

BODY SCAN

Please UNDERLINE or **HIGHLIGHT** any conditions that you regularly experience

Head

headaches, migraine, stiff neck, fuzzy-headed, dizziness, faintness, poor balance, pounding head, feeling of hangover, unexplained pain, poor sleep, insomnia

Hair

oily, dry, poor condition, brittle, thinning, prematurely grey, dandruff, increased facial hair, increased body hair, decreased body hair

Mouth

sore tongue, tooth decay, mouth ulcers, bad breath, sore throats, poor sense of taste, excess saliva, dry mouth, difficulty swallowing, hoarse voice, gingivitis, bleeding gums, cold sores

Eyes

burning, gritty, protruding, prone to infection, sticky, itchy, painful, poor night vision, dry, cataracts, sensitivity to light, bags, swollen eyelids, blurred vision, double vision, failing eyesight, yellowish, watery, dark circles under eyes

Ears

blocked, sore, itchy, weeping, watery, overly waxy, creased earlobe, earache, ringing, hearing loss, infections, fullness

Nose

stuffy, congested, runny, frequent nose bleeds, prone to snoring, sinusitis, hay fever, post-nasal drip, rhinitis, sneezing, poor sense of smell

Muscles

tender, sore, cramps, spasms, twitches, aches & pains, loss of tone, wasting, weak, stiff, frozen, 'restless legs', numbness

Skin

dry, rough, flaky, scaly, puffy, pale, brown patches, changes in moles or lesions, prematurely lined, congested, oily, clammy, yellow, sweat has a strong odour

Skin prone to

acne, pimples, rosacea, eczema, dermatitis, psoriasis, rashes, boils, hives, itching, stretch marks, cellulite, easy bruising, thread veins, varicose veins, ringworm, allergic reactions, excessive sweating

Joints (fingers, knees, back, shoulders etc.)

painful, inflamed, swollen, stiff, rheumatic, arthritic, aching, sore, difficulty bending, reduced mobility, unsteadiness, slow movement

Mood

(please underline your predominant states – even if they conflict) depressed, anxious, tense, angry, happy, balanced, optimistic, sad, pessimistic, tired, can't be bothered, hyperactive, cheerful, agitated, easily upset, tearful, jittery, frightened, explosive, pent up, worried, annoyed, overwhelmed, suicidal, fluctuating, aggressive

Mind

forgetful, difficulty learning new things, easily confused, difficult concentrating, easily frustrated, easily distracted, difficult to make decisions, can't switch off, loss of interest in daily life, fogginess, dyslexia, dyspraxia, hyperactive, panic attacks, no motivation

Chest

frequent colds and chest infections, asthma, bronchitis, diagnosed heart condition, palpitations, chest pain/discomfort, short of breath, difficulty breathing, wheezing, persistent cough, noisy breathing

Gut

bloated, tender, cramping, distended, nausea, sensation of fullness, acid reflux, heartburn, flatulence, belching, churning, painful, irritable bowel syndrome, coeliac, hiatus hernia, diverticula, polyps, haemorrhoids, ulcers, sluggish, sensitive, constipation, diarrhoea

Genitals

itchy, cystitis, thrush, ulcers, warts, herpes, groin pain, prostatitis, pelvic inflammatory disease, impotence, painful intercourse, vaginal dryness, painful or frequent urination, unexplained discharge

Hands

dry, cracked, eczema, sore joints, puffy, cold, chilblains, numbness, tingling, feel clumsy & uncoordinated, poor circulation

Nails

fragile, dry, brittle, flaky, peeling, splitting, hangnails (split cuticles), rigid, spoon shaped, white spots on more than 2 nails, horizontal white lines, thickened or 'horny', dark nails, pale nail bed, infected

Legs & Feet

restless legs, swollen, aching, athlete's foot, fungal nails, burning feet, tender heels, gout, sciatica, cold feet, tingling, numb, prickling.

