiting	
Diarrhoea	
Constipation	
Feeling bloated	
Belching	
Passing wind	
Heartburn	
Intestinal pain	
Stomach pain	
Inflammatory bowel disease	

Joints / Muscles

Pains or aches in joints	
Arthritis	
Stiffness or limited movement	
Pain or aches in muscles	
Weakness or fatigue in joints/muscles	
Tremors or muscle twitches	

Weight

Binge eating or drinking	
Craving certain foods	
Overweight	
Compulsive eating	
Water retention	
Underweight	

Energy / Activity

Fatigue, sluggishness	
Apathy, lethargy	
Hyperactivity	
Restlessness	
Feeling burnout	

Mind

Poor memory	
Confusion or poor comprehension	
Poor physical coordination	
Difficulty in making decisions	
Stuttering or stammering	
Slurred speech	
Learning difficulties	
ADHD	

Emotions

Mood swings	
Anxiety, fear, nervousness	
Anger, irritability, aggressiveness	
Depression, low mood	

Immune System

Frequent colds or flu	
Autoimmune disease	

Urinary System

Cystitis	
Thrush	
Kidney infections	
Frequent or urgent urination	
Genital itch or discharge	

Hormones

Thyroid issues	
PMS	
Irregular cycle	
Fibroids, cysts	
Heavy bleeding	
Perimenopause / menopause symptoms	
Diabetes	

Other

Any other symptoms 1	
Any other symptoms 2	
Any other symptoms 3	
Any other symptoms 4	
Any other symptoms 5	

Grand Total