Date:	Patient name:	
1) You have already described your main problem with the corresponding questionnaire. To treat you in a holistic way, we need you to also describe any additional complaints, apart from the main problem for which you are seeking help. Complete the following head-to-toe questions, underlining whatever applies to your additional complaints. Make any notes you feel are necessary to accurately describe these problems. The list is not complete so feel free to add any extra comments in the appropriate section.		
accurately describe these problems. The	list is not complete so feel free to add any extra com	nents in the appropriate section.
HEAD	KIDNEYS AND URINARY TRACT	SLEEP
Headache	• Inflammation / infection of kidney and bladder	 Problems getting to sleep and sleeping
• Eye complaints	• Urinary incontinence	through the night
• Cold / sinus complaints		 Nightmares
• Inflamed throat	GENITALS	MOOD
• Ear inflammation / infection	 Menstrual complaints 	MOOD • Anxiety / fears
CHEST	• Painful sexual intercourse	• Depression
Heart: disturbances to heart rhythm / weakness / pai	n MUSCULOSKELETAL SYSTEM	
• Lung: cough / bronchitis / asthma	Soft-tissue rheumatism	
	• Joint complaints	
ABDOMEN		
• Stomach: heartburn / burning / cramps	SKIN	
• Intestines: digestive problems / diarrhoea /	• Skin rash / inflammation / infection / warts	
constipation	• Sweat	
2) Describe any symptoms not listed abov	ve	

3) Now underline whatever applies to your additional complaints.

OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP

• open air:	better / worse
• open air:	desire for / aversion to
• cold weather	better / worse
• warm weather	better / worse
• wet weather:	better / worse
• dry weather:	better / worse
• cold in general, being exposed to	better / worse
• warmth in general:	better / worse
• when getting cold:	better / worse
• wrapping up warmly:	better / worse
• uncovering:	better / worse
• warm room:	better / worse
• becoming warm in bed:	better / worse
• during / after perspiration:	better / worse
• wet compress on body:	better / worse
• getting wet:	worse
• draught / wind:	worse

POSITION

better/worse
better/worse
better / worse
flabby / tense

• getting hot / perspiring, want to uncover

• getting hot / perspiring, want to stay covered up

MOVEMENT, EXERCISE, REST

• movement:	desire for / aversion to
• movement:	better / worse
• moving affected parts:	better/worse
• shaking head:	better/worse
• stepping hard:	better/worse
• walking:	better/worse
• running (jogging):	better/worse
• physical exercise:	better/worse
• mental effort:	better/worse
• resting:	better/worse
• travelling (bouncing) in a vehicle	le: better/worse

SLEEP

• after lying down:	better/worse
• while falling asleep:	better / worse
• during sleep:	better / worse
• while waking up:	better / worse
• while / after getting up:	better / worse

EATING, DRINKING, TALKING

• swallowing:	better / worse
• during / after eating:	better / worse
• cold food and drink:	better / worse
• after drinking:	better / worse
• cold water:	better / worse
• thirst:	thirsty / absence of thirst
• appetite:	hunger / loss of appetite
• saliva:	more / less
• talking:	better / worse

SIGHT

light (bright):	better / worse
darkness:	better / worse
pupils:	dilated / contracted
looking intensely:	better / worse
reading:	better / worse

SENSATION

• touch:	better / worse
• external pressure:	better / worse
• rubbing:	better / worse
• sneezing:	better / worse
• smell:	lost / weak / diminished / hypersensitiv

SIDE

• side in general	left / right
• inside of head:	left / right
• outside of head:	left / right
• face:	left / right
• eye:	left / right
• nose:	left / right
• ear:	left / right
• mouth:	left / right
• teeth:	left / right
• neck:	left / right
• chest:	left / right
• upper abdomen:	left / right
• inside abdomen:	left / right
• groin (thigh crease):	left / right
• genitals:	left / right
• arm:	left / right
• leg:	left / right