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| General |  | Gastro-Intestinal |  | Cardiovascular  |
| chillsdepressiondizzinessfaintingfaintingfeverforgetfulnessheadachesloss of sleeploss of weightnervousnessnumbnesssweatslow energy | bloatingconstipationdiarrheaexcessive hungerexcessive thirstgashemorrhoidsindigestionnauseapoor appetiterectal bleedingstomach painvomitingvomiting blood | chest painhigh blood pressureirregular heartbeatlow blood pressurepoor circulationrapid heartbeatswelling of the anklesRespiratorychronic coughdifficulty breathingspitting up phlempspitting up bloodMEN ONLYerection difficultieslump in testicleschange in sexual performanceprostate problemsWOMEN ONLYmenstrual painhot flashesirregular cyclepainful intercoursePMS symptomsmenstrual crampsexcessive flowlump in breastANY other conditions or diseases?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| E.E.N.T.bleeding gumsblurred visioncrossed eyesdifficulty swallowingdouble visionearacheear dischargehay feverhoarsenessloss of hearingnosebleedspersistent coughringing in the earssinus problemsvision flashesvision halos |  | Muscle, Joint & Bonedifficulty sleepinggenital paingluteal painneck painupper-mid back painlow back painmuscle spasmsnumbness & tinglingsorenessstomach painstresstighntessleg painarm painfoot painhand pain |  |
| Genito-urinaryblood in urinefrequent urinationlack of bladder controlpainful urination |  | Skinchanges in molesbruises easilyhivesitchingrashesscaressores that won’t heal |  |
| Do you smoke? Y or NFrequency?\_\_\_\_\_\_\_\_\_\_How much alcohol do you drink?\_\_\_\_\_drinks every\_\_\_\_ for \_\_\_\_years |  | Do you exercise? If so, please describe what you do. |  | What is your present level of stress?Lowest Mediumhighest |