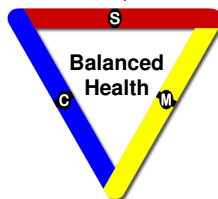


Natural Health Center

The Art & Science of Natural Healthcare



13384 Jones Road ♦ Houston, TX 77070

Phone: (281) 897-8818 ♦ www.nhchouston.com ♦ Fax: (281) 897-8817

What is my Health Complexity Level?

In order for us to best serve you it is important to determine what your current health status is. Please rate each of the following symptoms based upon your health profile for the past 30 days:

Point Scale:

0 = **Never** or **Almost Never** have the symptom

1 = **Occasionally** have it, effect is not severe

2 = **Occasionally** have it, effect is severe

3 = **Frequently** have it, effect is not severe

4 = **Frequently** have it, effect is severe

Digestive Systems:

- _____ Nausea or vomiting
- _____ Diarrhea
- _____ Constipation
- _____ Belching, passing gas
- _____ Bloating Feeling
- _____ Heartburn
- _____ Intestinal/stomach pain

Ears:

- _____ Itchy ears
- _____ Earaches, ear infections
- _____ Drainage from ear
- _____ Ringing in ears
- _____ Hearing loss

Emotions:

- _____ Mood Swings
- _____ Anxiety, fear, nervousness
- _____ Anger, irritability, aggressiveness
- _____ Depression

Energy / Activity:

- _____ Fatigue, sluggishness
- _____ Apathy, lethargy
- _____ Hyperactivity
- _____ Restlessness

Eyes:

- _____ Watery or itchy eyes
- _____ Swollen, reddened or sticky eyelids
- _____ Bags or dark circles under eyes
- _____ Blurred or tunnel vision

Head:

- _____ Headaches
- _____ Faintness
- _____ Dizziness
- _____ Insomnia

Heart:

- _____ Chest Pain
- _____ Skipped Heartbeat
- _____ Rapid heartbeat

Weight:

- _____ Binge eating/drinking
- _____ Craving certain foods
- _____ Excessive weight
- _____ Water retention
- _____ Underweight
- _____ Compulsive eating

Joint / Muscles:

- _____ Pain or aches in joints
- _____ Arthritis
- _____ Stiffness, limited movement
- _____ Weakness or tiredness on joints
- _____ Pain or aches in muscles

Lungs:

- _____ Chest Congestion
- _____ Asthma, bronchitis
- _____ Shortness of breath
- _____ Difficulty breathing

Mind:

- _____ Poor memory
- _____ Confusion
- _____ Difficulty making decisions
- _____ Stuttering or stammering
- _____ Slurred speech
- _____ Learning Disabilities
- _____ Poor concentration
- _____ Poor Coordination

Mouth / Throat:

- _____ Chronic coughing
- _____ Gagging, frequent need to clear throat
- _____ Sore throat, hoarseness
- _____ Swollen or discolored tongue, gums, lips
- _____ Canker Sores

Nose:

- _____ Stuffy Nose
- _____ Sinus Problems
- _____ Hay Fever
- _____ Sneezing attacks
- _____ Excessive mucus formation

Skin:

- _____ Acne
- _____ Hives, rashes, dry skin
- _____ Hair loss
- _____ Flushing, hot flashes
- _____ Excessive sweating

Other:

- _____ Frequent illness
- _____ Frequent or urgent urination
- _____ Genital itch or discharge

Grand Total: _____

Once you have completed the above Medical Symptoms Questionnaire add all the points together to get a grand total. Your health complexity level is determined as follows:

A score of:

- 0-25 is Mild Complexity
- 26-50 is Moderate Complexity
- 51+ is Severe Complexity

After determining your health complexity level go online to Natural Health Center's website. Download and complete the comprehensive patient intake form that relates to your health complexity level and then call the clinic to schedule an appointment at (281) 897-8818.

Let our office staff know what your health complexity level is so they can set you up for the appropriate appointment.

Please call if you have any questions,

Natural Health Center Staff