

**HEALTH SYSTEMS CHECK (Tick if you experience any of the following symptoms)****Head**

- Headaches
- Migraines
- Dizziness
- Fainting

**Eyes**

- Eye strain
- Light sensitivity
- Blurred vision
- Watering
- Red eye
- Painful eye

**Mouth, teeth & gums**

- Toothache
- Lost or loose teeth
- Abscesses
- Ulcers
- Mercury fillings
- Bleeding gums
- Grinding teeth
- Taste change

**Digestive system**

- Acidity / use of antacids
- Burning / reflux
- Bleeding / ulcers
- Indigestion
- Nausea
- Sugar cravings
- Loss of taste
- Sweat has strong odour
- Bad breath
- Vomiting
- Bloating
- Constipation
- Diarrhoea
- Haemorrhoids
- Fissures
- Mucus/undigested food in stool
- Flatulence
- Excess belching
- History of antibiotic use
- History of laxative use
- Coeliac, Crohn's, IBS, Colitis
- Kidney stones / gallstones

**Skin, hair, scalp, nails**

- Acne
- Eczema / Psoriasis
- Itchy / flaky skin
- Easy bruising
- Prone to rashes
- Hair loss
- Dandruff
- Excess sweating
- Finger nails chip/peel easily

**Limbs / Joints**

- Aching
- Muscle fatigue
- Muscle cramps / restless leg
- Tingling / Numbness
- Cold hands/feet
- Joint pains
- Arthritis / Gout
- Osteoporosis

**Urinary system**

- Excessive thirst
- Frequent toileting
- Burning
- Infections
- Restricted flow
- Change in urine colour
- Change in urine smell
- Blood in urine
- Incontinence

**Nervous system**

- Weakness
- Poor coordination
- Loss of balance
- Memory loss
- Difficulty concentrating
- Numbness
- Coldness

**Emotional health**

- Depression
- Anxiety / Excess worry
- Nightmares
- Insomnia
- Mood swings

**Ear, nose, throat**

- Deafness
- Ear noises
- Wax, ear aches
- Sinusitis
- Loss of sense of smell
- Blocked nose
- Hayfever
- Allergies
- Sneezing
- Swollen glands
- Recurrent colds/flu

**Chest / Circulation**

- Pains / Tightness
- Breathing difficulty
- Coughs
- Wheezing
- Palpitations
- Asthma
- Sleep apnoea
- Swollen ankles/feet
- High blood pressure
- High cholesterol

**Female system**

- Menstrual irregularities
- Cramps
- PMS
- Menopause
- Hot flushes
- Loss of libido
- Discharges / Infections
- Infertility
- Breast lumps / tenderness

**Male system**

- Erection concerns
- Lower back pain
- Sciatica
- Prostate problems
- Waking in night to urinate
- Change in urine stream – stopping/starting

**Energy**

- Daytime fatigue