

Dr. med. E. Seebach

Determining your sympathetic nervous system Send your fax reply to +49-89-54329907

Family name: _____ (please add before sending the fax)

Is your sympathetic nervous system (level of agitation) increased? Evaluate the occurrence of each symptom on the scale below, then calculate the final value.

Evaluation scale of the symptoms:

0=None 1=Seldom 2=Occasionally 3=Often 4=Occasionally with heavy symptoms 5=Continuously

- Pain in the head region
- Pain in the neck region
- Spine pain
- Jaw joint pain
- Teeth grinding
- Increased perspiration
- Digestive disorders
- Nervous and/or irritated mood
- Increased fear
- Concentration difficulties
- Increased fatigue
- Ringing ears (tinnitus)
- Dizziness
- Sleeping disorders (inability to fall asleep or sleep all night)
- Increased or decreased appetite
- Increased blood pressure
- Decreased libido

- Total value**

- Level I 1 - 10 can indicate a slightly increased sympathetic nervous system
- Level II 11 - 20 can indicate an increased sympathetic nervous system
- Level III 21 - 34 can indicate a heavily increased sympathetic nervous system
- Level IV 35 and higher can indicate a dangerously increased sympathetic nervous system

Duale Medizin GmbH

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