

Please complete the tick boxes below in keeping with your **CURRENT** symptoms.

Q1. Do you have problems with the tongue (pain, inflammation, ulcers etc) Yes <sub>313</sub> No

Q2. Do you have a coated tongue at the present time? Yes <sub>317</sub> No

Q3. Do you suffer from bad breath? Yes <sub>314</sub> No

Q4. Do you experience increased salivation (hypersalivation, drooling)? Yes <sub>315</sub> No \*

Q5. Do you suffer from a very dry mouth (lack of saliva)? Yes <sub>316</sub> No \*

Q6. Is your appetite generally **a)** increased <sub>319</sub>, **b)** reduced <sub>318</sub>, or **c)** normal \*

Q7. Do you get feelings of extreme hunger? Yes <sub>320</sub> No

Q8. Do you experience 'hunger pangs' without any real desire to eat? Yes <sub>321</sub> No

Q9. Are you generally thirsty? Yes <sub>322</sub> No \*

Q10. Do you get a physical sensation of thirst, but can't face fluids when they are offered? <sub>323</sub>

Q11. Are you generally thirstless? Yes <sub>324</sub> No \*

Q12. Do you find yourself drinking, even when you are not actually thirsty? Yes <sub>325</sub> No

Q13. Is your sense of taste:

- a) over-sensitive <sub>384</sub>;
- b) dull / impaired <sub>385</sub>;
- c) lost altogether <sub>386</sub>;
- d) Normal  (if d, miss the next section go to question 16)

Q14. Is your sense of taste disturbed or altered? Yes <sub>387</sub> No

Q15. If yes, in which of the following describes what you experience?

- acid (regurgitation) <sub>400</sub>
- bitter <sub>388</sub>
- earthy <sub>389</sub>
- insipid / flat <sub>390</sub>
- foulness <sub>391</sub>
- greasy <sub>392</sub>
- herby (like herbs) <sub>393</sub>
- metallic <sub>394</sub>
- salty <sub>395</sub>
- sour <sub>396</sub>
- sweetish <sub>397</sub>
- burnt <sub>398</sub>
- offensive, repulsive <sub>399</sub>

Q16. Do you experience sour risings; burping; acid burning; or heartburn that involves the gullet and/or throat? Yes  <sup>312</sup> No

Q17. If yes, which of the following most clearly describes the problem?

- regurgitation  <sup>400</sup>
- rising in throat  <sup>401</sup>
- eructation (burping / belching)  <sup>402</sup>
- heartburn  <sup>404</sup>

Q18. Do you experience nausea (feelings of sickness)? Yes  <sup>409</sup> No

If no, go to question 22.

Q19. If yes, where in your body do you experience the nausea mainly?

- in the chest  <sup>410</sup>
- in the throat  <sup>411</sup>
- in the stomach  <sup>412</sup>
- in the abdomen  <sup>413</sup>

Q20. Do you find the appearance or odour of food repugnant?  <sup>408</sup>

Q21. Does the appearance or odour of food in itself make you nauseous?  <sup>414</sup>

Q22. Are you retching (recurrently or at the present time)  <sup>407</sup>

Q23. Do you suffer from bulimia?  <sup>406</sup>

Q24. Is vomiting a problem (recurrently or at the present time) ? Yes  <sup>415</sup> No

If no, go to question 27.

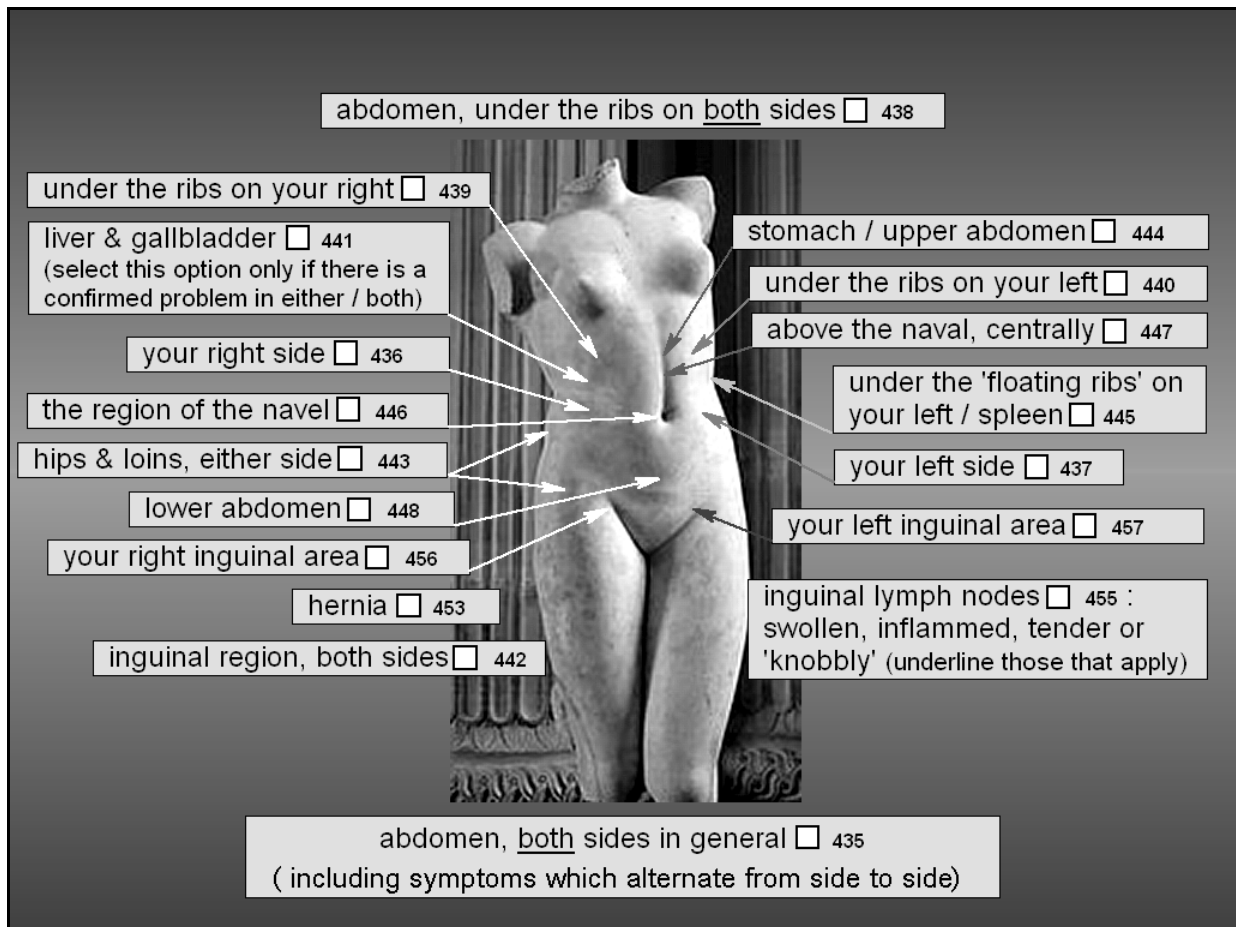
Q25. If yes, are you bringing up any of the following (tick all that apply):

- fresh blood  <sup>416</sup> / bright fresh blood  <sup>421</sup>
- altered blood (like coffee grounds)  <sup>418</sup>, or black  <sup>430</sup>
- mainly recent food  <sup>431</sup> or long-digested food (even faecal)  <sup>427</sup>
- mainly recent drinks  <sup>426</sup>
- slime  <sup>429</sup>
- bile (bitter greenish yellow fluid)  <sup>425</sup>

Q26. Is the vomiting ...

- accompanied by diarrhoea  <sup>474</sup>
- accompanied by fever  <sup>1933</sup> (please also complete the fever questionnaire)
- accompanied by an intoxicated feeling  <sup>45</sup>
- accompanied by tiredness (fatigue)  <sup>993</sup>

Q27. Do you experience abdominal symptoms? Yes  449 No   
 If yes, please indicate regions below. If no, please go to question Q36.



Q28. Which of the following do you experience?

- Dull pain  907
- Squeezing / cramp-like pain  973
- Sore (smarting) pain  1106
- Bruised pain  1111
- Ulcerative pain  939
- Burning pain  895 / as if burnt  1079
- Pain as from a punch  1030
- Labour-like pain  1097
- Painful flatulence, flatulent colic  470
- Wave-like pains  1100
- Wandering pains (that change place)  1093
- Bloating or distension  Hiccups  403
- Flatulence  458 (see also Q30 overleaf)
- Diarrhoea  472 (see also Q31 overleaf)
- Urging to stool  477
- Urging to stool (false / ineffective)  478
- Constipation  479 (see also Q32 overleaf)
- Haemorrhoids (piles)  506
- Other symptoms in the back passage  505; anus  503 ; or perineum  504

Q29. What makes the symptoms better / worse?

- Worse after eating  2072 \*
- Better after eating  2516\*
- Worse after eating to satiety  2073 \*
- Better eating until to satiety  2517\*
- Worse while eating  2071
- Better while eating  2515\*
- Worse eating quickly  2074
- Worse before eating  2070
- Better for warm food / drinks  2578
- Worse for warm food / drinks  2294
- Better for cold food / drinks  2571
- Worse for cold food /drinks  2259
- Better for external pressure  2509
- Worse for external pressure  2053
- Better for lying doubled up  2558
- Worse for lying doubled up  2193
- Worse before stool  2400
- Worse during stool  2401
- Worse after stool  2402
- Better after stool  2617

Q30. If you suffer from flatulence, how would you describe its nature?

- odourless  462
- trapped or obstructed  471
- moist and warm  461
- hot  463
- cold  464
- loud / explosive  466
- passed with loud rumbling in the bowels  469
- foul smelling  459
- odour of bad eggs  460
- smelling of garlic  465
- smelling sour  467

Q31. If you suffer from diarrhoea, which of the following accurately describe your problem?

- diarrhoea in daytime only  473
- diarrhoea with vomiting  474
- diarrhoea painful  475
- diarrhoea painless  476

Q32. If you suffer from constipation, which of the following apply?

- constipation  479
- constipation from inactive bowels  480
- constipation from hardness of the faeces  481

Q33. Are your stools normal and regular? If so, continue to the end of this page.  
If not, please indicate which of the following apply.

- bloody  482 [fresh blood on the surface , fresh blood mixed in , old blood
- formed too large  483
- formed too thin  484
- purulent (with pus or mucus)  485
- 'bilious', yellow  486
- grey (ash-coloured, whitish)  487 [with jaundice / yellowed skin:  937]
- green  488
- sour odour  489
- like sheep dung  490
- acrid (inflames the anus)  491
- foamy  492
- slimy  493
- black  494 (see a doctor urgently)
- offensive odour  495
- insufficient / passed incompletely  496
- undigested foodstuffs  497
- passed involuntarily (incontinence)  498
- tenacious - messy / sticky  499
- containing worms, tapeworms  500
- containing worms, threadworms  501

Q34. Are you troubled with abdominal gurgling Yes  940 No

### Q35. Diagnoses

- Do you suffer from ulcerative colitis  916, or Crohn's disease  915  
Have you been diagnosed with hepatitis  441, 915  
Do you suffer from fluid swelling in the abdomen (ascites)  1041  
Have you been diagnosed with coeliac disease  2229  
Have you been diagnosed with lactose intolerance  2266  
Have you been diagnosed with stricture (oesophagus or elsewhere)  1081

### Q36. Weight

- Have you lost a great deal of weight  850  
Are you substantially overweight  931      Your current weight (if known) \_\_\_\_\_

Q37. **Sensations** - Please tick any of the following that are relevant to you.

#### Sensations: Distention

- blown-up sensation  862  
growing sensation, inside  859  
sensation of pressure inside  902  
sensation of pressure inward  903  
sensation of pressure outward  904  
swollen feeling internally (bloated)  1044  
constipated feeling internally  1085  
feeling of fullness internally  1087

#### Sensations of constriction

- sensation of a band or hoop  868  
clothes, intolerant of (feeling too tight)  959  
sensation like an iron clamp  957  
constriction, of inner parts  1129  
constriction of orifices, (eg, anus)  1132

#### Sensations of inner movement

- movement, sense of  879  
alive sensation  987  
quivering, of internal parts  933  
dragging down sensation  948  
jumping, hopping internally  952  
bubbling, swelling up sensation  1016  
rolling, sensation  1023  
surging  1102  
forcing, urging  898  
turning, twisting (winding)  899  
wobbly feeling  1099  
trembling (shaking), inner parts  1118

#### Sensations of something present

- ball (lump) in internal parts, as of  962  
nail (plug) in internal parts  996  
water dashing to internal parts  1096

#### Sensations of internal discomfort / pain

- drawing, sensation of  908  
iron, as of penetrated hot iron  910  
cramped in internal parts  956  
pinching in inner parts  964  
squeezing  1133  
nipping  1134  
pinching  1126  
gnawing (eating) in internal parts  998  
throbbing, beating in internal parts  1012  
pulsating, throbbing in internal parts  1014  
splinter sticking in part, sensation of  1054  
thrusts, shock (thrust, shock pains)  1068

#### Other sensations

- sensation of internal warmth  1091  
sensation of internal heaviness  1046  
sensation of internal tension  1052  
empty (hollow) feeling  988

#### General impressions

- sensitiveness of internal parts  912  
ill, sense of being (sick feeling)  974  
anxious feeling in body  856  
attacks of being unwell  1078  
doubling up of the body  1127

#### Rare sensations

- valve, (as of a valve in throat)  958

**You have come to the end of this symptom survey. If any of your symptoms relate to foodstuffs, please complete the generals & foods questionnaire.** Please also complete any other surveys relevant to your case as advised by your homeopathic doctor.