

CureQi Sample Symptom Pattern Report

OVERVIEW → PATTERN → PLAN → SYMPTOMS → SUMMARY

OVERVIEW

This sample report shows how CureQi summarizes a symptom cluster in a warm, practical format. It begins with the big picture, then explains each symptom in plain language, and closes with a short plan you can actually follow this week.

SYMPTOMS COVERED

3 symptoms

HIGHEST INTENSITY

●●● Severe

START THIS WEEK

Steady the morning

OVERALL PATTERN

This symptom mix may point to a pattern of recovery load, stress tension, and digestion strain building on top of each other. Instead of treating every symptom like a separate emergency, the report looks for the shared rhythm underneath them.

OVERALL PLAN

The first goal is to steady your day: regular meals, gentler energy output, and a more reliable wind-down at night. Once that rhythm feels less chaotic, symptom-specific support usually becomes easier to feel and maintain.

Symptom Insights

Afternoon energy crash

●●○ Moderate

This often shows up when the body is running on stress momentum through the first half of the day and then drops hard once that push fades. Many people describe it as hitting a wall around 2 to 3pm, especially when lunch is rushed or breakfast was too light.

Bloating after meals

●○○ Mild

Bloating can be a sign that the digestive system is being asked to process too quickly or under too much tension. In everyday terms, it can feel like food sits heavily instead of turning into usable energy.

Difficulty winding down at night

●●● Severe

When the mind and body stay switched on into the evening, rest becomes shallow and recovery gets delayed. This is the kind of pattern many people describe as being tired but still wired, with racing thoughts making bedtime feel harder instead of easier.

Care Plan

Steady the morning

- Eat a warm breakfast within 60 to 90 minutes of waking instead of relying on coffee alone.
- If mornings feel cold or empty, start with warm water or soup before jumping into work.

Reduce the mid-day crash

- Keep lunch simple and warm, then take a 10-minute walk before returning to focused work.
- When you feel the crash building, pause for water and movement before reaching for more caffeine.

Protect the evening

- Start a lighter wind-down 30 minutes earlier than usual for the next 7 days.
- Use a hot shower, foot soak, or slow exhale breathing to help your body shift out of alert mode.

Summary & Next Steps

SUMMARY & NEXT STEPS

The main takeaway is that your symptoms make more sense as one stressed recovery rhythm than as isolated problems. Start with one or two repeatable daily anchors this week, then notice whether your energy, digestion, and evening calm begin to feel steadier.

When To Seek Care

- Seek prompt medical care if symptoms escalate suddenly or include fainting, chest pain, breathing difficulty, or a high fever.

This sample report is for educational wellness support only and does not replace medical diagnosis or treatment.