



RAW Functional Nutrition

My Symptom Questionnaire (MySQ)

Rate each of the following symptoms based upon your typical health profile for the past 30 days.

Point Scale:

0 = Never

1 = Rarely, Effect not severe

2 = Occasionally, Effect not severe

3 = Occasionally, Effect severe

4 = Frequently, Effect not severe

5 = Frequently, Effect severe

Head

Headaches

Faintness

Dizziness

Total

Nose

Stuffy nose

Sinus problems

Hay fever

Sneezing attacks

Excessive mucus formation

Loss sense of smell

Total

Nails

Spoon shaped Brittle, cracking

Discolored White spots

Lines/Stripes

Total

Hair

Hair thinning Hair loss

Loss of outer eyebrow hair Premature greying

Easy hair pluckability

Total

Skin

Acne Hives, rashes

Dry skin Bumps on back of arms

Flushing Excessive sweating

Total

Immune

Colds Flu

Chronic infections

Total

Genitourinary

Frequent or urgent urination

Itching

Discharge

Incontinence

Total

Eyes

Watery/itchy eyes

Yellowing eyes

Swollen, reddened, sticky eyelids

Bags, dark circles

Night vision problems

Blurred vision

Loss peripheral vision

Total

Mouth/Throat

Chronic coughing

Gagging frequently, throat clearing

Sore throat

Hoarseness

Swollen/discolored tongue

Burning tongue

Coating on tongue

Chewing problems

Canker Sores

Fever blisters

Cracks corner of mouth

Total

Heart

Irregular/skipped beats

Rapid/ pounding beats

Chest Pain

Total

Lungs

Chest Congestion

Asthma or bronchitis

Shortness of breath

Difficulty Breathing

Total

Energy/Sleep

Fatigue

Lethargy

Hyperactivity

Insomnia

Sleep disruptions

Total

Neurological

Poor memory

Confusion

Poor concentration/"brain fog"

Poor physical coordination

Loss of balance

Tingling in hands or feet

Stuttering or stammering

Slurred speech

Total

Ears

Itchy Ears

Ear aches, ear infections

Drainage from ear

ringing

Hearing loss

Total

Digestive Tract/Gastrointestinal (GI)

Nausea	Vomiting
Diarrhea	Constipation
Alternating diarrhea & constipation	Bloating
Belching	Gas/flatulence
Heartburn	Upper GI pain
Lower abdominal pain	
<i>Total</i>	

Joints/Muscle/Bone

Pain or aches in joints	Arthritis
Stiffness/limited movement	Pain or aches in muscles
Feeling of weakness or loss of strength	Restless legs
Bone pain	Broken bones
<i>Total</i>	

Weight

Underweight	Overweight
Obese	Weight loss (>5-10 lbs)
Weight gain (>5-10 lbs)	Fluid retention
<i>Total</i>	

