

# Headache Research Report

## APPENDIX L

### Cayce Comprehensive Symptom Inventory (CCSI)

Copyright © 1998 by David McMillin, all rights reserved.

Name:  Age:

Date:  Sex:

#### SCALE 1

SCALE 1

- Cold extremities
- Itchy or dry skin
- Skin blemishes (eczema, psoriasis, rash, acne, etc.)
- Hands or feet are numb or fall asleep
- Lumps or tumors under skin

#### SCALE 2

SCALE 2

- 2X  Kidney or bladder problems
- Cold, clamminess over body
- 2X  Cold area on abdomen
- Tiredness or fatigue
- Constipation
- Stomach or intestinal gas

#### SCALE 3

SCALE 3

- Stomach or intestinal gas
- 2X  Indigestion or "sour stomach"
- Nausea
- Headache
- Bad taste in mouth
- Constipation
- 2X  Anemia
- General weakness and lack of energy or vitality

#### SCALE 4

SCALE 4

- 2X  Heartburn
- 2X  Belching
- Indigestion
- 2X  Regurgitation of food
- Constipation

#### SCALE 5

SCALE 5

- 2X  Catches cold easily
- Prone to severe colds
- 2X  Prone to congestion (head, throat or lungs)
- Irregular or fast pulse
- Tiredness or fatigue

## Headache Research Report

- Abnormal appetite (increased, decreased, erratic)
- Skin rash
- 2X  Headaches
- 2X  Indigestion
- Hemorrhoids
- Stomach or intestinal gas
- Chronic muscle pain or diagnosis of fibromylgia

### SCALE 6

SCALE 6

- Indigestion
- Constipation
- Dull headaches
- Pain or heaviness along right side of abdomen
- Bad breath or bad taste in mouth not directly due to food or drink
- General dullness or drowsiness
- 2X  Gallstones or gallbladder problems
- Burning or irritation to eyes
- 2X  Dizziness

### SCALE 7

SCALE 7

- Impaired or distorted sense of taste
- Impaired or distorted sense of smell
- Impaired or distorted vision
- Impaired or distorted hearing or tinnitus
- Feeling of fullness in throat or face
- Supersensitive reactions to sounds, actions, smells, etc.

### Scale 8

SCALE 8

- Decreased urination
- Urine has strong odor
- Burning sensation during urination
- Puffy under eyes or burning of eyes or blurred/dimmed vision
- Swelling or heaviness in lower extremities
- Aching muscles and/or joints (rheumatism)

### SCALE 9

SCALE 9

- 2X  High blood pressure or palpitations
- Headaches
- Lower back pain or sciatic pain
- Tiredness or fatigue
- 2X  Constipation

### SCALE 10

SCALE 10

- 2X  Dental problems such as weak enamel or cavities
- Dry, faded, or thinning hair
- Finger nails split or break off
- Poor resistance to disease
- Low blood pressure or poor circulation to extremities

## Headache Research Report

- 2X  Weak bones, bone loss, or bone deformity  
 Underactive thyroid  
 Tiredness or fatigue  
 Respiratory problems

### SCALE 11

SCALE 11

- 2X  Excessive bleeding (lack of clotting) or wounds heal slowly  
 Low resistance to disease or lack of vitality  
2X  Cysts or tumors  
 Blotches, spots or bruises on surface of body

### SCALE 12

SCALE 12

- 2X  Swelling or heaviness in lower extremities  
 Lower back pain (lumbago)  
 Burning or irritation of eyes or dimness of vision  
 Dizziness  
 Nausea  
 Headache

### SCALE 13

SCALE 13

- Abnormal appetite (increased, decreased, or erratic)  
 Indigestion or high acidity in stomach, throat, or mouth  
 Stomach or intestinal gas  
 Abnormal heart action (low or high) or discomfort around heart  
3X  Stomach empties too slowly or too quickly after eating  
 Headaches  
 Nausea  
 Constipation

### SCALE 14

SCALE 14

- 3X  Skin blemishes (eczema, psoriasis, rash, acne, etc.)  
2X  Swollen or painful joints (arthritis or rheumatism)  
 Indigestion or stomach or intestinal gas  
 Tender spots or painful areas over the body  
 Nasal congestion (catarrh) or sinus problems  
 Headache  
 Depression  
 Constipation

### SCALE 15

SCALE 15

- Dry or thinning hair or ends of hair split  
 Nails brittle or thin, nails split or break, or peel around cuticle  
 Chronic dental problems  
 Dry or rough skin  
 Depression  
 Tiredness or fatigue  
 Lack of interest in sex  
 Fullness, contraction, or choking sensation in neck or throat

## Headache Research Report

- Cold extremities
- Poor concentration
- Abnormal appetite (increased, decreased, or erratic)

### SCALE 16

SCALE 16

- Difficulty thinking or remembering; absentminded; slow to react
- 2X  Involuntary or uncoordinated movements (tics, twitches, tremors)
- 2X  Difficulty walking or maintaining balance
- Incontinence or drooling
- Sensory system impairment (speech, hearing, taste, or smell)
- Conscious awareness of involuntary process - digestion, bloodflow, etc

### SCALE 17

SCALE 17

- 2X  History of seizures or convulsions
- 2X  Cool or cold spot on right side of abdomen
- Lapse or loss of consciousness
- Injury to tailbone or soreness of tailbone
- Constipation
- Abnormal mental and physical development
- 2X  Injury, pain or soreness on right side of abdomen below last rib

### SCALE 18

SCALE 18

- Anger or hate
- Resentment, bitterness, or jealousy
- Anxiety, worry, or fear
- Depression
- Hereditary predisposition for illness or prenatal condition

### SCALE 19

SCALE 19

- Sensory system impairment (speech, hearing, taste, or smell)
- Tiredness or fatigue
- Depression
- Constipation
- Thinning of hair or loss of body hair
- Underweight
- Splotches or blotches (white) on skin
- Dark circles under the eyes

### SCALE 20

SCALE 20

- Headache
- Abnormal blood pressure (high, low, or erratic)
- Abnormal pulse (quick, slow, or irregular)
- Fever or temperature at times without apparent cause
- Feeling of fullness in throat or face
- Hot and/or cold sensations (flushing)
- Abdominal pain or aching across lower portion of hips
- Kidney or bladder problems

## Headache Research Report

	<input type="checkbox"/> Constipation		
	<b>SCALE 21</b>	<b>SCALE 21</b>	<input type="checkbox"/>
	<input type="checkbox"/> Tiredness or fatigue		
	<input type="checkbox"/> Heart palpitations or rapid pulse		
2X	<input type="checkbox"/> General weakness		
	<input type="checkbox"/> Shortness of breath		
	<input type="checkbox"/> Fever or temperature at times without apparent cause		
2X	<input type="checkbox"/> Underweight		
	<input type="checkbox"/> Dizziness		
	<input type="checkbox"/> Indigestion		
	<b>SCALE 22</b>	<b>SCALE 22</b>	<input type="checkbox"/>
3X	<input type="checkbox"/> History of irritable bowel syndrome or inflammatory bowel disease		
2X	<input type="checkbox"/> History of intestinal flu		
	<input type="checkbox"/> Mucous in stool		
	<input type="checkbox"/> Diarrhea		
	<input type="checkbox"/> Intestinal gas		
	<b>SCALE 23</b>	<b>SCALE 23</b>	<input type="checkbox"/>
2X	<input type="checkbox"/> Pain along right rib cage, right shoulder or arm, or upper right back		
	<input type="checkbox"/> Constipation		
	<input type="checkbox"/> Nausea		
	<input type="checkbox"/> Headaches, especially after eating		
	<input type="checkbox"/> Fever		
3X	<input type="checkbox"/> Intolerance to fats or greasy foods		
	<input type="checkbox"/> Bad breath or bad taste in mouth not directly due to food or drink		
	<input type="checkbox"/> Brown, yellow, or gray colored skin or brown splotches on skin		
	<input type="checkbox"/> Dizziness		
	<input type="checkbox"/> Abnormal pulse (quick, slow, or irregular)		
	<input type="checkbox"/> Shortness of breath		
	<b>Scale 24</b>	<b>SCALE 24</b>	<input type="checkbox"/>
	<input type="checkbox"/> Shortness of breath		
2X	<input type="checkbox"/> Cough		
	<input type="checkbox"/> Feeling of heaviness, fullness or pain in lungs		
	<input type="checkbox"/> Prone to congestion (head, throat or lungs)		
2X	<input type="checkbox"/> Wheezing		
	<input type="checkbox"/> Hay fever or other respiratory allergy		
	<b>Scale 25</b>	<b>SCALE 25</b>	<input type="checkbox"/>
	<input type="checkbox"/> Over or under-reactive to stimuli, or slow to react		
	<input type="checkbox"/> Lack of discernment or insight		
	<input type="checkbox"/> Poor concentration		
	<input type="checkbox"/> Poor memory		
	<input type="checkbox"/> Difficulty doing analysis or calculations		
	<input type="checkbox"/> Irrationality or delusional thinking		
	<input type="checkbox"/> Incoordination of movements or reflexes, or paralysis due to stroke		

## Headache Research Report

- Hallucinations
- Lack of self control

### Scale 26

SCALE 26

- Slow pulse
- Rapid pulse
- Palpitation or throbbing of heart
- Low blood pressure
- High blood pressure
- Erratic blood pressure (sometimes high, sometimes low)
- Chest pain (angina) or feeling of fullness around heart
- Fluttering of heart

### Scale 27

SCALE 27

- 3X  Indigestion 1 to 3 hours after eating
- Intestinal gas
- Constipation
- Diarrhea
- Mucous in stools

### Scale 28

SCALE 28

- 3X  Excess sugar in urine (sweet smelling urine or high urine test)
- 2X  Urination is frequent, excessive, or scant
- Wounds heal slowly
- Kidney or bladder problems
- Impaired or distorted vision

### Scale 29

SCALE 29

- 3X  Pain or discomfort on left side of abdomen
- Low blood pressure
- Rapid pulse
- Nausea
- Highly suggestible or overly imaginative
- Mood swings or emotional upsets

### Scale 30

SCALE 30

- Infertility
- Abnormal sex drive (high, low, or absent)
- Menstrual or menopausal problems (female)
- Prostate problems or impotence (male)
- Pelvic pain or discomfort

## Headache Research Report

### CCSI Scale Norms

Scale Title	Scale	Score	25th%	Median	75th%
Poor Superficial Circulation	Scale 1		1.0	2.0	4.0
Cold Hepatic Circulation	Scale 2		2.0	3.0	5.0
Gastric Hypoacidity	Scale 3		2.5	4.0	7.0
Gastric Hyperacidity	Scale 4		1.0	2.0	5.0
Systemic Hyperacidity	Scale 5		4.0	8.0	13.5
Torpid (Sluggish) Liver	Scale 6		1.5	3.0	6.0
Sensory System Dysf.	Scale 7		0.0	1.0	3.0
Kidney Dysfunction	Scale 8		1.0	1.0	3.0
Systemic Toxicity	Scale 9		3.0	4.0	6.5
Low Calcium	Scale 10		2.0	4.0	8.0
Lack of Coagulation	Scale 11		0.0	1.0	3.0
High Urea	Scale 12		1.0	3.0	4.0
Stomach Position	Scale 13		1.0	3.0	7.0
Intestinal Permeability	Scale 14		5.0	8.0	11.0
Hypothyroid	Scale 15		3.0	5.0	8.5
Vol./Invol.Incoordination	Scale 16		0.0	1.0	3.0
Lacteal Duct Adhesions	Scale 17		0.0	1.0	2.0
Psychological	Scale 18		1.0	3.0	5.0
Hypoadrenal	Scale 19		2.0	3.0	5.0
High Hepatic Circulation	Scale 20		1.0	3.0	5.0
Anemia	Scale 21		1.0	3.0	6.0
After Effects of Intestinal Flu	Scale 22		1.0	2.0	5.0
Gallbladder Dysfunction	Scale 23		1.0	4.0	7.0
Respiratory Dysf.	Scale 24		0.0	2.0	5.5
Brain Dysfunction	Scale 25		0.0	1.0	4.0
Abnormal Heart Action	Scale 26		0.0	1.0	2.0
Pancreatic Exocrine Dysf.	Scale 27		1.0	2.0	5.0
High Blood Sugar	Scale 28		0.0	1.0	3.0
Spleen Dysfunction	Scale 29		0.0	1.0	3.0
Reproductive System	Scale 30		0.0	1.0	3.0
			<b>25th%</b>	<b>Median</b>	<b>75th%</b>
<b>Global Score</b>			61.50	92.00	155.50