

Fibromyalgia Specific Symptoms

Have you been diagnosed with:	Diagnosed (Y / N)?	Date of diagnosis (mm/year)						
Fibromyalgia								
MS								
ALS								
Parkinsons								
Chronic fatigue depression								
ADD								
arthritis								
Have you been tested for heavy metal toxicity?	Tested (Y/N)?	Undergone chelation (Y / N)?						
Lead		Date(s) of chelation:						
Mercury								
Cadmium								
Aluminum								
Arsenic								
Other								
Have you been diagnosed with environmental mold toxicity?	Diagnosed (Y / N)?	Still being exposed (Y / N)?						
HLA test results								
Did you ever have Lyme disease?	Please indicate yes or no (Y / N) and/or date month/year							
tick bite								
spotted rash over large area								
circular or bull-eye rash								
linear red streaks								
Lyme test date(s) mm/year			Results: (positive +, or negative -)					
Date when first experienced Lyme symptoms			First symptom description (fatigue, pain, rash, etc)					
Since you have been diagnosed with Fibromyalgia or first recall having Fibromyalgia-like symptoms, have you experienced greater:								
SENSORY	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
	taste abnormalities							
	smell abnormalities							
sensory abnormalities								
HEARING	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
	hypersensitivity to sound							
	ringing or buzzing in ears							
hearing loss								
pain in the ears								

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VISION	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
blurry vision								
double vision								
blindness								
photophobia oversensitivity to light								
pain in eyes								
floaters								
drooping eyelid								
SPEECH	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
slurred speech								
vocal paralysis								
speech errors								
misspeaking								
BODY PAIN & DISCOMFORT	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
headache								
facial pain								
toothaches								
jaw pain								
ear pain								
neck pain								
back pain -unexplained								
chest pain								
abdominal pain								
abdominal distention, wall weakness								
abdominal paralysis								
pain in genital area								
carpal tunnel syndrome								
foot pain								
muscle pain or cramping								
shooting or stabbing pains								
numbness / tingling / burning								
stiffness								
muscle weakness								
pain like electrical zaps								
pain that feels like being scraped with a cheese grater								

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JOINT PAIN	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
fingers								
toes								
ankles								
wrists								
knees								
elbows								
hips								
shoulders								
JOINT SWELLING	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
fingers								
toes								
ankles								
wrists								
knees								
elbows								
hips								
shoulders								
ENERGY DEPLETION	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
fatigue								
sleep disturbances								
poor stamina								
need for greater sleep								
DIGESTION	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
nausea								
vomiting								
constipation								
diarrhea								
increased fatigue after eating dairy, wheat, sugar, or alcohol								
increased bloating after eating dairy, wheat, sugar, or alcohol								

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NEUROLOGICAL	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
dementia								
achiness - generalized								
walking difficulty / ataxia								
tourett's like syndrome								
stroke								
parkinsonism								
motor neuron disease, ALS like								
coma								
clumsiness								
brain hemorrhage								
aneurysm								
Bell's palsy								
COGNITIVE	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
brain fog								
dyslexia								
disorientation -getting lost, wrong destination								
memory impairment								
confusion								
concentration difficulties								
word reversals when speaking								
difficulty recalling names								
difficulty recalling words								
task performance difficulties								
facial recognition difficulties								
declining school performance								
difficulty reading								
difficulty absorbing new information								
EXTERNAL INFLUENCES	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)			
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant
twitching								
tremors / shaking								
chills								
fever								
chronic cough								
sweating								
vertigo / dizziness								
spinning								
motion sickness								
Bell's Palsy								
lightheadedness								
wooziness								

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EMOTIONAL	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)				
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant	
mood swings									
irritability									
depression									
unable to hold back tears									
hopelessness									
anxiety									
panic attacks									
WOMEN	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)				
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant	
	Unexplained menstrual activity								
Unexplained milk production									
Unexplained breast pain									
MEN	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)				
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant	
erectile dysfunction									
OTHER	CURRENT SEVERITY (check one)				CURRENT FREQUENCY (check one)				
	None	Mild	Moderate	Severe	Never	Occasional	Often	Constant	
	tumors								
	testicular or pelvis pain / swelling								
	impotence								
	urinary problems								
	weight loss/gain								
	anorexia								
	muscle spasm								
	heart abnormalities								
	swollen glands								
	shortness of breath								
	recurring rash								
	meningitis								
	kidney failure								
	cysts								
	cartilage erosion								
	bone erosion								
	gout								
	hepatitis								
	psychosis								
	hallucinations / delusions								
	paranoia								
	manic-depression, bipolar								
	hair loss								
	sore throat								
	swallowing difficulty								
	persistent swollen glands								
	facial swelling								
	skin sensitivity								
	discomfort wearing clothes								
symptoms flare every four weeks									
unavoidable need to sit or lie down									