

ADVANCED ALLERGY RELIEF & WELLNESS CENTER
3305 E. Greenway Rd. Phoenix, AZ 85032 602/866-3500

PLEASE RATE THE FOLLOWING THAT APPLY TO YOU
ON A SCALE OF 1-10 (1 being Mild & 10 being Severe – Mark ONLY those that apply to you):

Digestive Track

- nausea & vomiting
- diarrhea
- constipation
- bloated feeling
- stomach pains or cramps
- heart burn
- blood and/or mucous in stools

Ears

- itchy ears
- ear aches/ear infections
- drainage from ear
- ringing in ears
- hearing loss
- reddening of ears

Emotions

- mood swings
- anxiety/fear/nervousness
- anger/irritability/aggressiveness
- argumentative
- frustrated/cries easily
- Depression

Eyes

- watery or itchy eyes
- red/swollen/itchy eyelids
- bags or dark circles under eyes
- blurred or tunnel vision

Head

- headaches
- faintness
- dizziness
- insomnia/sleep disorder
- facial flushing

Heart

- Irregular/Skipped Heartbeat
- Rapid/Pounding Heartbeat
- Chest Pain

Joints & Muscles

- pains/aches in joints
- arthritis/osteoarthritis
- stiffness/limited movement
- pain/aches in muscles
- feeling weak/tired
- swollen/tender joints
- growing pains in legs
- Psoriatic/Gouty Arthritis
- Rheumatoid Arthritis

Lungs

- chest congestion
- bronchitis
- shortness of breath
- difficulty breathing
- persistent cough
- wheezing

Mind

- poor memory
- difficulty completing projects
- difficulty with mathematics
- underachiever
- poor/short attention span
- confusion
- easily distracted
- difficulty making decisions
- mild learning Disabilities

Mouth & Throat Thrush

- chronic coughing
- gagging/clearing throat often
- sore throat/hoarse voice/voice loss
- swollen/discolored tongue/lips
- canker sores
- itching on roof of mouth

Genitourinary

- kidney problems
- urinary tract
- bladder
- yeast infections

Nose

- stuffy nose
- chronically red/inflamed nose
- sinus problems
- hay fever
- sneezing attacks
- excessive mucous formation

Skin

- acne **S**
- itching **S**
- hives/rash/dry skin **S**
- hair loss **S**
- flushing/hot flashes **S**

Weight

- binge eating/drinking
- craving certain foods
- excessive weight
- compulsive eating
- water retention

General

- frequent illness
- frequent/urgent urination
- genital itch/discharge
- anal itching

Other Conditions

- Autism **S**
- A.D.H.D. **S**
- A.D.D. **S**
- Psoriasis **S**
- Eczema **S**
- Auto Immune Disorder **S**
- Chronic Fatigue **S**
- Multiple Chemical Sensitivities **S**
- Asthma **S**
- Congestive Heart Failure **S**
- Severe Diabetic **S**
- Severe Depression **S**
- Obsessive Compulsive Disorder **S**

SCALE RESULTS

SCORE _____

Mild/Moderate = 10-20
Severe = 21+

Date _____

Patient Name _____

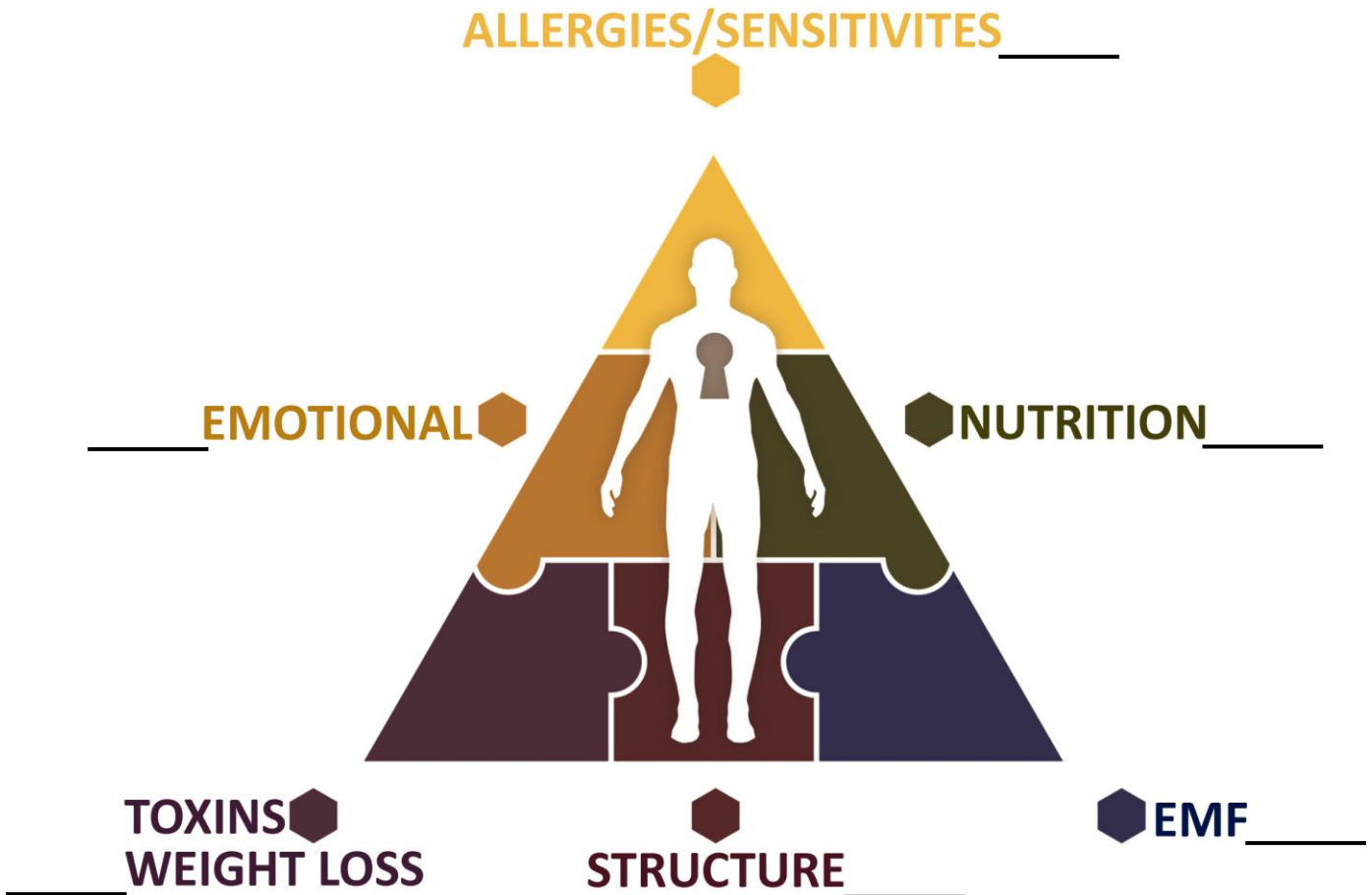
Patients or Parents

Signature: _____

HEALTH RATING SCALE

Of these 6 Steps needed for BETTER HEALTH, **please rate** each one on a scale from 1-10 as to how much help you feel you need with each of these steps. **1=No Help 10=The Most Help**

- If you don't need to lose weight then please just rate for TOXINS
- EMF = Electromagnetic Fields from electronics



6 Steps To Wellness