

Chief complaints

Please describe all major problems/illnesses in detail.

Medical History

Please check any of the following which apply to you, and the approximate date of onset:

What is your blood type?(put don't know if that is true) _____

Measles		Gallbladder disease		Heart murmur	
German Measles		Jaundice		Heart disease	
Cramps		Colitis		Cancer	
Chicken pox		Hemorrhoids		High blood pressure	
Whooping cough		Liver disease/hepatitis		Phlebitis	
Scarlet fever		Stomach ulcers		Stroke	
Rheumatic fever		Prostatitis		Diabetes	
TB		Kidney stones		Migraine headaches	
Mononucleosis		Kidney infections		Frequent antibiotic use	
Herpes		Urinary tract infections		Skin disease	
Arthritis		Sexually transmitted disease		Psoriasis	
Bursitis/sciatica		Cataracts		Asthma	
Chronic back problem		Glaucoma		Hay fever	
Bone or joint disease		Thyroid disease		Sinus infections	
Epilepsy		Gout		Eczema	
Blood transfusion		Depression		Hives	
Appendicitis		Nervous breakdown		Attempted suicide	
Anemia		Substance abuse		Eating disorder	

Describe what exercise you do and how often:

HOSPITALIZATIONS

DATES		Please describe all hospitalizations in detail:	
1.			
2.			
3.			
4.			

MEDICAL CONDITIONS

Please check any of the following that apply to you, and the approximate date of onset.

SORE TONGUE		RASHES		CONSTIPATION HOW MANY BOWEL MOVEMENTS DO YOU HAVE?		TREMORS	
ITCHING		DIFFICULTY SWALLOWING		BLOOD IN STOOL		NUMBNESS	
MOLE CHANGES		DRY MOUTH		MUCUS IN STOOL		SHOOTING PAIN	
EASY BRUISING		DIFFICULTY CHEWING		TARRY STOOLS		WEIGHT CHANGE	
CHANGE IN HAIR		STRANGE TASTE/SMELL		CLAY COLORED STOOLS		NIGHT SWEATS	
CHANGE IN SKIN DRY?		LOSS OF TASTE/SMELL		HEART BURN		FATIGUE IF SO, WHEN DO YOU FEEL TIRED?	
DANDRUFF		SORE THROAT		BELCHING		BONE PAIN	
POOR CONCENTRATION		CANKER SORES		NAUSEA		POOR MEMORY	
CHANGE IN VISION		ENLARGED GLANDS		PAINFUL URINATION		INSOMNIA DO YOU AWAKE AT NITE? DO YOU FEEL RESTED?	
POOR NIGHT VISION		HEART PALPITAIONS		FREQUENT URINATION		MOOD SWINGS	
DRY EYES		RACING HEART		BLOOD IN URINE		DEPRESSION	
DIZZINESS		SHORTNESS OF BREATH		DISCHARGE FROM PENIS		HOT FLASHES	
SEIZURES		LEG PAIN/CRAMPS		TOUGH STARTING URINE		PMS?	
FAINTING SPELLS		VARICOSE VEINS		DRIBBLING		ALWAYS HOT ALWAYS COLD	
HEARING LOSS		ANKLE SWELLING		INCONTINENCE		ALWAYS THIRSTY HOW MUCH WATER DO YOU DRINK	
RINGING IN EARS		TROUBLE WALKING?		ERECTILE DYSFUNCTION?		VOICE CHANGE	
EAR DISCHARGE		CHRONIC COUGH		DECREASED SEX DRIVE		CHANGED APPETITE	
FREQ. NOSE BLEEDS		WHEEZING		SEXUAL DIFFICULTIES		DRINK COFFEE	
FREQUENT COLDS		COUGH UP BLOOD		JOIN STIFFNESS WHEN?		CRAVE SWEETS	
CHRONIC SNEEZING		GAS		JOINT PAIN		TOBACCO	
SINUS INFECTION		BLOATING		JOINT SWELLING		EMOTIONAL CONSTITUTION	
BLEEDING GUMS		VOMITING		BACK PAIN		DRINK ALCOHOL	
DENTAL PROBLEMS		DIARRHEA		MUSCLE WEAKNESS		OTHER DRUGS	
DO YOU FEEL RESTED IN THE AM?		CHEST PAIN		LYMPH GLANDS SWOLLEN?		ANXIETY?	
ALWAYS STUFFED UP?		HAVE YOU HAD CHILDREN?(WOMEN)		HOW MANY FILLINGS DO YOU HAVE? TYPE?		FEARS?	

BAD HABITS? DO YOU HAVE ANY BAD HABITS I SHOULD KNOW ABOUT?

DO YOU HAVE ANY GOOD HABITS I SHOULD KNOW ABOUT?

PLEASE ELABORATE?

**WOMAN
MENSTRUAL HISTORY? PLEASE COMMENT**

PREVIOUSLY DIAGNOSED

*PLEASE DESCRIBE ALL PREVIOUSLY DIAGNOSED CONDITIONS OR DISEASES IN
DETAIL*

ALLERGIES

PLEASE DESCRIBE ALL ALLERGIES (FOOD, MEDICATION, OTHER):

Family History:

List issues with grandparents parents siblings:

Current medications and/or DIETARY supplements
Please list name and dose:

DIET: List a few examples of what a typical breakfast, Lunch and supper would be??

MIND

Name the top 5 Negative emotional states or bad habits you'd like me to help you with: ie; I'm... Angry, impatient, procrastinates, shy, low self esteem, fearful, manipulative, weak willed, overwhelmed, addicted, outgoing, holds grudges etc etc etc...LIST THEM

- 1
- 2
- 3
- 4
- 5

Constitutional quiz

Select the answer that fits closest.

1. Physique

- I am taller (or shorter) than average and thin with a rather under-developed physique.
- I am average in height with a moderately developed physique.
- I am thick, large, broad, with a well-developed physique.

2. Weight

- I am thin, my bones tend to be prominent (knuckles, elbows, knees, facial bones, etc.) .
- I am of moderate weight with a slight tendency toward overweight
- I am heavy and easily tend towards overweight or obesity.

3. Hair

- My hair is two or more of these: dry, kinky, curly, coarse, black, dark brown
- My hair is two or more of these: Red, light brown, blond, soft, fine, prone to premature gray or balding.
- My hair is two or more of these: Thick, oily, wavy, medium to dark brown.

4. Eyes

- Small, dry, brown and I tend to blink alot.
- Sharp, penetrating, green, blue, or gray, with reddish or yellowish sclerae
- Large, attractive, charming, with white sclerae, brown or deep blue

5. Eyebrows

- Thin, not bushy, dry, and firm to touch.
- Medium in all respects.
- Thick, bushy, oily, soft.

6. Bowel Movements

- Hard, dry, accompanied by gas, tendency towards constipation
- Regular, tends towards loose and soft or diarrhea, abundant,
- Regular, large, oily

7. Urine

- Small amounts very frequently throughout the day.

Abundant, deep yellow, occasionally slightly burning

Moderate, concentrated

8. Appetite

Unpredictable and erratic; I sometimes am not hungry at mealtimes and very hungry between meals

Sharp, acutely aware of mealtimes, dislikes delaying meals, enjoys and can digest large quantities of food

Constant, can miss a meal comfortably, feels best with smaller quantities of food.

9. Disease Pattern

Fatigue, nervous system, insomnia, weakness, dryness

Fevers, inflammations, ulcers, skin conditions

Congestion, respiratory conditions, benign growths, obesity

10. Speech

I tend to talk alot and show enthusiasm in my speech by nature

Argumentative, precise, convincing, sharp, direct speech

Slow, sometimes monotonous, low-pitched, rhythmic speech

11. Social

More often than not I am insecure and nervous in new social situations

I am outgoing and usually assertive and accessible around people

I usually do more listening than speaking in new situations, but people are attracted to me nonetheless.

12. Gait

I usually walk quicker than most people with short light steps

Stable, purposeful pace at moderate speed

Slow, unhurried, and graceful strides

13. Voice

Low volume, hoarse, vibrato, cracking, not really deep or resonant

Sharp, loud, captures attention

Pleasant, deep, harmonious, deep, resonant

14. Temperament

nervous, changeable, never seems to be content.

always seems to be struggling, achieving; highly self-motivated.

Usually happy, slow to desire or see the need for change.

15. Sleep

Often light or interrupted, insomnia, 5-7 hours per night

- Sound, 6-8 hours per night
- Deep, uninterrupted, difficulty waking

16. Concentration

- Easily distracted
- Rarely distracted, intensely engaged
- Moderate levels of concentration

17. Will Power

- Weak, I often start out very determined but later give in.
- Moderate, I am very self-critical when I fail to follow through
- Strong, if I make a decision I stay with it.

18. Emotional Reaction to Stress

- Fearful, anxious and worried
- Anger, aggressiveness, irritability, demanding, uncompromising
- Complacent, steady, calmly seeks solutions, may become depressed

19. Mental Tendency

- Questions everything, theorizes as to the cause of events, creative
- Discriminating, judging, suspicious
- Logical, stable, reasonable, slow to evaluate

20. Forgiveness

- I forgive and forget easily and often.
- It takes me a very long time to forgive; I tend to hold grudges.
- I understand that people make mistakes; it rarely upsets me.

21. Love

- I fall in and out love easily
- I have had relatively few but intensely passionate love affairs.
- I feel I am hungry for love and affection; longterm relationships.

22. Sex Drive

- Frequent desire, low stamina
- Moderate desire, dominating, passionate
- Cyclical, sometimes insatiable, excellent stamina

23. Hygiene

- Very clean and neat, intolerant of sloppiness, uncleanness
- Moderately clean, but secondary to other concerns
- Can be dirty and sloppy for periods of time

24. Financial Behavior

- Spends impulsively, spends on trifles, feels poor
- Spends moderately, enjoys luxuries, gourmet meals
- Frugal, saves money, spends freely on food, entertainment

25. Disease Tendency

- Nervous system, pain, mental instability, arthritis, fatigue, weakness, hearing loss
- Febrile illness, inflammations, infections, skin disorders, heart disease, ulcer disease, hemorrhoids, alcoholism
- Respiratory diseases (bronchitis, asthma), obesity, high cholesterol, sinusitis

26. Pulse

- Rapid, thready, light,
- Bounding, strong, superficial
- Slow, broad, strong

27. How quickly you pick up new information

- Very quickly, usually first time
- Quite quickly
- More slowly, preferred to review the material several times

28. Describing your digestion

- Quite easily upset, tendency for bloating and gas
- Virtually never a problem, can eat nearly anything without discomfort
- Digestion is slow, stomach tends to feel heavy long after meals

29. Weather types in which you feel especially uncomfortable

- Cold
- Hot
- Cold and damp

30. describing your sleep pattern

- Light sleeper, frequently wake up
- Sound sleeper, needed 6-8 hours
- Deep sleep, need more than eight hours

31. Describing your stools

- Hard and dry
- Loose
- Well formed

32. Describing how you feel when you run into a problem or difficulty

- Worried, anxious, mind moving back and forth

