

Behavior Checklist

✓ the appropriate boxes:

- I drink alcoholic beverages (beer/wine/liquor).
- I drink pasteurized, homogenized milk.
- I drink caffeinated coffee or cola.
- I consume sugar on foods or in drinks.
- I drink carbonated, sweetened soft drinks (including diet drinks).
- I eat in restaurants more than 4 times a week.
- I drink purified, reverse osmosis, filtered or distilled water.
- I am a vegetarian. () Ovo-lacto () Lacto () Vegan
- I take supplements regularly. If checked, list supplement(s) and amounts:

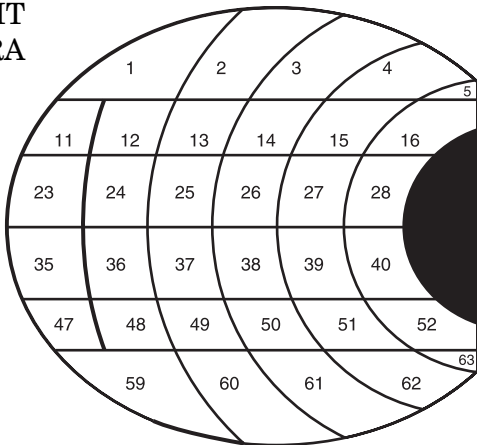
- I experience energy drops during the day. If you do have energy shifts, at what time(s) of day?

Time you get up: _____ Time you go to sleep: _____

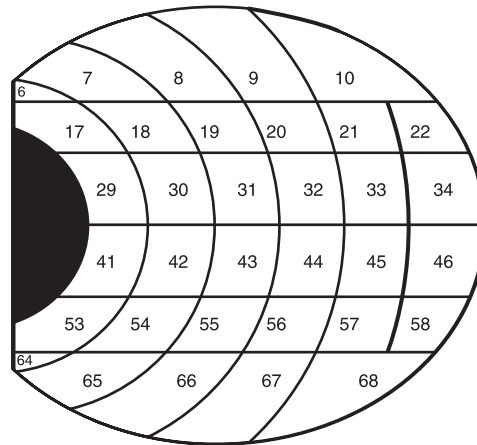
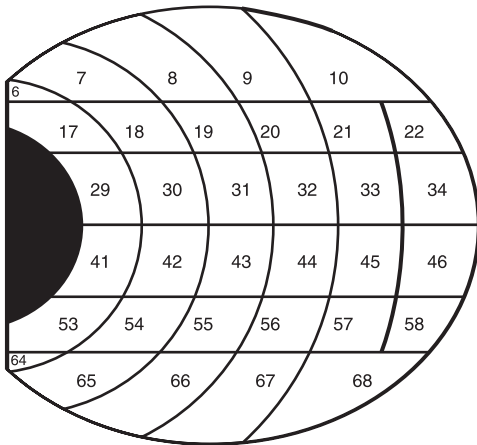
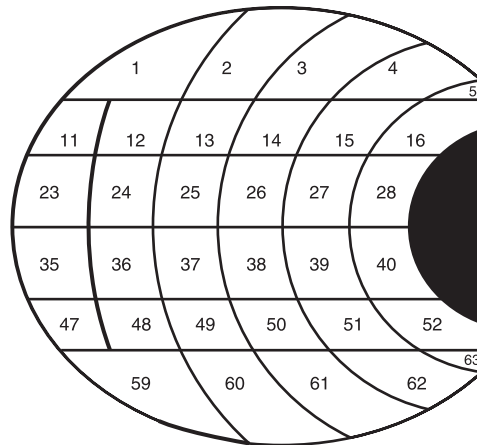
Blood pressure (if known): _____ Average energy on a scale of 1-10 (10 = highest): _____

List times of day you usually eat and whether it is a meal (M) or snack (S):

RIGHT
SCLERA



LEFT
SCLERA



Date: _____

Rate each statement 0-5 according to the intensity of how you have recently felt.

0=Never 1=Rarely 2=Occasionally 3=Regularly 4=Often 5=Very Often

- | | |
|---|---|
| 1. _____ I use prescription, non-prescription, or recreational drugs. | 61. _____ I lack body warmth. |
| 2. _____ I consume alcoholic beverages. | 62. _____ My blood pressure runs high. |
| 3. _____ I use tobacco products (cigarettes, cigars, etc.). | 63. _____ My head aches when I think. |
| 4. _____ I get excited easily. | 64. _____ I have trouble remembering things. |
| 5. _____ I sigh or sob. | 65. _____ I wake frequently at night to urinate. |
| 6. _____ I have little strength. | 66. _____ I feel out of harmony. |
| 7. _____ I just don't care. | 67. _____ I need to be the one in charge. |
| 8. _____ I am easily aroused sexually. | 68. _____ I feel manipulated. |
| 9. _____ I get cold sweats. | 69. _____ I feel heaviness in my upper body. |
| 10. _____ I have hot flashes. | 70. _____ My arms and legs move slowly. |
| 11. _____ I have excessive reactions. | 71. _____ I feel overwhelmed and stressed out. |
| 12. _____ I protect what is mine. | 72. _____ I suffer from low endurance. |
| 13. _____ I won't take no for an answer. | 73. _____ I have unknown health concerns. |
| 14. _____ I over exert myself. | 74. _____ It 's not easy to "laugh it off". |
| 15. _____ I am assertive. | 75. _____ My facial expressions are unique. |
| 16. _____ I am fatigued. | 76. _____ I am easily annoyed. |
| 17. _____ I wish I were braver. | 77. _____ I don 't like being alone. |
| 18. _____ I am anxious. | 78. _____ I feel gloomy. |
| 19. _____ I feel worn out by others. | 79. _____ I feel fatigued after meals. |
| 20. _____ I prefer not discussing my symptoms. | 80. _____ I feel down in the dumps. |
| 21. _____ I am un-accepting of others. | 81. _____ I have a lack of interest. |
| 22. _____ I need a breath of fresh air. | 82. _____ I would like to experience a change. |
| 23. _____ I have been traumatized. | 83. _____ It is difficult to put things in perspective order. |
| 24. _____ People easily provoke me. | 84. _____ Situations seem to run together making it difficult to separate them. |
| 25. _____ I have difficulty breathing in rhythm. | 85. _____ I get the shakes and quivers. |
| 26. _____ I am not receptive to the opinions of others. | 86. _____ I would like to feel more energetic. |
| 27. _____ I am heartbroken. | 87. _____ I am aging too quickly. |
| 28. _____ I am deprived of love. | 88. _____ I feel drained. |
| 29. _____ I am very codependent. | 89. _____ I have reactions to radiation (i.e., sun, heat microwaves, x-rays, etc.). |
| 30. _____ I feel unwanted. | 90. _____ It is difficult for me to stay focused. |
| 31. _____ My situation angers me. | 91. _____ I feel trapped. |
| 32. _____ I use bad language. | 92. _____ I am bored with my usual schedule. |
| 33. _____ I am critical of others. | 93. _____ I feel like I'm suffocating. |
| 34. _____ I have little patience. | 94. _____ I have obstacles in my way. |
| 35. _____ I lose control of my anger. | 95. _____ Sometimes I have difficulty breathing. |
| 36. _____ I feel unappreciated. | 96. _____ I startle easily. |
| 37. _____ I am offended by the achievements of others. | 97. _____ I am not relaxed. |
| 38. _____ I feel entitled to what others have. | 98. _____ I do not have peace of mind. |
| 39. _____ I don't get the recognition I deserve. | 99. _____ I am easily awakened. |
| 40. _____ I feel no longer needed. | 100. _____ I have unfinished business. |
| 41. _____ I harbor grievances. | 101. _____ I wish I could disappear. |
| 42. _____ I strongly hold to my opinions. | 102. _____ I suffer from unexplained worries. |
| 43. _____ My problems are caused by others. | 103. _____ I put excess consideration into what I eat. |
| 44. _____ I let people get under my skin. | 104. _____ I am bashful, withdrawn or inhibited. |
| 45. _____ I hate my circumstances. | 105. _____ I feel queasy when under pressure. |
| 46. _____ I have wet palms. | 106. _____ I feel hindered. |
| 47. _____ I am unable to relax after the least amount of exercising. | 107. _____ I am sensitive to changes in temperature. |
| 48. _____ I lack confidence. | 108. _____ I keep my problems to myself. |
| 49. _____ I have been laid off or fired. | 109. _____ I feel stressed from work. |
| 50. _____ Someone close to me is missing. | 110. _____ I don't voice my opinion. |
| 51. _____ I am slow to learn new things. | 111. _____ I am sexually inadequate. |
| 52. _____ Life is difficult for me. | 112. _____ I have poor equilibrium. |
| 53. _____ I see only the good things. | 113. _____ I feel a continuous desire for food. |
| 54. _____ I am not pleased. | 114. _____ I don't feel like myself lately. |
| 55. _____ My stomach feels distended. | 115. _____ I need more stability in my life. |
| 56. _____ I have dreadful thoughts. | 116. _____ I am worried. |
| 57. _____ I think too much. | 117. _____ I am absent minded. |
| 58. _____ I need answers. | 118. _____ I feel woozy or faint. |
| 59. _____ The unfamiliar disturbs me. | 119. _____ I am afraid. |
| 60. _____ Things concern me. | 120. _____ I don't deal well with pressure. |

Rate each statement 0-5 according to the intensity of how you have recently felt.
 0=Never 1=Rarely 2=Occasionally 3=Regularly 4=Often 5=Very Often

(The items do not need to be answered.)

- | | |
|--|---|
| <p>1. <input type="checkbox"/> I need prescription, non-prescription, or recreational drugs.</p> <p>2. <input type="checkbox"/> I consume alcoholic beverages.</p> <p>3. <input type="checkbox"/> I use tobacco products (cigarettes, cigars, etc.).</p> <p>4. <input type="checkbox"/> I am emotionally unbalanced.</p> <p>5. <input type="checkbox"/> I sigh or sob.</p> <p>6. <input type="checkbox"/> I have no physical strength.</p> <p>7. <input type="checkbox"/> My periods are irregular (female).</p> <p>8. <input type="checkbox"/> My crotch itches.</p> <p>9. <input type="checkbox"/> I have cold sweats.</p> <p>10. <input type="checkbox"/> I get hot flashes.</p> <p>11. <input type="checkbox"/> I have festering or phlegm.</p> <p>12. <input type="checkbox"/> I feel swollen.</p> <p>13. <input type="checkbox"/> I have pains in particular places.</p> <p>14. <input type="checkbox"/> I have pain, redness or swelling.</p> <p>15. <input type="checkbox"/> I get sick easily.</p> <p>16. <input type="checkbox"/> I am worn out.</p> <p>17. <input type="checkbox"/> I can't stay focused or concentrate.</p> <p>18. <input type="checkbox"/> I am concerned or worried.</p> <p>19. <input type="checkbox"/> I am slowly losing energy.</p> <p>20. <input type="checkbox"/> I don't enjoy talking about my problems.</p> <p>21. <input type="checkbox"/> I suffer from asthmatic attacks.</p> <p>22. <input type="checkbox"/> I need a breath of fresh air.</p> <p>23. <input type="checkbox"/> I have been traumatized.</p> <p>24. <input type="checkbox"/> I suffer from bronchitis.</p> <p>25. <input type="checkbox"/> I have difficulty breathing in rhythm.</p> <p>26. <input type="checkbox"/> My chest hurts.</p> <p>27. <input type="checkbox"/> I have tightness in my chest.</p> <p>28. <input type="checkbox"/> I have thrombosis.</p> <p>29. <input type="checkbox"/> I have heart tremors.</p> <p>30. <input type="checkbox"/> My temples throb.</p> <p>31. <input type="checkbox"/> I have decayed teeth and bones.</p> <p>32. <input type="checkbox"/> I suffer from arthritic changes.</p> <p>33. <input type="checkbox"/> I have seizures or convulsions.</p> <p>34. <input type="checkbox"/> Cataracts obstruct my vision.</p> <p>35. <input type="checkbox"/> My bones are brittle.</p> <p>36. <input type="checkbox"/> I have bleeding piles or hemorrhoids.</p> <p>37. <input type="checkbox"/> I have itching piles or hemorrhoids.</p> <p>38. <input type="checkbox"/> I have fissures of the anus.</p> <p>39. <input type="checkbox"/> I have piles or hemorrhoids.</p> <p>40. <input type="checkbox"/> I have bulging leg veins.</p> <p>41. <input type="checkbox"/> I have loose bowel movements.</p> <p>42. <input type="checkbox"/> I have an irritated and spastic colon.</p> <p>43. <input type="checkbox"/> My stool contains mucus.</p> <p>44. <input type="checkbox"/> I use bowel stimulants.</p> <p>45. <input type="checkbox"/> Bowel movements cause weakness.</p> <p>46. <input type="checkbox"/> I have wet palms.</p> <p>47. <input type="checkbox"/> I am unable to relax after physical activity.</p> <p>48. <input type="checkbox"/> I have sticky perspiration.</p> <p>49. <input type="checkbox"/> I have excess perspiration.</p> <p>50. <input type="checkbox"/> My body odor is strong.</p> <p>51. <input type="checkbox"/> I have digestive disorders.</p> <p>52. <input type="checkbox"/> I burp, belch or have gas after eating.</p> <p>53. <input type="checkbox"/> I get a sour stomach or heartburn.</p> <p>54. <input type="checkbox"/> I have stomach pain after eating.</p> <p>55. <input type="checkbox"/> I feel bloated.</p> <p>56. <input type="checkbox"/> I think something bad will happen.</p> <p>57. <input type="checkbox"/> I get congested (ears, sinus, head).</p> <p>58. <input type="checkbox"/> I get earaches.</p> <p>59. <input type="checkbox"/> I get severe headaches.</p> <p>60. <input type="checkbox"/> I have radiating nerve pain.</p> | <p>61. <input type="checkbox"/> I lack body warmth.</p> <p>62. <input type="checkbox"/> My blood pressure is high.</p> <p>63. <input type="checkbox"/> My head hurts when I think.</p> <p>64. <input type="checkbox"/> I have difficulty remembering.</p> <p>65. <input type="checkbox"/> I wake up to urinate at night.</p> <p>66. <input type="checkbox"/> I suffer from the flu.</p> <p>67. <input type="checkbox"/> My arms and legs hurt.</p> <p>68. <input type="checkbox"/> I get sinus congestion.</p> <p>69. <input type="checkbox"/> I feel pressure in my chest.</p> <p>70. <input type="checkbox"/> My arms and legs are stiff.</p> <p>71. <input type="checkbox"/> I feel stressed out.</p> <p>72. <input type="checkbox"/> I lack endurance.</p> <p>73. <input type="checkbox"/> I have unknown health concerns.</p> <p>74. <input type="checkbox"/> I am susceptible to colds.</p> <p>75. <input type="checkbox"/> My glands are swollen.</p> <p>76. <input type="checkbox"/> I complain and am easily irritated.</p> <p>77. <input type="checkbox"/> I always want to eat.</p> <p>78. <input type="checkbox"/> I have dark urine or yellow skin.</p> <p>79. <input type="checkbox"/> Eating makes me tired.</p> <p>80. <input type="checkbox"/> I have problems with my gallbladder.</p> <p>81. <input type="checkbox"/> I have skin problems.</p> <p>82. <input type="checkbox"/> My skin is irritated (itches).</p> <p>83. <input type="checkbox"/> I have problem fingernails (eruptions, out-breaks).</p> <p>84. <input type="checkbox"/> I get sores around my ears.</p> <p>85. <input type="checkbox"/> I get the shakes.</p> <p>86. <input type="checkbox"/> I don't have enough memory.</p> <p>87. <input type="checkbox"/> I feel old.</p> <p>88. <input type="checkbox"/> I feel exhausted.</p> <p>89. <input type="checkbox"/> I react to sun, heat, microwaves, x-rays, etc.</p> <p>90. <input type="checkbox"/> I have skin disorders (warts, moles, etc.).</p> <p>91. <input type="checkbox"/> I have coughing spells.</p> <p>92. <input type="checkbox"/> My voice is strained or hoarse.</p> <p>93. <input type="checkbox"/> I have seasonal allergies (hay fever).</p> <p>94. <input type="checkbox"/> I feel like I am being strangled.</p> <p>95. <input type="checkbox"/> I can't breathe.</p> <p>96. <input type="checkbox"/> I can't sleep.</p> <p>97. <input type="checkbox"/> I am uneasy.</p> <p>98. <input type="checkbox"/> I have mental tension that lasts a long time.</p> <p>99. <input type="checkbox"/> I wake easily.</p> <p>100. <input type="checkbox"/> I wake up tired even after a good nights sleep.</p> <p>101. <input type="checkbox"/> I have sharp low back pain.</p> <p>102. <input type="checkbox"/> I have sharp bladder pain.</p> <p>103. <input type="checkbox"/> I have bladder problems (incontinence).</p> <p>104. <input type="checkbox"/> It hurts to urinate.</p> <p>105. <input type="checkbox"/> I feel queasy under pressure.</p> <p>106. <input type="checkbox"/> My neck and/or shoulders are stiff.</p> <p>107. <input type="checkbox"/> I am sensitive to temperate changes.</p> <p>108. <input type="checkbox"/> I have chronic lower back condition.</p> <p>109. <input type="checkbox"/> I suffer from arthritic changes.</p> <p>110. <input type="checkbox"/> I have pain in my lower back.</p> <p>111. <input type="checkbox"/> I am sexually inadequate.</p> <p>112. <input type="checkbox"/> I have poor digestion.</p> <p>113. <input type="checkbox"/> I have high blood sugar (diabetes).</p> <p>114. <input type="checkbox"/> I have low blood sugar (hypoglycemia).</p> <p>115. <input type="checkbox"/> I am allergic.</p> <p>116. <input type="checkbox"/> Walking is not easy for me.</p> <p>117. <input type="checkbox"/> I have difficulty remembering things.</p> <p>118. <input type="checkbox"/> I get dizzy or faint.</p> <p>119. <input type="checkbox"/> I have anxiety or fear.</p> <p>120. <input type="checkbox"/> I am unable to cope.</p> |
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Circle the NUMBERS of the descriptions which apply to you.

Pages 5-9 are OPTIONAL; if you complete them you place yourself in the best position for us to help you.

1. rectal, nose, jockey itch	37. reaction to vinegar	80. crave sweets, coffee, liquor	117. muscles weak; arms, legs, grip or muscles wasting away
2. gout	38. reaction to bicarbonate	81. hungry "5 minutes later"	118. sharp chest pains after exercise
3. emphysema	39. bruise easily	82. wake hungry at night	119. objects fall from hands, reach in wrong places for things
4. tumors or cysts - where? _____ removed? _____	40. tension in chest, chest pain	83. night sweats	120. light objects feel heavy
5. heart disease	41. pain in left arm	84. dizzy, light-headed	121. indigestion (fullness, bloating) right after eating
6. atherosclerosis or arteriosclerosis	42. cold hands and/or feet	85. can't concentrate	122. meat feels heavy/logy
7. athlete's foot or ringworm	43. short of breath climbing	86. crave salt	123. loss of taste for meat
8. infections/type? _____	44. short of breath	87. use diet pills	124. intestinal gas
9. tonsils out/? when? _____	45. require extra sleep	88. drink beer/liquor/wine	125. bowels alternate loose/tight
10. appendix out? when? _____	46. drowsy often	89. low blood pressure	126. stomach bloats with just a little food
11. social disease (herpes/gonorrhea/syphilis/VD, etc.)	47. low exercise tolerance	90. backaches often	127. stomach burns until eating
12. bronchitis	48. high blood pressure	91. poor circulation	128. tongue coated
13. diabetes	49. sigh frequently	92. low blood sugar	129. bowel movements have bad odor
14. hypoglycemia	50. breathe loudly	93. hands/feet swell, numb	130. bowel movements thin, pencil-like
15. kidney or bladder problems	51. high altitude bothers	94. eyes sensitive to light	131. colitis (4+ bowel movements a day)
16. liver or gallbladder problems	52. nose bleeds often	95. lump in throat	132. sinus, colds, hay fever
17. thyroid problems	53. ringing in ears	96. easily startled	133. can't eat roughage
18. problem with alcohol	54. pain in left shoulder	97. prefer being alone, uneasy as "center of attention"	134. feel faint during attacks of indigestion
19. exposed to heavy metals (dye, chemicals, aluminum cookware, pollution, etc)	55. pain in left side abdomen	98. voice high-pitched during arguments	135. mucous or blood in bowel movements
20. stools show undigested food	56. blurry left eye	99. perfectionist	136. skin feels itchy
21. nausea, dizziness, headaches	57. phlebitis	100. work off worries, bothered when things are undone	137. skin feels crawly
22. gallstones	58. asthma	101. allergies	138. skin burns
23. hepatitis or jaundice	59. shingles	102. emotion causes fatigue	139. skin water, weeping
24. feet peel, burn or itch	60. feel cold, sweaty	103. perspire excessively	140. have anorexia nervosa or bulimia
25. varicose veins or hemorrhoids	61. white spots on fingernails	104. longitudinally ridged nails	141. constantly fatigued
26. onions, cabbage, radishes, cucumbers upset system	62. psoriasis	105. pulse speeds after eating	142. muscles stiff in morning
27. fats, grease upset system	63. thirsty, night sweats	106. dry mouth/eyes/nose	143. morning dizziness/nausea
28. bowel movements yellow, clay-colored, float, foul-odor	64. tired, low resistance	107. severe mood swings	144. motion sickness
29. skin gray or pasty	65. boils, corns, leg sores	108. dilated pupils	145. skin thick/wrinkly/puffy
30. skin oily	66. lesions heal slowly	109. dizzy changing positions	146. heart misses beats
31. bad breath, body odor	67. crave sweets	110. drink coffee or cola	147. night coughs/cramps
32. constipation	68. excessive urination	111. skin scaly, dry, eczema	148. slow pulse (under 65)
33. skin rashes	69. always hungry	112. osteoarthritis	149. outer third of eyebrows thin
34. pain under right rib cage	70. intense itching	113. ever had mumps, rheumatic fever, severe infections	150. bothered by cold weather
35. history of cancer	71. burning urine	114. stomach/duodenal ulcers	
36. reaction to milk products	72. low backache	115. stomach pain 5-6 hours after eating, relieved by milk or cream	
	73. blood or pus in urine	116. stomach pain 5-6 hours after eating, relieved by vacation, aggravated by stress	
	74. diuretic		
	75. ankles or eyelids swell		
	76. nervous, shaky, headaches		
	77. fatigued if hungry		
	78. irritable before meals		
	79. faintness if meals late		

151. sleepless, restless	195. much facial/body hair	236. homosexual	281. confusion, disorientation
152. lack drive, initiative	196. weak joints or flat feet	237. schizophrenia	282. digestive disturbances
153. cry easily (or want to)	197. take estrogen	238. signs of senility	283. headaches
154. morning headaches	198. take birth control pills? how long?	239. skeletal abnormality	284. eczema or skin problems
155. gag easily	199. uterus and/or ovaries removed	240. spleen disorder	285. nervousness
156. heart pounds after sleep	200. difficulty urinating: hard to start, dribbling, burning, pressure	241. stomach problems	286. short-windedness
157. hard to lose weight	201. pain in back or inside of legs	242. stutter	287. difficulty breathing
158. cold sweats often	202. prostate trouble	243. throat disorders	288. anemia
159. can't work under pressure	203. legs nervous at night	244. TMJ	289. hair loss
160. fast pulse/heartbeat of (90+)	204. lack energy or have flat feet	245. toxemia/toxicity of body	290. irregular heartbeat
161. protruding tongue quivers	205. bald or excessive hair on arms/back, muscular build	246. have had tuberculosis or typhoid fever	291. drowsiness
162. hands shake/tremor	206. lack muscle tone	247. student	292. easily confused
163. start fast but tire soon	207. difficult intercourse	248. rough, dry scaly skin	293. frequently fatigued
164. poor balance on one foot	208. lumps in testicles/breasts	249. poor night vision	294. change in skin color
165. thin skin/hair	209. can't hold breath 20 seconds	250. scar easily	295. serious skin disorders
166. insomnia, nervousness	210. yawn frequently	251. eyes discharge mucous	296. reproductive disorders
167. flush easily	211. breathless under stress	252. poor teeth/gums	297. gray hair
168. heart palpitates	212. feeling of suffocation	253. respiratory infections	298. extreme fatigue
169. eyelids twitch	213. acid foods upset	254. acne	299. muscle weakness/cramps
170. hot weather bothers	214. react to vitamin C	255. dull, dry hair or hair loss	300. frequent infections
171. irritable and restless	215. like lots of meat	256. poor sense of taste/smell	301. upper respiratory infections
172. breathless even resting	216. oily hair, dandruff, acne	257. peeling/ridged fingernails	302. cirrhosis of liver
173. anxious, worry often	217. sexual problems	258. dandruff	303. edema, swelling feet/ankles
174. hard to gain weight	218. severe headaches	259. glands in neck swell	304. liver degeneration
175. gain weight from waist up	219. tissues hold water, edema	260. nervousness or depression	305. dry stools
176. gain weight from waist down	220. insomnia, anxiety, worry	261. cry a lot (or want to)	306. eye abnormalities
177. memory failing	221. nervous, irritable	262. tooth decay	307. high cholesterol
178. high or low sex drive	222. depression or confusion	263. muscle spasms/cramps	308. high tryglycerides
179. fatty hips/buttocks	223. loss of appetite	264. insomnia	309. slow healing of sores
180. pain in left upper neck or left little finger	224. poor self-image	265. easily irritated	310. capillaries weak/break
181. high or low blood pressure	225. fearful, panic easily	266. sensitive to pain	311. skin inelastic
182. restless	226. mental fatigue	267. cataracts	312. skin blue or purple spots
183. delivered by forceps	227. tired all the time	268. itching, burning eyes	313. glaucoma
184. bloated often	228. wake up still tired	269. bloodshot eyes	314. radiation sickness
185. always thirsty	229. pessimist	270. dull or oily hair	315. hemorrhages
186. family history of unusual size or mental illness	230. never really happy	271. deep red tongue	316. sinus problems
187. pregnant? due _____	231. can't stand stress	272. sore lips	317. muscle weakness
188. lactating (nursing)	232. abnormal pressures or stress in your life? why? _____	273. cracks in corners of mouth	318. pyorrhea (sore gums)
189. periods irregular/painful	233. lymphatic congestion	274. frequent mouth irritations	319. bone pain/easily break
190. miscarriages	234. Meniere's syndrome (dizziness, lack of balance)	275. premature skin wrinkles	320. arthritic changes
191. infertility	235. experience paranoia	276. poor appetite or growth	321. heart condition
192. menopausal symptoms		277. numbness or stiffness	322. had a stroke
193. low sex drive/interest		278. nerve pain	323. had a heart attack
194. vaginal discharge		279. canker sores	324. kidney or skin problems
		280. slow learning	325. menstrual/prostrate problem
			326. osteoporosis

327. irritability	372. aspirin	404. fear losing control, doing something dreadful	436. feel more tired getting up in the morning than when you went to bed
328. mental depression	373. heart medication	405. feel desperate	437. feel mentally or physically exhausted
329. blood clots slowly	374. marijuana	406. repeat same mistakes	438. impatient with slow people
330. bleeding nose/ulcers	375. LSD	407. try to forget the past	439. accident prone
331. heal slowly	376. heroin	408. feel that few people appreciate you	440. eat, speak and move quickly
332. reduced sexual power	377. cocaine	409. want to keep loved ones close & help direct their lives	441. lack self-confidence
333. bones soft	378. other drugs	410. feel you are sacrificing yourself for loved ones	442. feel inferior to others
334. general weakness	379. poor muscle tone or weakness	411. feel no great interest in life	443. don't try new things from fear of failure
335. skin prematurely wrinkles	380. dry skin	412. daydream frequently	444. blush easily
336. epilepsy	381. paralysis	413. prefer living in the future	445. brood over possibility of an illness
337. nausea if overheated	382. kidney malfunction	414. feel mentally or physically unclean	446. have fears you would like to overcome
338. shortness of breath	383. slow reflexes	415. have lot of skin problems	447. gloom descends on you for no known reason
339. generally fatigued	384. will fast if necessary?	416. work responsibilities sometimes overwhelm you	448. melancholia covers you like a blanket and then suddenly lifts
340. pale complexion	385. worry but conceal if from others	417. are qualified for but feel unequal to job	449. struggle on in face of difficulty; never give up hope
341. hair loss/graying	386. quarrels upset you	418. feel it would be a hardship for others if you fail	450. conditions that you must constantly improve
342. poor respiration	387. carefree on outside but mentally tortured inside	419. lot of people dependent on your decisions	451. strong, patient, stable, have common sense
343. overweight	388. restless and can't sleep due to churning thoughts	420. suffer deep depression or dark melancholia	452. a long illness has weakened you and you feel drained of your past vitality
344. lack energy, drive	389. vague fears or forebodings for no known reason	421. easily discouraged	453. have a persistent feeling of weariness and lack of zest
345. easily fatigued	390. awake in panic with sense of disaster	422. setbacks make you despondent	454. never really happy with your achievements
346. hypothyroid	391. fear associated with thoughts of religion or death	423. usually know what causes your depression	455. blame yourself for not doing better
347. poor sense of balance	392. people's small habits, gestures bother you	424. feeling of hopelessness	456. blame yourself if things go wrong at home
348. tired, can't get going	393. like exactness, order and discipline	425. long-standing illness that doesn't improve	457. sometimes worry excessively about your family members and loved ones
349. rough skin	394. hard for you to understand and make allowances for people	426. inherited condition condemns you to suffer	458. usually fear the worst and anticipate misfortune for others
350. slow healing of wounds	395. need more good and beauty in your surroundings	427. tend to talk a lot	459. sometimes suffer from a feeling of extreme terror
351. soft/split/brittle nails	396. quiet, kind and gentle	428. concerned about and like to discuss your ailments	460. often have nightmares
352. thin hair	397. feel drained by demands of others	429. dislike being alone	461. have strong opinions about religion and/or politics
353. skin wrinkles	398. sure to do your share	430. suffer from jealousy	462. hard master on yourself
354. loss of skin elasticity	399. anxious to serve others	431. sometimes suspicious of other's motives	
355. signs of premature aging	400. distrust your ability and judgement and so seek advice of others	432. often angry at people	
356. jog/exercise regularly	401. do foolish things even when you know better	433. have regrets about past	
357. blood pressure ____/____ pulse ____ blood type ____	402. often misguided	434. often think of pleasant memories from past	
358. Vegetarian: strict lacto-ovo	403. feel like you are on verge of nervous breakdown	435. would like to relive your life to do many things differently	
359. laxatives			
360. blood pressure medication			
361. antibiotics			
362. cortisone/similar drugs			
363. thyroid medication			
364. male hormones			
365. insulin, Orinase, etc			
366. antacids/alkalinizers			
367. antihistamines			
368. depression medication			
369. tranquilizers			
370. sleeping pills			
371. pep-up pills			

463. want to be an example for others	490. feel you must resign yourself to a life of monotony	531. rough and/or sensitive teeth	574. crops of warts
464. suffer from indecision	491. feel you must put up with conditions that bother you	532. muscles sprain easily	575. bronchial asthma
465. symptoms come and go and move about	492. weary and lack vitality	533. history of tumors	576. night asthma attacks
466. experience extremes of joy and sadness	493. feel prayers are unanswered and efforts are unrewarded	534. enlarged lymph gland	577. eyelids stick shut
467. have had a recent disappointment, sad news or fright	494. occasionally feel depressed	535. carbuncles	578. flat or soapy taste in mouth
468. have had a severe shock in your life (a death, accident, etc.)	495. resent good fortune of others who have not worked as hard as you	536. ulcers	579. incontinence of urine
469. feel you have reached the limit of your endurance	496. feel you "do not deserve this misfortune"	537. skin cracks easily	580. vomiting during pregnancy
470. suffer from extreme mental anguish	497. connective tissue problem	538. frequent vomiting	581. nose, mouth, or gums burn frequently
471. feel your very soul is suffering destruction	498. hair disorders	539. urine has odor	582. earache with ear noises
472. force yourself to do things beyond your physical strength	499. nail disorders	540. ruptures and/or hemorrhoids	583. tongue is coated greenish brown
473. high-strung	500. slow/difficult thought	541. bleed easily	584. excessive milk in lactation
474. have strong opinions	501. absent-mindedness	542. synovitis	585. sciatica
475. will face danger to defend your principles	502. dry feet with odor	543. obesity	586. vertigo
476. efficient, strong-willed, ambitious	503. feet/armpits over perspire	544. arthritis, rheumatism or gout	587. excessive sleepiness
477. others would be better off if they obeyed you more	504. general debility	545. poor fat digestion	588. toxic liver
478. quick thinker	505. boils/carbuncles	546. nausea	589. skin eruptions
479. have decided to take a forward step in life and drastically change habits	506. tire easily	547. sick headaches	590. deep abscesses
480. would like to start a new way of life	507. inner chilliness	548. sour breath with vomiting	591. oozing ulcers
481. prefer to be alone when ill or grieving	508. little body heat	549. offensive nose odor	592. frontal headaches with sickness
482. self-reliant, proud, peaceful, calm	509. menses with icy coldness and constipation	550. heartburn	593. nerves very sensitive
483. a "lone-wolf" or aloof type person	510. headaches from studying	551. pain after eating	594. poor digestion
484. have persistent unwanted thoughts	511. nervous exhaustion	552. diarrhea	595. broken bones heal slowly
485. often have mental arguments with yourself	512. deafness	553. frequent but slight urination	596. slow rate of growth
486. awaken and can't sleep due to troubling thoughts	513. ulceration of nasal bones	554. constipation with acid symptoms	597. hands and/or feet cramp/spasm
487. feel life is passing you by	514. mouth/tongue ulceration	555. sterility with acid symptoms	598. hands and/or feet go to sleep or are numb
488. tried many things, but none bring happiness	515. vaginal discharge	556. sour, creamy vaginal discharge	599. convalescence
489. undecided what you want to do with your life	516. cystitis/tumors	557. yellow eye discharge	600. chronic lung problems
	517. thick mucous membranes	558. eczema with creamy secretions	601. catch cold easily
	518. foul diarrhea	559. thick yellow mucous	602. lot of mucous discharge
	519. breast inflammation	560. insomnia with itching	603. spinal curvature
	520. hacking cough	561. acidity as young child	604. deep ulcers
	521. sore, tender feet	562. low white blood count	605. kidney stones or gallstones
	522. spinal irritation	563. perspire very little	606. sore genitals or breasts
	523. bruised/diseased bones	564. mucous membranes very dry	607. gastritis
	524. joints crack	565. skin too moist or too dry	608. bleeding, painful hemorrhoids
	525. weak ankles	566. gallbladder, liver and/or kidney disorders	609. tissue inflammation
	526. chronic insomnia	567. leukemia	610. sinus congestion with headaches
	527. anal spasms	568. yellow-green mucous	611. heavy menstruation
	528. prolapsed organs	569. vomiting with diarrhea	612. frequent nosebleeds
	529. flabby flesh	570. fever/flu	613. recent physical injury or surgery
	530. hanging abdomen	571. irritable with depression	614. listlessness
		572. watery pus discharges	
		573. soft warts	

615. no appetite	652. earaches/toothaches	693. fear/sadness	726. need more self-identity
616. teething fever	653. sharp, shooting pains	694. weak muscles or paralysis	727. need to be more self-sufficient
617. frequent colds, fevers, sore throats, flu	654. writer's cramp	695. alternating moods	728. frequently feel self-righteous
618. active measles or whooping cough	655. nervous asthma	696. sleepwalking	729. need more spiritual insight
619. pleurisy	656. heart palpitations/angina	697. brain concussion	730. desire to develop telepathic qualities
620. neuritis	657. spasms of vagina	698. delirious	731. need more understanding of your problems
621. inflammation	658. colic pains	699. loss of mental power	732. actor
622. clotted bleeding	659. vomiting	700. impotence	733. acupuncturist
623. active chicken-pox/mumps/measles	660. continued hiccoughs	701. spasms/cramps after exercise	734. artist
624. gray-white mucous	661. squinting	702. excessive menstruation	735. astrologer
625. croup	662. neuralgia	703. nerve/muscle disorder	736. an astronomer
626. pneumonia	663. prostate difficulties	704. adapting to hard environment	737. biofeedback therapist
627. swollen Eustachian tubes	664. widespread itching	705. addictions (drugs, alcohol, food, sex, etc)	738. chiropractor
628. dry nose inflammation	665. mental exhaustion/insomnia	706. aggressive behavior	739. colonic therapist
629. menses blood dark/clotted	666. highly sensitive/nervous	707. agnostic	740. dancer
630. white vaginal discharge	667. thin and easily exhausted	708. atheist	741. dentist
631. sluggish liver	668. sweat when in pain	709. high level of anger	742. homeopath
632. constipation with light gray stools	669. dry chronic constipation	710. use aromatherapy	743. work in a hospice
633. mucous colitis	670. watery eyes	711. experiencing lack of balance (mental, emotional, physical, spiritual)	744. hypnotist
634. hand warts	671. excessive salivation	712. obsessive and/or compulsive behavior	745. laboratory technician
635. dull, aching pains	672. chills/fever	713. live/work in crowded conditions	746. lecturer
636. unable to digest fats or starches	673. mucous	714. manic-depressive	747. marriage counselor
637. dropsy	674. hay fever	715. practice frequent fasting	748. massage therapist
638. skin conditions	675. asthma with edema	716. fear of aging and/or dying	749. midwife
639. yellow coated tongue	676. chronic facial eczema	717. tend to hypochondria (high suggestibility)	750. musician
640. yellow/slimy mucous/pus	677. Addison's disease	718. tend to be impatient	751. natural healer
641. alternate hot/cold	678. sunstroke	719. frequently mediate/pray	752. negotiator
642. weary and heavy	679. gum ulcers	720. desire parapsychological development	753. optometrist
643. anxiety/sadness	680. greasy skin	721. past problems disrupting your life	754. osteopath
644. pains in hands or feet	681. cracked fingertips	722. tend to procrastinate	755. do past therapy
645. pains that move around	682. nervous bowels	723. experience psychosomatic illness	756. philosopher
646. symptoms get worse in the evening	683. hysteria	724. self-centered	757. psychiatrist or psychologist
647. yellow vaginal discharge	684. hair loss/dry scalp	725. experience frequent self-doubts	758. radionic practitioner
648. difficult menstruation	685. rapid pulse		759. reflexologist
649. frequently miss periods	686. stupor in illness		760. Reichi therapist
650. cramps/spasms	687. heart palpitates and/or feet numb		761. theologian
651. muscle inflammation	688. sterility		762. singer
	689. appendicitis		763. a writer
	690. offensive secretions		764. a yoga instructor
	691. bowel bleeding		
	692. despair/anxiety		