

Symptom	Date of onset	Date concluded	Severity (1-10)	Notes
Abdominal pain				
Anemia				
Anxiety				
Arrhythmia				
Bilateral neck throbbing around lymph nodes				
Blurry vision				
Bone aches in extremities				
Brain pressure				
Bulging veins				
Burning sensations				
Calf cramps				
Changed sense of taste				
Changing symptoms				
Chills but no fever				
Clogged ears				
Cold burning feeling in lungs				
Confusion				
Congested or runny nose				
Constant thirst				
Costochondritis				

Cough				
Covid toes				
Cracked or dry lips				
Diarrhea				
Difficulty concentrating or focusing				
Difficulty sleeping				
Dizziness				
Dry eyes				
Dry or peeling skin				
Dry scalp or dandruff				
Dry throat				
Ear pain or ear ache				
Elevated thyroid				
Extreme pressure at base of head or occipital nerve				
Eye stye or infection				
Fatigue				
Feeling irritable				
Feeling of burning skin				
Fever or chills				

Floaters or flashes of light in vision				
Foot pain				
GERD with excessive salivation				
Goiter or lump in throat				
Hair loss				
Hand or wrist pain				
Headache				
Heart palpitations				
Heat intolerance				
Herpes				
High blood pressure				
Hormone imbalances				
Hot blood rush				
Inability to exercise or be active				
Irregular or skipped menstrual cycles				
Jaw pain				
Joint pain				

Kidney issues or protein in urine				
Kidney pain				
Low blood oxygen				
Low blood pressure				
Low temperature				
Lower back pain				
Memory problems				
Menstrual cycles that are heavier or lighter than usual				
Mid-back pain at base of ribs				
Mouth sores or sore tongue				
Muscle or body aches				
Muscle twitching				
Nausea or vomiting				
Neck muscle pain				
Nerve sensations				

Neuropathy in hands and feet				
Night sweats				
Painful scalp				
Partial or complete loss of sense of smell				
Partial or complete loss of sense of taste				
Persistent chest pain or pressure				
Personality change (drastic)				
Phantom smells				
Phlegm in back of throat				
Post nasal drip				
Rash				
Reflux				
Sadness				
Sharp or sudden chest pain				
Shortness of breath or difficulty breathing				

[illegible]
