



*"An integrated medical approach to complement your lifestyle"*

# SYMPTOM QUESTIONNAIRE

Name \_\_\_\_\_

If you have amalgam fillings please check how often you have encountered the symptoms below that could possibly signify mercury toxicity. Rate them accordingly to the following scale:

0 = never  
1 = rarely

2 = often  
3 = always

## Central Nervous System

- \_\_\_\_\_ Irritability
- \_\_\_\_\_ Anxiety/nervousness
- \_\_\_\_\_ Restlessness
- \_\_\_\_\_ Exaggerated response to stimulation
- \_\_\_\_\_ Fearfulness
- \_\_\_\_\_ Emotional instability
- \_\_\_\_\_ Lack of self control
- \_\_\_\_\_ Mood swings
- \_\_\_\_\_ Fits of anger
- \_\_\_\_\_ Violent behavior
- \_\_\_\_\_ Loss of self-confidence
- \_\_\_\_\_ Indecision
- \_\_\_\_\_ Shyness or timidity
- \_\_\_\_\_ Easily embarrassed
- \_\_\_\_\_ Loss of memory
- \_\_\_\_\_ Insomnia
- \_\_\_\_\_ Depression/despondency
- \_\_\_\_\_ Withdrawal
- \_\_\_\_\_ Suicidal tendencies
- \_\_\_\_\_ Manic depression
- \_\_\_\_\_ Numbness/tingling of hands, feet, fingers, or toes
- \_\_\_\_\_ Muscle weakness
- \_\_\_\_\_ Tremors/trembling of hands
- \_\_\_\_\_ Headache
- \_\_\_\_\_ Confusion
- \_\_\_\_\_ Poor physical coordination
- \_\_\_\_\_ Slurred speech

## Digestive Tract

- \_\_\_\_\_ Nausea or vomiting
- \_\_\_\_\_ Colitis
- \_\_\_\_\_ Bloating
- \_\_\_\_\_ Heartburn
- \_\_\_\_\_ Constipation
- \_\_\_\_\_ Blood in stool
- \_\_\_\_\_ Crohns disease
- \_\_\_\_\_ Diarrhea
- \_\_\_\_\_ Abdominal pain
- \_\_\_\_\_ Belching, passing gas
- \_\_\_\_\_ Poor appetite
- \_\_\_\_\_ Food sensitivities
- \_\_\_\_\_ Binge eating & drinking
- \_\_\_\_\_ Craving certain foods
- \_\_\_\_\_ Excessive weight gain
- \_\_\_\_\_ Weight loss
- \_\_\_\_\_ Compulsive eating

## Head, neck & Oral Cavity

- \_\_\_\_\_ Bleeding gums
- \_\_\_\_\_ Loosening of teeth
- \_\_\_\_\_ Excessive salivation
- \_\_\_\_\_ Foul breath
- \_\_\_\_\_ Metallic taste
- \_\_\_\_\_ Burning sensation lip& tongue
- \_\_\_\_\_ Canker sores
- \_\_\_\_\_ Gagging
- \_\_\_\_\_ Frequent need to clear throat