HEALTH HIST	TORY										
Occupation					Height	Sex	Nun	nber of (Childre	n	
Marital Status:	□ Single	□ Partner	■ Married	□ Separated	☐ Divor	ced	☐ Widov	w(er)			
Are you recoveri	ing from a cold	or flu?	_ Are you pregnant?	?							
Reason for office	e visit:						Date be	gan:			
List current heal	th problems for	which you are being	treated:								
What types of th	nerapies have y	ou tried for these pro	blem(s) or to improve	your health over-	all:						
	dification 🚨 fa		minerals \square herbs		☐ chiropractic	□ acu	puncture	□ con	/entior	nal drugs	
	•	e general symptoms l		nio 🗆	Constinution		□ Chro	nia nair	/inflor	mmatian	
□ Debilitating fatigue□ Shortness of b□ Depression□ Panic attacks			reath ☐ Insom ☐ Nause						ı/ımııar	mmation	
☐ Depression ☐ Panic atta			□ Vomiti					□ Bleeding□ Discharge			
☐ Disinteres		☐ Dizziness	☐ Diarrh	_	Low grade fever		☐ Itching/rash				
			r):		· ·			_			
	·		s, blood and urine ch		alysis):						
Outcome											
Major Hospitaliza	ations, Surgerie	es, Injuries: Please lis	t all procedures, com	plications (if any)	and dates:						
Year Surgery, Illness, Injury					Outcome	e 					
Circle the level of	of stress you are	e experiencing on a s	scale of 1 to 10 (1 bei	ng the lowest):	1 2 3	4 5	6 7	8	9	10	
Identify the majo	or causes of stre	ess (e.g., changes in	job, work, residence	or finances, legal	problems):						
Do you consider	r yourself: 🔲 u	inderweight 🔲	overweight 🖵 ju	ust right Yo	ur weight today _						
Have you had a	n unintentional	weight loss or gain o	f 10 pounds or more i								
Is your job assoc	ciated with poter	ntially harmful chemica	als (e.g., pesticides, ra	dioactivity, solvent	s) or health and/o	r life threat	ening activi	ties (e.g	., firem	nan, etc.)?	
What are your c	urrent health go	pals:									

Medical History		Health Habits	Current Supplements		
☐ Arthritis	☐ Decreased sex drive	☐ Tobacco:	☐ Multivitamin/mineral		
☐ Allergies/hay fever	☐ Infertility	Cigarettes: #/day	☐ Vitamin C		
☐ Asthma	☐ Sexually transmitted disease	Cigars: #/day	☐ Vitamin E		
☐ Astillia ☐ Alcoholism	•	☐ Alcohol:	□ EPA/DHA		
☐ Alzheimer's disease	Other	Wine: #glasses/d or wk	☐ Evening Primrose/GLA		
☐ Autoimmune disease		Liquor: #ounces/d or wk	☐ Calcium, source		
☐ Blood pressure problems	Markard (Marana)	Beer: #glasses/d or wk	☐ Magnesium		
☐ Bronchitis	Medical (Women)	☐ Caffeine:	☐ Magnesium		
☐ Cancer	☐ Menstrual irregularities	Coffee: #6 oz cups/d	☐ Minerals, describe		
	□ Endometriosis	Tea: #6 oz cups/d			
☐ Chronic fatigue syndrome☐ Carpal tunnel syndrome	□ Infertility	Soda w/caffeine: #cans/d	☐ Friendly flora (acidophilus)☐ Digestive enzymes		
, ,	☐ Fibrocystic breasts	Other sources	☐ Amino acids		
☐ Cholesterol, elevated	☐ Fibroids/ovarian cysts	☐ Water: #glasses/d	□ CoQ10		
☐ Circulatory problems	☐ Premenstrual syndrome (PMS)				
☐ Colitis	☐ Breast cancer	Exercise	□ Antioxidants (e.g., lutein, resveratrol, etc.)		
☐ Dental problems	□ Pelvic inflammatory disease	☐ 5-7 days per week	☐ Herbs		
☐ Depression	☐ Vaginal infections	☐ 3-4 days per week	☐ Homeopathy		
☐ Diabetes	□ Decreased sex drive	☐ 1-2 days per week	□ Protein shakes		
☐ Diverticular disease	☐ Sexually transmitted disease	☐ 45 minutes or more duration per			
☐ Drug addiction	Other	workout	 Superfoods (e.g., bee pollen, phytonutrient blends) 		
☐ Eating disorder	Date of last GYN exam	☐ 30-45 minutes duration per workout	☐ Liquid meals (Ensure)		
□ Epilepsy	Mammogram □ + □ -	☐ Less than 30 minutes	Others		
☐ Emphysema☐ Eyes, ears, nose,	PAP 🗆 + 🖸 –	☐ Walk - #days/wk			
throat problems	Form of birth control	☐ Run, jog, other aerobic - #days/wk			
☐ Environmental sensitivities	# of children		I Would Like To:		
☐ Fibromyalgia	# of pregnancies	☐ Weight lift - #days/wk	ENERGY - VITALITY		
☐ Food intolerance	C-section	☐ Stretch - #days/wk	☐ Feel more vital		
☐ Gastroesophageal reflux disease	Age of first period Date - last menstrual cycle	☐ Other	☐ Have more energy		
☐ Genetic disorder	Length of cycle days		☐ Have more endurance		
☐ Glaucoma	Interval of time between cycles	Nutrition & Diet	Be less tired after lunch		
☐ Gout	days	Mixed food diet (animal and	☐ Sleep better		
☐ Heart disease	Any recent changes in normal men-	vegetable sources)	□ Be free of pain		
☐ Infection, chronic	strual flow (e.g., heavier, large	□ Vegetarian	☐ Get less colds and flu		
☐ Inflammatory bowel disease	clots, scanty)	□ Vegan	☐ Get rid of allergies		
☐ Irritable bowel syndrome	☐ Surgical menopause	□ Salt restriction	■ Not be dependent on over-the-		
☐ Kidney or bladder disease	☐ Menopause	☐ Fat restriction	counter medications like aspirin, ibuprofen, anti-histamines, sleep-		
☐ Learning disabilities		□ Starch/carbohydrate restriction	ing aids, etc.		
☐ Liver or gallbladder disease	Family Health History	☐ The Zone Diet	☐ Stop using laxatives and stool		
(stones)	(Parents and Siblings)	☐ Total calorie restriction	softeners		
■ Mental illness	☐ Arthritis	Specific food restrictions:	☐ Improve sex drive		
Mental retardation	□ Asthma	☐ dairy ☐ wheat ☐ eggs	BODY COMPOSITION		
Migraine headaches	□ Alcoholism	□ soy □ corn □ all gluten	□ Loose weight		
☐ Neurological problems	□ Alzheimer's disease	Other	Burn more body fat		
(Parkinson's, paralysis)	☐ Cancer	Food Fraguency	■ Be stronger		
☐ Sinus problems	□ Depression	Food Frequency Number of servings per day:	☐ Have better muscle tone		
☐ Stroke	☐ Diabetes	Fruits (citrus, melons, etc.)	■ Be more flexible		
☐ Thyroid trouble	□ Drug addiction	Dark green or deep yellow/orange	STRESS, MENTAL, EMOTIONAL		
☐ Obesity	☐ Eating disorder	vegetables	Learn how to reduce stress		
☐ Osteoporosis	☐ Genetic disorder	vegetables Grains (unprocessed)	☐ Think more clearly and be more-		
☐ Pneumonia	☐ Glaucoma	Beans, peas, legumes	focused		
☐ Sexually transmitted disease	☐ Heart disease	Dairy, eggs	☐ Improve memory		
☐ Seasonal affective disorder	☐ Infertility	Meat, poultry, fish	☐ Be less depressed		
☐ Skin problems	Learning disabilities		☐ Be less moody		
☐ Tuberculosis	■ Mental illness	Eating Habits	☐ Be less indecisive		
Ulcer	Mental retardation	☐ Skip meals - which ones	☐ Feel more motivated		
☐ Urinary tract infection	☐ Migraine headaches		<u>LIFE ENRICHMENT</u>		
☐ Varicose veins	□ Neurological disorders	☐ One meal/day	□ Reduce my risk of degenerative disease		
Other	(Parkinson's, paralysis)	☐ Two meals/day	☐ Slow down accelerated aging		
	☐ Obesity	☐ Three meals/day	☐ Maintain a healthier life longer		
Madical (Man)	☐ Osteoporosis	☐ Graze (small frequent meals)	☐ Change from a "treating-illness"		
Medical (Men)	☐ Stroke	☐ Generally eat on the run	orientation to creating a		
☐ Benign prostatic hyperplasia	☐ Suicide	 Eat constantly whether hungry or not 	wellness lifestyle		
□ Prostate cancer	Other	0. 1100			