

PART II (continued)

Section A (continued)

9. Unexplained itchy skin worse at night	0	1	2	3
10. Yellowish cast to skin, eyes	0	1	2	3
11. Stool color alternates from clay colored to normal brown	0	1	2	3
12. General feeling of poor health	0	1	2	3
13. Fatigue, weakness, exhaustion	0	1	2	3
14. Unable to concentrate, irritable, confused	0	1	2	3
15. Aching muscles	0	1	2	3
16. Trembling hands	0	1	2	3
17. Weight gain due to water retention	0	1	2	3
18. Swollen feet and/or legs	0	1	2	3
19. Bleeding tendencies in gums, nose	0	1	2	3
20. Loss of chest and armpit hair	0	1	2	3
21. Reddened skin, especially palms	0	1	2	3
22. Dark urine, diminished flow	0	1	2	3
23. Dry, flaky skin and/or hair	N			Y (3)
24. Loss of appetite and weight	N			Y (3)
25. Easy bruising	N			Y (3)
26. Thinning of pubic hair	N			Y (3)
27. Feeling of extreme dryness	N			Y (3)
28. Loss of skin elasticity	N			Y (3)
29. Vomiting	N			Y (5)

Total Points _____

Section B

1. Tired, sluggish	0	1	2	3
2. Feel cold - hands, feet, all over	0	1	2	3
3. Tight sensation in neck	0	1	2	3
4. Difficult, infrequent bowel movements	0	1	2	3
5. Dryness, discoloration of skin and/or hair	0	1	2	3
6. Thick, brittle nails	0	1	2	3
7. Puffy face, hands and feet	0	1	2	3
8. Swollen upper eyelids	0	1	2	3
9. Eyeballs move involuntarily	0	1	2	3
10. Muscles weak, cramp and/or tremble	0	1	2	3
11. Slow mental processes, forgetfulness	0	1	2	3
12. Slow heart beats	0	1	2	3
13. Abdominal swelling	0	1	2	3
14. Unsteady gait, movements	0	1	2	3
15. Lack of interest in sex	0	1	2	3
16. Gain weight easily	N			Y (5)
17. Swelling of the neck	N			Y (5)
18. Outer third of eyebrow thins	N			Y (3)
19. Thinning hair on scalp, face and genitals	N			Y (3)
20. Loss of appetite	N			Y (3)
21. Premenstrual tension	N			Y (3)
22. Infertility	N			Y (3)
23. Excessive menstrual bleeding	N			Y (3)
24. Absence of periods	N			Y (3)

PART III

Section A

1. Progressive, mild fatigue after exertion or stress	0	1	2	3
2. General weakness	0	1	2	3
3. Blurred vision, dizzy when rising	0	1	2	3
4. Depression	0	1	2	3
5. Rapid mood swings	0	1	2	3
6. Irritable	0	1	2	3
7. Dark circles under the eyes	0	1	2	3
8. Abdominal pain, indigestion	0	1	2	3
9. Bouts of nausea, vomiting	0	1	2	3
10. Diarrhea or constipation	0	1	2	3
11. Blotchy skin (white patches)	0	1	2	3
12. Craving for salty foods	0	1	2	3
13. Decreased appetite	N			Y (3)
14. Gradual weight loss	N			Y (3)
15. Tan skin, no sun	N			Y (3)
16. Gradual loss of body hair	N			Y (3)
17. Black freckles on upper forehead, face, neck	N			Y (3)
18. Sensitive to minor changes in weather and surroundings	N			Y (5)

Total Points _____

Section B

1. Catch colds easily	0	1	2	3
2. Infections—eyes, ears, nose, throat, lungs, skin	0	1	2	3
3. Diarrhea	0	1	2	3
4. Puffy face	0	1	2	3
5. Dark areas on cheeks, under eyes	0	1	2	3
6. Eyes tear, burn, discharge	0	1	2	3
7. Ears continuously drain	0	1	2	3
8. Nasal congestion or discharge - thick, yellow, green	0	1	2	3
9. Sore throat or postnasal drip	0	1	2	3
10. Cough with mucus	0	1	2	3
11. Inflamed or bleeding gums	0	1	2	3
12. Cold sores, fever blisters	0	1	2	3
13. Gums swelling, bleeding	0	1	2	3
14. Unexplained weight loss of 10 pounds or more in last three months	N			Y (5)
15. Lack of appetite	N			Y (3)
16. Difficulty seeing at night	N			Y (5)

Section B (continued)

17. Nail discolorations	N			Y (3)
18. Bumpy skin on back of arms	N			Y (3)
19. Wounds heal slowly	N			Y (3)
20. Hair is easily plucked out, or falls out, grows slowly	N			Y (5)
21. Lips are red and swollen	N			Y (3)
22. Tongue is red, swollen, raw looking	N			Y (3)
23. Impaired taste and smell	N			Y (5)
24. Neck, armpit, groin swelling	N			Y (5)

Total Points _____

Section C

1. Muscles fatigue quickly	0	1	2	3
2. Moody, irritable, tired	0	1	2	3
3. Severe fatigue	0	1	2	3
4. Severe joint pain, redness, swelling	0	1	2	3
5. Pain, stiffness throughout body	0	1	2	3
6. Migraine headaches	0	1	2	3
7. Sensitive to light (skin or eyes)	0	1	2	3
8. Dark circles under eyes	0	1	2	3
9. Swollen-looking face or body	0	1	2	3
10. Localized or general itching - eyes, ears, throat, nose, skin	0	1	2	3
11. Clear, watery discharge from nose, eyes	0	1	2	3
12. Extreme dryness of eyes, nasal passages, mouth	0	1	2	3
13. Sneezing	0	1	2	3
14. Cough or wheezing	0	1	2	3
15. Postnasal drip with certain foods	0	1	2	3
16. Heart palpitations after eating certain foods	0	1	2	3
17. Weight loss, muscle weakness	N			Y (5)
18. Scalp hair falls out easily, in clumps	N			Y (5)
19. Hair loss, entire body	N			Y (5)
20. Easy bruising	N			Y (3)
21. Nails - loosened, pitted, discolored	N			Y (5)
22. Specific food(s) worsen pain, inflammation, stiffness	N			Y (3)
23. Moldy, damp environments trigger sickness	N			Y (3)

Total Points _____