

View results

Respondent

64

Anonymous

46:48
Time to complete

1. Name *

Sim Raven

2. Upper GIT *

	Frequently	Often	Sometimes
Indigestion	☐	☐	☒
Excessive Burping	☐	☐	☐
Foods sits for long periods	☐	☐	☐

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

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

☒☐☐

Heavier or more
frequent
menstrual
periods

☐☐☐

Light infrequent
or absent
menstrual
periods

☒☐☐

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

☐☐☒

--- Please select ---

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 - Female Hormones *Experience 3-14 days prior to period* *

Frequently

Often

Sometimes

Abdominal
bloating

☐☐☐

Breast
tenderness,
selling or lumps

☐☐☐

Feeling depressed, anxious, teary or sensitive or easily angered	☐	☐	☐
Diarrhoea or constipation	☐	☐	☐
Headache or migraines	☐	☐	☐
Food cravings or binge eating	☐	☐	☐
Fluid retention or weight gain	☐	☐	☐
Clumsiness	☐	☐	☐
Feeling aggressive or suicidal	☐	☐	☐

8. Endocrine - Female Reproductive ***Experienced in last 6 months during menstruation ****

	Freuenty	Often	Sometimes
Irregular intervals between periods	☐	☐	☐

Vaginal
bleeding
between
periods

☐☐☐

Painful periods

☐☐☐

Pelvic or rectal
pressure

☐☐☐

Nausea and/or
vomiting with
menses

☐☐☐

Light blood
flow

☐☐☐

Heavy blood
flow or flooding

☐☐☐

Larger blood
clots

☐☐☐

Prolonged
duration of
bleeding

☐☐☐

Absence of
menses for
longer than 3
months

☐☐☐

9. Endocrine - Female Reproductive "

	Frequently	Often	Sometimes
Cycle becoming irratic	☐	☐	☐
Menses becoming heavier or lighter in flow	☐	☐	☐
Dry skin, hair and/or vagina	☒	☐	☐
Low libido	☒	☐	☐
Hot flushes, Night sweats	☐	☒	☐
Painful intercourse	☒	☐	☐
Increased facial hair eg. upper lip	☐	☒	☐
Milk production (not nursing)	☐	☐	☐
Excessive Libido	☐	☐	☐
Miscarriage	☐	☒	☐
Infertility	☐	☐	☐

Vaginal
discharge,
smelly or
coloured

☐☐☒

Burning or
itching of
external
genitalia

☐☐☐

Vaginal
bleeding after
intercourse

☐☐☐

Breast lumps or
change in
breast size or
shape

☐☐☒

Change in
nipple
appearance
and/or
discharge

☐☐☐

10. 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

☐☐☐

11. 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	☐	☐	☐

symptoms or
cause heart
palpitations

☐☐☐

12. 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

☐☐☒

13. 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

☐

☐

☒

14. 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	☐	☐	☐

15. 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			

16. 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

Joint pain
involving
multiple joints

☒☐☐

Limited range
of motion

☐☒☐

Difficulty
standing from
seated position

☐☐☐

Difficulty
chewing or
opening mouth

☐☐☒

17. 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

☐☐☒

18. Skin *

Frequently

Often

Sometimes

Eczema,
Dermatitis

☐☐☒

Psoriasis	☐	☐	☐
Dandruff, Tinea or fungal infections	☐	☐	☒
Acne	☐	☐	☐
Pigmentation	☒	☐	☐
Skin rashes	☐	☒	☐