

View results

Respondent

21

Anonymous

17:05

Time to complete

1. Name *

Kym Chilton

2. Upper GIT *

	Frequently	Often	Sometimes
Indigestion	☐	☐	☒
Excessive Burping	☐	☐	☐
Foods sits for long periods after a meal	☐	☐	☒
Bad breath	☐	☐	☒
Loss of appetite	☐	☐	☐
Stomach pain/burning	☐	☐	☐
Heartburn after spicy, citrus, alcohol, caffeine or fatty foods	☐	☒	☐
Dark or Black tarry stools	☐	☐	☒
Upper abdominal cramps or aches	☐	☐	☐

3. Lower GIT *

Frequently	Often	Sometimes
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Lower abdominal pain or cramps	☐	☐	☐
Excessive gas, flatulence	☐	☐	☒
Nausea and/or vomiting	☐	☐	☐
Diarrhoea, loose watery bowel movements	☐	☒	☐
Constipation, straining, hard dry stools	☐	☐	☐
Alternating constipation and diarrhoea	☐	☐	☐
Undigested food in stools	☐	☐	☐
Sensation of incomplete emptying of bowel	☐	☐	☐
Extreme narrow stools	☐	☐	☒
Mucus or pus in stool	☐	☐	☐
Red blood with bowel movement	☐	☐	☐

Black or dark
colour patches
in stool

☐☐☒

Rectal pain or
cramps

☐☐☒

Anal itching

☐☐☐

4. Liver, Gall Bladder, Pancreas *

	Frequently	Often	Sometimes
Abdominal pain or pain under ribs	☐	☐	☐
Fatty foods cause indigestion or nausea	☐	☐	☐
Unexplained itchy skin	☐	☒	☐
Yellow cast to skin, eyes or dark coloured urine	☐	☐	☐
Clay coloured stools	☐	☐	☒
Malaise or weakness	☐	☐	☒
Fluid retention, oedema	☐	☐	☒
Easy bruising or bleeding e.g gums	☐	☐	☐
Red skin, particularly palms	☐	☐	☐
Dry skin and or hair	☐	☐	☒

5. Endocrine - Thyroid *

	Frequently	Often	Sometimes
Fatigue, sluggishness	☐	☒	☐
Feel cold or intolerance to cold	☐	☐	☒
Feeling hot, intolerance to heat, sweaty	☐	☒	☐
Puffy face, hands or feet	☐	☐	☐
Unintentional weight gain or weight loss	☐	☐	☒
Swelling or tightness in front of neck	☐	☐	☐
Low mood	☐	☐	☒
Low libido	☐	☐	☒
Fatigue or notable weakness in limbs	☐	☐	☒
Nervousness, irritability, restlessness	☒	☐	☐
Visual disturbance or development of a staring gaze	☐	☐	☒

6. Endocrine - Adrenals *

	Frequently	Often	Sometimes
Feeling stressed, nervous, tense, unable to relax	☒	☐	☐
Feeling oversensitive and overwhelmed, unable to cope	☐	☒	☐
Low mood, mood swings	☐	☐	☒
Difficulty concentrating or thinking straight	☒	☐	☐
Need stimulants like coffee, tea, sugar, tobacco as pick me ups	☐	☒	☐
Feel fatigued after stressful day or event	☐	☒	☐
Find it hard to get up and going in morning	☐	☐	☒
Difficulty staying awake during the day	☐	☐	☐

Nausea or
dizziness

☐☐☒

Palpitations
and/or chest
pain

☐☐☒

7. Endocrine - Male Reproductive *

Frequently

Often

Sometimes

Difficulty
starting or poor
urine flow

☐☐☐

Sense of
bladder
fullness,
incomplete
emptying, or
strain with small
amounts of
urine passed

☐☐☐

Dripping after
urination

☐☐☐

Ejaculation
causes pain

☐☐☐

Blood in semen

☐☐☐

Low Libido

☐☐☒

Difficulty
attaining or
maintaining an
erection

☐☐☐

Premature ejaculation	☐	☐	☒
Low energy, stamina	☐	☒	☐
Development of breasts or nipple tenderness	☐	☐	☐
Infertility, low sperm count or poor sperm mobility	☐	☐	☐
Testicles uneven in size, texture or hardness	☐	☐	☐
Inflammation of penis or unusual discharge	☐	☐	☐
Genital or groin rash, itchiness	☐	☐	☐
Painful testicles	☐	☐	☐
Loss, thinning or slow growing body or facial hair	☐	☐	☐

8. Glucose Tolerance *

Frequently

Often

Sometimes

Skipping meals
causes fatigue,
weakness or
headaches

☐☐☒

Skipping meals
causes
sweating,
palpitations,
light
headedness or
faint

☐☐☐

Difficult
concentration if
miss meals

☐☐☒

Feel agitated,
irritable if miss
meals

☐☐☒

Excessive
frequent
urination

☐☐☐

Increased thirst
and appetite

☐☒☐

Blurred Vision,
failing eyesight

☐☐☐

Fatigue,
drowsiness

☐☐☒

Profuse
sweating

☐☒☐

Dizziness when
stand from
seated position

☐☐☒

unintentional
weight loss or
weight gain

☐☐☒

Diagnosis of
diabetes or pre
diabetic

☐☐☐

9. Allergy, Immune *

Frequently

Often

Sometimes

Frequent colds
and flus

☒☐☐

Frequent
infections in
other areas e.g.
ears, skin,
bladder

☐☐☐

Nasal
congestion or
discharge

☐☒☐

History of
inflamed throat,
or tonsillitis

☐☐☒

Scratchy throat

☐☐☒

Persistent or
frequent cough

☐☒☐

Cold sores

☐☐☐

Mouth Ulcers

☐☐☐

Wounds heal
slowly

☐☐☐

Excessive loss of
hair

☐☐☐

Swollen glands
in neck, armpit,
groin



Migraine or
headaches



Sensitivity to
light



Localised
general itching
- eyes, ears,
throat, nose,
skin



Sneezing,
coughing or
wheezing



Certain foods
worsen
symptoms or
cause heart
palpitations



10. Respiratory *

	Frequently	Often	Sometimes
Increased effort to breathe, wheezing	☐	☒	☐
Cough dry or moist	☐	☒	☐
Thick yellow, greenish or brown or blood stained sputum	☐	☐	☐
Frothy sputum	☐	☐	☐
Noisy rattling sounds when breathing	☐	☐	☒
Loud snoring	☐	☐	☒

11. Urinary *

	Frequently	Often	Sometimes
Frequent fluid retention	☐	☐	☐
Lower back pain	☐	☐	☐
Excessive, frequent urination, waking through night	☐	☐	☐
Buring with urination	☐	☐	☐
Urgency of urination	☐	☐	☒
Bloody, cloudy or darkened or strong smelling urine	☐	☐	☐
Incontinence	☐	☐	☐
Infrequent urination	☐	☐	☒
Severe one sided lower back pain	☐	☐	☐
History of kidney stones	☐	☐	☐

12. Haematological - Anaemia *

	Frequently	Often	Sometimes
Prolonged recovery after exercise	☐	☐	☒
Low exercise tolerance, shortness of breath with exertion	☐	☒	☐
Difficult to think straight	☐	☒	☐
Pale eyelids, lips, gums, nails	☐	☐	☐
Red sore tongue	☐	☐	☐
Sores in corner of mouth	☐	☐	☒
Easy bruising or bleeding	☐	☐	☐
Restless legs at night	☐	☐	☒

13. Cardiovascular, Circulation *

	Frequently	Often	Sometimes
Headaches	☐	☐	☒
Nosebleeds	☐	☐	☐

Redness in face	☐	☐	☒
Ringing in ears or blurred vision	☐	☐	☐
History of high blood pressure	☐	☐	☒
Palpitations	☐	☐	☒
Dizziness	☐	☐	☒
Pain or heaviness in central chest	☐	☐	☒
Pallor or sweating with chest discomfort	☐	☐	☒
Shortness of breath lying flat or on sudden waking in middle of night	☐	☐	☒
Wheezing or dry cough	☐	☐	☒
Swelling in feet, ankles or legs	☐	☐	☐
History of high blood cholesterol	☐	☒	☐

Cold
extremities,
numbness,
tingling or
pricking
sensations in
hands or feet

☐☐☒

White or
blueish tinge to
lips, fingers or
toes

☐☐☐

Faints or falls
for unknown
reason

☐☐☐

Brief loss of
vision, co-
ordination
difficult
speaking,
swallowing or
understanding
speech or
written word

☐☐☐

14. Musculoskeletal, Connective Tissue *

Frequently

Often

Sometimes

Bone
tenderness,
pain or
achiness

☐☐☐

Lower back or
hip pain

☐☐☒

Walking
difficulties or a
limp

☐☐☐

Diagnosis of
Osteoporosis or
unexplained
bone fracture

☐☐☐

Spinal
curvature, Stoo
ped posture or
hump at base
of neck

☐☐☐

Muscle
tightness,
tension

☐☐☒

Specific body
points tender to
touch

☐☐☐

Muscle cramps
or spasms

☐☒☐

Muscle twitch
or tremble

☐☒☐

Muscle
weakness

☐☐☒

Muscle loss and
wasting

☐☐☒

Tender red,
swollen, stiff
joints

☐☐☒

Dry mouth, dry
painful eyes

☐☐☒

Creaking noisy
joints

☐☐☒

Joint pain
involving
multiple joints

☐☐☒

Limited range
of motion

☐☐☒

Difficulty
standing from
seated position

☐☐☒

Difficulty
chewing or
opening mouth

☐☐☐

15. Neurological, Brain, Sleep *

Frequently

Often

Sometimes

Lightheadedness,
fainting

☐☐☐

Ringing or
buzzing in ears

☐☐☒

Trembling
hands

☐☐☐

Numbness, pins
and needles or
tingling in limbs

☐☐☒

Unsteady on
feet

☐☐☒

Poor hand
co-ordination

☐☐☐

Convulsions,
seizures or
funny turns

☐☐☐

Drooping
eyelids

☐☐☐

Impaired
hearing,
eyesight, sense
of touch, smell
or taste

☐☐☐

Slow or slurred
speech

☐☐☐

Difficulty falling
asleep

☐☐☒

Difficulty
staying asleep

☐☐☒

Find it difficult
to keep still or
fidgety

☐☐☒

Have a short
attention span

☐☐☒

Experience
mental
confusion or
sluggishness

☐☐☒

Have or had
learning
difficulties

☐☐☐

16. Skin *

	Frequently	Often	Sometimes
Eczema, Dermatitis	☐	☐	☐
Psoriasis	☐	☐	☐
Dandruff, Tinea or fungal infections	☐	☐	☒
Acne	☐	☐	☒
Pigmentation	☐	☐	☐
Skin rashes	☐	☐	☐