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Female Intake Questionnaire

General Information

Name _____ Age _____ Today's Date _____

Date of Birth _____ Email _____

Address _____ City _____ State _____ Zip _____

Phone (Home) _____ (Cell) _____ (Work) _____

Genetic Background: ☐ African American ☐ Hispanic ☐ Mediterranean ☐ Asian
☐ Native American ☐ Caucasian ☐ Northern European
☐ Other _____

When, where and from whom did you last receive medical or health care?

Emergency Contact: _____ Relationship _____

Phone (Home) _____ (Cell) _____ (Work) _____

How did you hear about our practice?

- ☐ Clinic website ☐ IFM website ☐ Referral from doctor ☐ Referral from friend/family member
☐ Social media ☐ Other _____

Current Health Concerns

Please rank current and ongoing health concerns in order of priority

| Describe Problem | Severity | Mild | Moderate | Severe | Prior Treatment/Approach | Success | Excellent | Good | Fair |
|--------------------------|----------|------|----------|--------|--------------------------|---------|-----------|------|------|
| Example: Post Nasal Drip | | X | | | Elimination Diet | | X | | |
| 1. | | | | | | | | | |
| 2. | | | | | | | | | |
| 3. | | | | | | | | | |
| 4. | | | | | | | | | |
| 5. | | | | | | | | | |
| 6. | | | | | | | | | |
| 7. | | | | | | | | | |
| 8. | | | | | | | | | |
| 9. | | | | | | | | | |
| 10. | | | | | | | | | |

Allergies

| Name of Medication/Supplement/Food: | Reaction: |
|-------------------------------------|-----------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

Lifestyle Review

Sleep

How many hours of sleep do you get each night on average? _____

Do you have problems falling asleep? ☐ Yes ☐ No Staying asleep? ☐ Yes ☐ No

Do you have problems with insomnia? ☐ Yes ☐ No Do you snore? ☐ Yes ☐ No

Do you feel rested upon awakening? ☐ Yes ☐ No

Do you use sleeping aids? ☐ Yes ☐ No

If yes, explain: _____

Exercise

Current Exercise Program:

| Activity | Type | # of Times Per Week | Time/Duration (Minutes) |
|-----------------------------|------|---------------------|-------------------------|
| Cardio/Aerobic | | | |
| Strength/Resistance | | | |
| Flexibility/Stretching | | | |
| Balance | | | |
| Sports/Leisure (e.g., golf) | | | |
| Other: | | | |

Do you feel motivated to exercise? ☐ Yes ☐ A little ☐ No

Are there any problems that limit exercise? ☐ Yes ☐ No

If yes, explain: _____

Do you feel unusually fatigued or sore after exercise? ☐ Yes ☐ No

If yes, explain: _____

Nutrition

Do you currently follow any of the following special diets or nutritional programs? *(Check all that apply)*

- ☐ Vegetarian ☐ Vegan ☐ Allergy ☐ Elimination ☐ Low Fat ☐ Low Carb ☐ High Protein
☐ Blood Type ☐ Low sodium ☐ No Dairy ☐ No Wheat ☐ Gluten Free
☐ Other: _____

Do you have sensitivities to certain foods? ☐ Yes ☐ No

If yes, list food and symptoms: _____

Do you have an aversion to certain foods? ☐ Yes ☐ No

If yes, explain: _____

Do you adversely react to: *(Check all that apply)*

- ☐ Monosodium glutamate (MSG) ☐ Artificial sweeteners ☐ Garlic/onion ☐ Cheese ☐ Citrus foods
☐ Chocolate ☐ Alcohol ☐ Red wine ☐ Sulfite-containing foods (wine, dried fruit, salad bars)
☐ Preservatives ☐ Food colorings ☐ Other food substances: _____

Are there any foods that you crave or binge on? ☐ Yes ☐ No

If yes, what foods? _____

Do you eat 3 meals a day? ☐ Yes ☐ No If no, how many _____

Does skipping a meal greatly affect you? ☐ Yes ☐ No

How many meals do you eat out per week? ☐ 0–1 ☐ 1–3 ☐ 3–5 ☐ >5 meals per week

Check the factors that apply to your current lifestyle and eating habits:

- | | |
|---|---|
| <input type="checkbox"/> Fast eater | <input type="checkbox"/> Significant other or family members have special dietary needs |
| <input type="checkbox"/> Eat too much | <input type="checkbox"/> Love to eat |
| <input type="checkbox"/> Late-night eating | <input type="checkbox"/> Eat because I have to |
| <input type="checkbox"/> Dislike healthy foods | <input type="checkbox"/> Have negative relationship to food |
| <input type="checkbox"/> Time constraints | <input type="checkbox"/> Struggle with eating issues |
| <input type="checkbox"/> Travel frequently | <input type="checkbox"/> Emotional eater (eat when sad, lonely, bored, etc.) |
| <input type="checkbox"/> Eat more than 50% of meals away from home | <input type="checkbox"/> Eat too much under stress |
| <input type="checkbox"/> Healthy foods not readily available | <input type="checkbox"/> Eat too little under stress |
| <input type="checkbox"/> Poor snack choices | <input type="checkbox"/> Don't care to cook |
| <input type="checkbox"/> Significant other or family members don't like healthy foods | <input type="checkbox"/> Confused about nutrition advice |

Diet

Please record what you eat in a typical day:

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Fluids _____

How many servings do you eat in a typical week of these foods:

Fruits (not juice) _____ Vegetables (not including white potatoes) _____

Legumes (beans, peas, etc) _____ Red meat _____ Fish _____

Dairy/Alternatives _____ Nuts & Seeds _____ Fats & Oils _____

Cans of soda (regular or diet) _____ Sweets (candy, cookies, cake, ice cream, etc.) _____

Do you drink caffeinated beverages? ☐ Yes ☐ No If yes, check amounts:

Coffee (cups per day) ☐ 1 ☐ 2-4 ☐ >4 Tea (cups per day) ☐ 1 ☐ 2-4 ☐ >4

Caffeinated sodas—regular or diet (cans per day) ☐ 1 ☐ 2-4 ☐ >4

Do you have adverse reactions to caffeine? ☐ Yes ☐ No

If yes, explain: _____

When you drink caffeine do you feel: ☐ Irritable or wired ☐ Aches or pains

Smoking

Do you smoke currently? ☐ Yes ☐ No Packs per day: _____ Number of years _____

What type? ☐ Cigarettes ☐ Smokeless ☐ Pipe ☐ Cigar ☐ E-Cig

Have you attempted to quit? ☐ Yes ☐ No

If yes, using what methods: _____

If you smoked previously: Packs per day: _____ Number of years _____

Are you regularly exposed to second-hand smoke? ☐ Yes ☐ No

Alcohol

How many alcoholic beverages do you drink in a week? (1 drink = 5 ounces wine, 12 ounces beer, 1.5 ounces spirits)

☐ 1-3 ☐ 4-6 ☐ 7-10 ☐ >10 ☐ None

Previous alcohol intake? ☐ Yes (☐ Mild ☐ Moderate ☐ High) ☐ None

Have you ever had a problem with alcohol? ☐ Yes ☐ No

If yes, when? _____

Explain the problem: _____

Have you ever thought about getting help to control or stop your drinking? ☐ Yes ☐ No

Other Substances

Are you currently using any recreational drugs? ☐ Yes ☐ No

If yes, type: _____

Have you ever used IV or inhaled recreational drugs? ☐ Yes ☐ No

Stress

Do you feel you have an excessive amount of stress in your life? ☐ Yes ☐ No

Do you feel you can easily handle the stress in your life? ☐ Yes ☐ No

How much stress do each of the following cause on a daily basis *(Rate on scale of 1-10, 10 being highest)*

Work _____ Family _____ Social _____ Finances _____ Health _____ Other _____

Do you use relaxation techniques? ☐ Yes ☐ No

If yes, how often? _____

Which techniques do you use? *(Check all that apply)*

☐ Meditation ☐ Breathing ☐ Tai Chi ☐ Yoga ☐ Prayer ☐ Other: _____

Have you ever sought counseling? ☐ Yes ☐ No

Are you currently in therapy? ☐ Yes ☐ No

If yes, describe: _____

Have you ever been abused, a victim of crime, or experienced a significant trauma? ☐ Yes ☐ No

What are your hobbies or leisure activities? _____

Relationships

Marital status: ☐ Single ☐ Married ☐ Divorced ☐ Gay/Lesbian ☐ Long-Term Partner ☐ Widow/er

With whom do you live? (Include children, parents, relatives, friends, pets)

Current occupation: _____

Previous occupations: _____

Do you have resources for emotional support? ☐ Yes ☐ No *(Check all that apply)*

☐ Spouse/Partner ☐ Family ☐ Friends ☐ Religious/Spiritual ☐ Pets ☐ Other: _____

Do you have a religious or spiritual practice? ☐ Yes ☐ No

If yes, what kind? _____

How well have things been going for you? *(Mark on scale of 1–10, or N/A if not applicable)*

| | N/A | Poorly | | | Fine | | | Very Well | | | |
|--------------------------------|--------------------------|--------|---|---|------|---|---|-----------|---|---|----|
| Overall | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| At school | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| In your job | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| In your social life | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| With close friends | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| With sex | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| With your attitude | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| With your boyfriend/girlfriend | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| With your children | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| With your parents | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| With your spouse | <input type="checkbox"/> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

History

Patient's Birth/Childhood History:

You were born: ☐ Term ☐ Premature ☐ Don't know

Were there any pregnancy or birth complications? ☐ Yes ☐ No

If yes, explain: _____

You were: ☐ Breast-fed/How long? _____ ☐ Bottle-fed/Type of formula: _____ ☐ Don't know

Age of introduction of: Solid food: _____ Wheat _____ Dairy _____

As a child, were there any foods that were avoided because they gave you symptoms? ☐ Yes ☐ No

If yes, what foods and what symptoms? (Example: milk—gas and diarrhea)

Did you eat a lot of sugar or candy as a child? ☐ Yes ☐ No

Dental History:

Check if you have any of the following, and provide number if applicable:

- ☐ Silver mercury fillings _____ ☐ Gold fillings _____ ☐ Root canals _____ ☐ Implants _____
☐ Caps/Crowns _____ ☐ Tooth pain _____ ☐ Bleeding gums _____ ☐ Gingivitis _____
☐ Problems with chewing _____ ☐ Other dental concerns (explain): _____

Have you had any mercury fillings removed? ☐ Yes ☐ No If yes, when: _____

How many fillings did you have as a kid? _____

Do you brush regularly? ☐ Yes ☐ No Do you floss regularly? ☐ Yes ☐ No

Environmental/Detoxification History

Do any of these significantly affect you?

- ☐ Cigarette smoke ☐ Perfume/colognes ☐ Auto exhaust fumes ☐ Other: _____

In your work or home environment are you regularly exposed to: *(Check all that apply)*

- ☐ Mold ☐ Water leaks ☐ Renovations ☐ Chemicals ☐ Electromagnetic radiation
☐ Damp environments ☐ Carpets or rugs ☐ Old paint ☐ Stagnant or stuffy air ☐ Smokers
☐ Pesticides ☐ Herbicides ☐ Harsh chemicals (solvents, glues, gas, acids, etc) ☐ Cleaning chemicals
☐ Heavy metals (lead, mercury, etc.) ☐ Paints ☐ Airplane travel ☐ Other _____

Have you had a significant exposure to any harmful chemicals? ☐ Yes ☐ No

If yes: Chemical name, length of exposure, date: _____

Do you have any pets or farm animals? ☐ Yes ☐ No

If yes, do they live: ☐ Inside ☐ Outside ☐ Both inside and outside

Women's History

Obstetric History: (Check box and provide number if applicable)

- ☐ Pregnancies _____ ☐ Miscarriages _____ ☐ Abortions _____ ☐ Living children _____
☐ Vaginal deliveries _____ ☐ Cesarean _____ ☐ Term births _____ ☐ Premature birth _____

Birth weight of largest baby _____ Birth weight of smallest baby _____

Did you develop any problems in or after pregnancy, for example, toxemia (high blood pressure), diabetes, post-partum depression, issues with breast feeding, etc.? ☐ Yes ☐ No

If yes, please explain _____

Menstrual History:

Age at first period _____ Date of last menstrual period _____

Length of cycle _____ Time between cycles _____

Cramping? ☐ Yes ☐ No Pain? ☐ Yes ☐ No

Have you ever had premenstrual problems (bloating, breast tenderness, irritability, etc.)? ☐ Yes ☐ No

If yes, please describe: _____

Do you have other problems with your periods (heavy, irregular, spotting, skipping, etc.)? ☐ Yes ☐ No

If yes, please describe: _____

Use of hormonal birth control: ☐ Birth control pills ☐ Patch ☐ Nuva ring

☐ Other _____ How Long _____

Any problems with hormonal birth control? ☐ Yes ☐ No

If yes, explain _____

Use of other contraception? ☐ Yes ☐ No ☐ Condoms ☐ Diaphragm ☐ IUD ☐ Partner vasectomy

Are you in menopause? ☐ Yes ☐ No If yes, age at last period: _____

Was it surgical menopause? ☐ Yes ☐ No If yes, explain surgery: _____

Do you currently have symptomatic problems with menopause? (Check all that apply)

- ☐ Hot flashes ☐ Mood swings ☐ Concentration/memory problems ☐ Headaches ☐ Joint pain
☐ Vaginal dryness ☐ Weight gain ☐ Decreased libido ☐ Loss of control of urine ☐ Palpitations

Are you on hormone replacement therapy? ☐ Yes ☐ No

If yes, for how long and for what reason (hot flashes, osteoporosis prevention, etc.)? _____

Other Gynecological Symptoms: (Check if applicable)

- ☐ Endometriosis ☐ Infertility ☐ Fibrocystic breasts ☐ Vaginal infection ☐ Fibroids
☐ Ovarian cysts ☐ Pelvic inflammatory disease ☐ Reproductive cancer
☐ Sexually transmitted disease (describe) _____

Gynecological Screening/Procedures: (If applicable, provide date)

Last Pap test: _____ ☐ Normal ☐ Abnormal

Last mammogram: _____ ☐ Normal ☐ Abnormal

Last bone density: _____ Results: ☐ High ☐ Low ☐ Within Normal Range

Other tests/procedures (list type and dates) _____

Family History:

Check family members that have/had any of the following

| | Mother | Father | Brother (s) | Sister (s) | Child | Child | Child | Child | Maternal Grandmother | Maternal Grandfather | Paternal Grandmother | Paternal Grandfather | Other |
|----------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Age (if still alive) | | | | | | | | | | | | | |
| Age at death (if deceased) | | | | | | | | | | | | | |
| Cancer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Heart disease | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hypertension | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Obesity | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Diabetes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stroke | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Autoimmune disease | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arthritis | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Kidney disease | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thyroid problems | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Seizures/epilepsy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Psychiatric disorders | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Anxiety | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Depression | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Asthma | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Allergies | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eczema | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ADHD | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Autism | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Irritable Bowel Syndrome | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dementia | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Substance abuse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Genetic disorders | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: _____ | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Medical History: Illnesses/Conditions

Check YES = a condition you currently have, **Check PAST** = a condition you've had in the past.

| Gastrointestinal | Yes | Past |
|---------------------------------------|--------------------------|--------------------------|
| Irritable bowel syndrome | <input type="checkbox"/> | <input type="checkbox"/> |
| GERD (reflux) | <input type="checkbox"/> | <input type="checkbox"/> |
| Crohn's disease/ulcerative colitis | <input type="checkbox"/> | <input type="checkbox"/> |
| Peptic ulcer disease | <input type="checkbox"/> | <input type="checkbox"/> |
| Celiac disease | <input type="checkbox"/> | <input type="checkbox"/> |
| Gallstones | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Respiratory | | |
| Bronchitis | <input type="checkbox"/> | <input type="checkbox"/> |
| Asthma | <input type="checkbox"/> | <input type="checkbox"/> |
| Emphysema | <input type="checkbox"/> | <input type="checkbox"/> |
| Pneumonia | <input type="checkbox"/> | <input type="checkbox"/> |
| Sinusitis | <input type="checkbox"/> | <input type="checkbox"/> |
| Sleep apnea | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Urinary/Genital | | |
| Kidney stones | <input type="checkbox"/> | <input type="checkbox"/> |
| Gout | <input type="checkbox"/> | <input type="checkbox"/> |
| Interstitial cystitis | <input type="checkbox"/> | <input type="checkbox"/> |
| Frequent yeast infections | <input type="checkbox"/> | <input type="checkbox"/> |
| Frequent urinary tract infections | <input type="checkbox"/> | <input type="checkbox"/> |
| Sexual dysfunction | <input type="checkbox"/> | <input type="checkbox"/> |
| Sexually transmitted diseases | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Endocrine/Metabolic | | |
| Diabetes | <input type="checkbox"/> | <input type="checkbox"/> |
| Hypothyroidism (low thyroid) | <input type="checkbox"/> | <input type="checkbox"/> |
| Hyperthyroidism (overactive thyroid) | <input type="checkbox"/> | <input type="checkbox"/> |
| Polycystic Ovarian Syndrome | <input type="checkbox"/> | <input type="checkbox"/> |
| Infertility | <input type="checkbox"/> | <input type="checkbox"/> |
| Metabolic syndrome/insulin resistance | <input type="checkbox"/> | <input type="checkbox"/> |
| Eating disorder | <input type="checkbox"/> | <input type="checkbox"/> |
| Hypoglycemia | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Inflammatory/Immune | | |
| Rheumatoid arthritis | <input type="checkbox"/> | <input type="checkbox"/> |
| Chronic fatigue syndrome | <input type="checkbox"/> | <input type="checkbox"/> |
| Food allergies | <input type="checkbox"/> | <input type="checkbox"/> |
| Environmental allergies | <input type="checkbox"/> | <input type="checkbox"/> |
| Multiple chemical sensitivities | <input type="checkbox"/> | <input type="checkbox"/> |
| Autoimmune disease | <input type="checkbox"/> | <input type="checkbox"/> |
| Immune deficiency | <input type="checkbox"/> | <input type="checkbox"/> |
| Mononucleosis | <input type="checkbox"/> | <input type="checkbox"/> |
| Hepatitis | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |

| Musculoskeletal | Yes | Past |
|--|--------------------------|--------------------------|
| Fibromyalgia | <input type="checkbox"/> | <input type="checkbox"/> |
| Osteoarthritis | <input type="checkbox"/> | <input type="checkbox"/> |
| Chronic pain | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin | | |
| Eczema | <input type="checkbox"/> | <input type="checkbox"/> |
| Psoriasis | <input type="checkbox"/> | <input type="checkbox"/> |
| Acne | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin cancer | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Cardiovascular | | |
| Angina | <input type="checkbox"/> | <input type="checkbox"/> |
| Heart attack | <input type="checkbox"/> | <input type="checkbox"/> |
| Heart failure | <input type="checkbox"/> | <input type="checkbox"/> |
| Hypertension (high blood pressure) | <input type="checkbox"/> | <input type="checkbox"/> |
| Stroke | <input type="checkbox"/> | <input type="checkbox"/> |
| High blood fats (cholesterol, triglycerides) | <input type="checkbox"/> | <input type="checkbox"/> |
| Rheumatic fever | <input type="checkbox"/> | <input type="checkbox"/> |
| Arrhythmia (irregular heart rate) | <input type="checkbox"/> | <input type="checkbox"/> |
| Murmur | <input type="checkbox"/> | <input type="checkbox"/> |
| Mitral valve prolapse | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Neurologic/Emotional | | |
| Epilepsy/Seizures | <input type="checkbox"/> | <input type="checkbox"/> |
| ADD/ADHD | <input type="checkbox"/> | <input type="checkbox"/> |
| Headaches | <input type="checkbox"/> | <input type="checkbox"/> |
| Migraines | <input type="checkbox"/> | <input type="checkbox"/> |
| Depression | <input type="checkbox"/> | <input type="checkbox"/> |
| Anxiety | <input type="checkbox"/> | <input type="checkbox"/> |
| Autism | <input type="checkbox"/> | <input type="checkbox"/> |
| Multiple sclerosis | <input type="checkbox"/> | <input type="checkbox"/> |
| Parkinson's disease | <input type="checkbox"/> | <input type="checkbox"/> |
| Dementia | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |
| Cancer | | |
| Lung | <input type="checkbox"/> | <input type="checkbox"/> |
| Breast | <input type="checkbox"/> | <input type="checkbox"/> |
| Colon | <input type="checkbox"/> | <input type="checkbox"/> |
| Ovarian | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: | <input type="checkbox"/> | <input type="checkbox"/> |

Medical History *(cont.)*

| Diagnostic Studies | Date | Comments |
|---------------------|------|----------|
| Bone density | | |
| CT scan | | |
| Colonoscopy | | |
| Cardiac stress test | | |
| EKG | | |
| MRI | | |
| Upper endoscopy | | |
| Upper GI series | | |
| Chest X-ray | | |
| Other X-rays | | |
| Barium enema | | |
| Other: | | |
| Injuries | | |
| Broken bone(s) | | |
| Back injury | | |
| Neck injury | | |
| Head injury | | |
| Other: | | |
| Surgeries | | |
| Appendectomy | | |
| Dental | | |
| Gallbladder | | |
| Hernia | | |
| Hysterectomy | | |
| Tonsillectomy | | |
| Joint replacement | | |
| Heart surgery | | |
| Other: | | |
| Hospitalizations | Date | Reason |
| | | |
| | | |
| | | |
| | | |
| | | |

Symptom Review

Please check if these symptoms occur presently or have occurred in the last 6 months

| General | Mild | Moderate | Severe |
|----------------------------|--------------------------|--------------------------|--------------------------|
| Cold hands and feet | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cold intolerance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Daytime sleepiness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Difficulty falling asleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Early waking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fatigue | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fever | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Flushing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Heat intolerance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Night waking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nightmares | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Can't remember dreams | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Low body temperature | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Head, Eyes, and Ears | | | |
| Conjunctivitis | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Distorted sense of smell | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Distorted taste | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ear fullness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ear ringing/buzzing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eye crusting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eye pain | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eyelid margin redness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Headache | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hearing loss | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hearing problems | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Migraine | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sensitivity to loud noises | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vision problems | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Musculoskeletal | | | |
| Back muscle spasm | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Calf cramps | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Chest tightness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Foot cramps | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Joint deformity | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Joint pain | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Joint redness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Joint stiffness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Muscle pain | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Muscle spasms | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Muscle stiffness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Muscle twitches: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Around eyes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arms or legs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Muscle weakness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Musculoskeletal (cont.) | Mild | Moderate | Severe |
|-------------------------|--------------------------|--------------------------|--------------------------|
| Neck muscle spasm | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tendonitis | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tension headache | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| TMJ problems | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mood/Nerves | | | |
| Agoraphobia | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Anxiety | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Auditory hallucinations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Blackouts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Depression | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Difficulty: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Concentrating | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| With balance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| With thinking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| With judgment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| With speech | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| With memory | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dizziness (spinning) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fainting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fearfulness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Irritability | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Light-headedness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Numbness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other phobias | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Panic attacks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Paranoia | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Seizures | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Suicidal thoughts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tingling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tremor/trembling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Visual hallucinations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cardiovascular | | | |
| Angina/chest pain | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Breathlessness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Heart attack | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Heart murmur | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| High blood pressure | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Irregular pulse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mitral valve prolapse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Palpitations | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Phlebitis | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Swollen ankles/feet | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Varicose veins | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Symptom Review *(cont.)*

Please check if these symptoms occur presently or have occurred in the last 6 months

| Urinary | Mild | Moderate | Severe |
|---|--------------------------|--------------------------|--------------------------|
| Bed wetting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hesitancy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Infection | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Kidney disease | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Kidney stone | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Leaking/incontinence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pain/burning | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Urgency | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Digestion | | | |
| Anal spasms | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bad teeth | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bleeding gums | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bloating of: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lower abdomen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Whole abdomen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bloating after meals | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Blood in stools | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Burping | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Canker sores | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cold sores | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Constipation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cracking at corner of lips | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dentures w/poor chewing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Diarrhea | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Difficulty swallowing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dry mouth | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Farting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fissures | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Foods "repeat" (reflux) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Heartburn | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hemorrhoids | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Intolerance to: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lactose | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| All dairy products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Gluten (wheat) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Corn | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eggs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fatty foods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Yeast | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Liver disease/jaundice (yellow eyes or skin) | | | |
| Lower abdominal pain | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mucus in stools | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Digestion <i>(cont.)</i> | Mild | Moderate | Severe |
|---------------------------|--------------------------|--------------------------|--------------------------|
| Nausea | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Periodontal disease | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sore tongue | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strong stool odor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Undigested food in stools | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Upper abdominal pain | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vomiting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eating | | | |
| Binge eating | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bulimia | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Can't gain weight | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Can't lose weight | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Carbohydrate craving | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Carbohydrate intolerance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Poor appetite | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Salt cravings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Frequent dieting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sweet cravings | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Caffeine dependency | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Respiratory | | | |
| Bad breath | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bad odor in nose | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cough - dry | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cough - productive | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hayfever: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spring | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Summer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fall | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Change of season | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hoarseness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nasal stuffiness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nose bleeds | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Post nasal drip | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sinus fullness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sinus infection | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Snoring | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sore throat | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wheezing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Winter stuffiness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Symptom Review *(cont.)*

Please check if these symptoms occur presently or have occurred in the last 6 months

| Nails | Mild | Moderate | Severe |
|-----------------------------------|--------------------------|--------------------------|--------------------------|
| Bitten | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Brittle | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Curve up | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Frayed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fungus – fingers | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fungus – toes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pitting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ragged cuticles | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ridges | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Soft | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thickening of: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Finger nails | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Toenails | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| White spots/lines | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lymph Nodes | | | |
| Enlarged/neck | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tender/neck | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other enlarged/tender lymph nodes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin, Dryness of | | | |
| Eyes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Feet | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Any cracking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Any peeling? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hair | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| And unmanageable? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hands | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Any cracking? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Any peeling? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mouth/throat | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Scalp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Any dandruff? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin in general | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin Problems | | | |
| Acne on back | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Acne on chest | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Acne on face | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Acne on shoulders | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Athlete's foot | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bumps on back of upper arms | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cellulite | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dark circles under eyes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Skin Problems <i>(cont.)</i> | Mild | Moderate | Severe |
|------------------------------|--------------------------|--------------------------|--------------------------|
| Ears get red | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Easy bruising | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eczema | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Herpes – genital | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hives | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Jock itch | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lackluster skin | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Moles w color/size change | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Oily skin | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pale skin | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Patchy dullness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Psoriasis | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rash | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Red face | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sensitive to bites | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sensitive to poison ivy/oak | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Shingles | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin cancer | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin darkening | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strong body odor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thick calluses | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitiligo | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Itching Skin | | | |
| Anus | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Arms | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ear canals | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eyes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Feet | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hands | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Legs | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nipples | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nose | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Genitals | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Roof of mouth | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Scalp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Skin in general | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Throat | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Symptom Review *(cont.)*

Please check if these symptoms occur presently or have occurred in the last 6 months

| Female Reproductive | Mild | Moderate | Severe |
|-------------------------|--------------------------|--------------------------|--------------------------|
| Breast cysts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Breast lumps | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Breast tenderness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ovarian cyst | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Poor libido (sex drive) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Endometriosis | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fibroids | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Infertility | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vaginal discharge | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vaginal odor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vaginal itch | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vaginal pain | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Premenstrual: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bloating | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Breast tenderness | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Carbohydrate craving | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Chocolate craving | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Constipation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Decreased sleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Diarrhea | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fatigue | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Increased sleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Irritability | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Menstrual: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cramps | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Heavy periods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Irregular periods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No periods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Scanty periods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spotting between | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Medications/Supplements

Current medications (include prescription and over-the-counter)

| Medication | Dosage | Start Date (mo/yr) | Reason for Use |
|------------|--------|--------------------|----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Nutritional supplements (vitamins/minerals/herbs etc.)

| Name and Brand | Dosage | Start Date (mo/yr) | Reason for Use |
|----------------|--------|--------------------|----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Have medications or supplements ever caused unusual side effects or problems? ☐ Yes ☐ No

If yes, describe: _____

Have you used any of these regularly or for a long time:

NSAIDs (Advil, Aleve, etc.), Motrin, Aspirin? ☐ Yes ☐ No Tylenol (acetaminophen)? ☐ Yes ☐ No

Acid-blocking drugs (Zantac, Prilosec, Nexium, etc.)? ☐ Yes ☐ No

How many times have you taken antibiotics?

| | < 5 | > 5 | Reason for Use |
|-------------------|-----|-----|----------------|
| Infancy/Childhood | | | |
| Teen | | | |
| Adulthood | | | |

Have you ever taken long term antibiotics? ☐ Yes ☐ No

If yes, explain: _____

How often have you taken oral steroids (e.g., cortisone, prednisone, etc.)?

| | < 5 | > 5 | Reason for Use |
|-------------------|-----|-----|----------------|
| Infancy/Childhood | | | |
| Teen | | | |
| Adulthood | | | |

Readiness Assessment and Health Goals

Readiness Assessment

Rate on a scale of 5 (very willing) to 1 (not willing):

In order to improve your health, how willing are you to:

Significantly modify your diet

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Take several nutritional supplements each day

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Keep a record of everything you eat each day

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Modify your lifestyle (e.g., work demands, sleep habits)

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Practice a relaxation technique

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Engage in regular exercise

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Rate on a scale of 5 (very confident) to 1 (not confident at all):

How confident are you of your ability to organize and follow through on the above health-related activities?

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

If you are not confident of your ability, what aspects of yourself or your life lead you to question your capacity to follow through?

Rate on a scale of 5 (very supportive) to 1 (very unsupportive):

At the present time, how supportive do you think the people in your household will be to your implementing the above changes?

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Rate on a scale of 5 (very frequent contact) to 1 (very infrequent contact):

How much ongoing support (e.g., telephone consults, email correspondence) from our professional staff would be helpful to you as you implement your personal health program?

☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1

Comments

Health Goals

What do you hope to achieve in your visit with us?

When was the last time you felt well?

Did something trigger your change in health?

What makes you feel better?

What makes you feel worse?

How does your condition affect you?

What do you think is happening and why?

What do you feel needs to happen for you to get better?
