

What other treatments, diets or regimes are you currently following?

Treatment or Regime & Practitioner if Any	Since When	Results

When were you last seen by a physician? _____ What were you seen for? _____

Date of last physical exam if different from above. _____ Do you go for an annual physical? _____

Doctor's name _____ Specialty _____

Have you had any recent diagnostic testing or labs or x-rays? _____

Have you been diagnosed with any diseases?	Since when?

Recent Surgeries or Hospitalizations:

Name and Location	Date	Reason

Are you currently taking any medication, herbs or supplements?

Medication	Since When	Results/Adverse Effects

Immunizations / Vaccinations	When	Any adverse reactions?.

Members of household (Including Pets):

Name	Age	Relationship

Family History

Please circle any of the following conditions that have affected your blood relatives:

Alcoholism	Bleeding Disorder	Epilepsy/Seizures	Kidney Disease	Schizophrenia
Allergies	Brain Tumors	Gonorrhea	Learning Disabilities	STD's (_____)
Anemia	Cancer (_____)	Gout	Mental Illness	Skin Diseases
Aneurysms	Cerebral Palsy	Hay Fever	Mental Retardation	Stroke
Anxiety	Chemical Dependency	Headaches	Migraines	Syphilis
Arthritis	Depression	Heart Disease	Muscular Disease	Thyroid Disease
Asthma	Diabetes	Hepatitis	Obsessive Compulsive	Tics
Bipolar Disorder	Eczema	High Blood Pressure	Paralysis	Tuberculosis

Relative	Age If Alive	Age at Death	Major Ailment or Cause of Death
Father			
Mother			
Brother(s)			
Sister(s)			
Children			
Maternal Grandfather			
Maternal Grandmother			
Paternal Grandfather			
Paternal Grandmother			

Significant family deaths and their age of death. Have any particular losses have a great impact on you or your family?

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Personal History

Which of the following conditions have you had? Mark a P (past) or a C (current).

Abscesses		Cancer (type)		Gonorrhea		Irritable Bowel Syndrome	
AIDS		Cataracts		Gout		Kidney Disease	
Alcoholism		Chemical Dependency		Hay Fever		Liver Disease	
Allergies				Headaches		Malaria	
Anemia		Chicken Pox		Heart Disease		Measles	
Anorexia		Depression		Heart Murmur		Memory Problem	
Appendicitis		Diabetes		Hepatitis		Migraines	
Arthritis		Eczema		Hernia		Miscarriages	
Asthma		Emphysema		Herpes		Mononucleosis	
Bleeding disorder		Epilepsy		High Blood Pressure		Mumps	
Breast lump		Gall Stones		High Cholesterol		Overweight	

Current Symptoms (Severity on a scale of 1-10)

Headaches		Throat constrictions		Sexual impotence	
Hot flashes		Numbness		Excessive perspiration	
Blurred vision		Fainting spells		Palpitations of the chest	
Dizziness		Light headaches		Dry skin	
Morning Fatigue		Swelling of the joints		Poor appetite	
Labored Breathing		Loose stools		Excessive appetite	
Shortness of Breath		Excessive Gas		Night Sweats	
Indigestion		Insomnia		Nerves	
Heartburn		PMS		Depression	
Lump in the throat		Poor memory		Learning disabilities	
Asthma		Chemical Sensitivities		Constipation	
Forgetfulness		Worry		Poor memory	
Failing memory		Difficulty concentrating			

Lifestyle

Do you smoke? Yes / No How many per day/week? _____
 Do you drink alcohol? Yes / No How much? How often? _____
 Do you drink coffee? Yes / No How much? How often? _____

Do you take any recreational drugs? Yes /No Have you ever taken any recreational drugs? Yes /No
 Which ones? _____ Which ones? _____

Do you exercise? Yes / No Type of exercise _____
 How often (# times per week and for how long?) _____

Have you traveled abroad? Yes /No Where?

Do you have any hobbies?
How would you describe your personality type: Do you consider yourself a perfectionist or are you more relaxed. Are you frequently late for deadlines or have difficulty dealing with stress in your life?

While not always apparent, better or worse health is intricately interwoven with the easier or harder stresses and life events. Consider including any of the following: traumas or injuries, strong specific memories, job stressors, marital or relationship stressors, physical stresses, injuries or traumas to a family member that is impacting you... Any birth related traumas or early childhood challenges that you still remember or your parents talk about.

Age or Year	Stresses and Life Events	Any changes in physical health or emotional health.

Do you consider yourself to be under a lot of stress currently? If so, explain.

Diet

How many meals do you have a day? _____.

Typical Breakfast	Typical Lunch	Typical Dinner	Typical Foods on the Weekends if different from during the week

Are there any foods that you have a strong aversion or craving for? (Sweets, chocolate, salty, sour, carbs, rich/fatty, spicy, cold, hot, bitter.)

Describe any other important or interesting notes regarding the food and drink category, that is unique to you.

Do you have any problems with constipation? If yes, for how long? How frequently do you have a bowel movement? What is the consistency?

Do you have any problems with urination? Frequency/ Urgency / Pain?

Have you gained or lost any weight in the past 6 months? Yes /No Was it intentional? How many pounds?

Current Height: _____

Current Weight: _____

I have read the Instructions To A New Patient Before Beginning Treatment and I have had the opportunity to have all my questions about it clarified. I agree to follow these instructions in order for the treatments to be effective and I also realize that it may take more than one treatment to clear certain allergies.

Signature of the patient/guardian _____ Date _____

Print Your name _____

Witness _____ Date _____

Payment Is Due At Time Of Service

I understand that I am financially responsible for all charges.

Signed: _____ Date: _____

FOR WOMEN ONLY

Please describe your menstrual cycle. If you are no longer menstruating, please describe your cycle before menopause.

Age at first period _____ Age at menopause (if applicable) _____
Are you currently pregnant? _____ Date of last menstrual period (first day of bleeding) _____
How many days is your cycle (from the first day of bleeding to the first day of bleeding)? _____
For how many days do you bleed (menstruate)? _____
Is your flow light, medium, or heavy? _____
Do you spot between periods? (Y/N) _____
Are your periods regular? (Y/N) If not, please describe.

Do you have cramping? (Y/N) If so, does cramping occur before, during, or after menstruation? _____
Please describe the location and nature of the pain.

If you have experienced menopause, please describe any menopausal symptoms, indicating whether they are current or past symptoms.

Have you ever used hormone replacement therapy (HRT)? (Y/N) _____
If so, please list dates _____ and medications used _____

Have you ever been pregnant? (Y/N) If so, how many times? _____
Please give the dates of your deliveries _____ miscarriages _____ abortions _____

Were there any problems with your deliveries, miscarriages, or abortions? (Y/N) If so, please explain.

Did your mother ever take DES? (Y/N)

Are you currently using birth control? (Y/N) _____
If so, for how long have you used this method? _____
If so, please describe your current method of birth control.

Please list any past methods of birth control that you have used.