

Date: \_\_\_\_\_ Patient name: \_\_\_\_\_

To enable us to find a suitable homeopathic remedy, we need you to *precisely record here all changes in how you feel* which have arisen during the *current illness*. To do this:

1) Below, write the main symptoms you have noticed with your illness:

**MAIN SYMPTOMS** (for example: stomach cramp with bending over, after drinking quickly, teething)

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2) Underline below whatever applies to you during your illness.

For example: if it gets worse when you perspire, mark: during / after perspiration better / worse

**OPEN AIR, WEATHER, TEMPERATURE, WRAPPING UP**

- open air: better / worse
- open air: desire for / aversion to
- wet weather: better / worse
- dry weather: better / worse
- cold in general, being exposed to: better / worse
- warmth in general: better / worse
- when getting cold: better / worse
- wrapping up warmly: better / worse
- uncovering: better / worse
- warm room: better / worse
- becoming warm in bed: better / worse
- during / after perspiration: better / worse
- wet compress on body: better / worse

**POSITION**

- lying position: better / worse
- lying on painful side: better / worse
- sitting: better / worse
- sitting bent over: better / worse
- standing: better / worse
- muscles: flabby / tense

**MOVEMENT, EXERCISE, REST**

- movement: desire for / aversion to
- movement: better / worse
- walking: better / worse
- stepping hard: better / worse
- physical exercise: better / worse
- resting: better / worse

**EATING, DRINKING, TALKING**

- swallowing: better / worse
- chewing: better / worse
- during / after eating: better / worse
- cold food and drink: better / worse
- warm food and drink: better / worse
- after drinking: better / worse
- cold water: better / worse
- thirst: thirsty / absence of thirst
- appetite: hunger / loss of appetite
- saliva: more / less

**SLEEP**

- after lying down: better / worse
- while falling asleep: better / worse
- during sleep: better / worse
- while waking up: better / worse
- while / after getting up: better / worse

**BREATHING / COUGH**

- breathing: faster / slower
- breathing in: better / worse
- breathing out: better / worse
- breathing deeply: better / worse
- cough, with mucus: in morning, but not in evening
- cough, with mucus: in evening, but not in morning
- cough, with mucus: in daytime, but not at night
- cough, with mucus: at night, but not in daytime

**SIGHT**

- light (bright): better / worse
- darkness: better / worse
- closing eyes: better / worse
- looking at something close-up: better / worse

**SENSATION**

- touch: better / worse
- external pressure: better / worse
- rubbing: better / worse
- sneezing: better / worse
- smell: lost / weak / diminished hypersensitive

**STATE OF MIND**

- irritable / mild
- sad / happy
- being alone: better / worse