

HEALTH HISTORY

Name _____ Date _____

Phones: (W) _____ (H) _____ (Fax) _____ (email) _____

Address _____ Zip _____

Referred by _____ For _____

Insurance _____ Hosp. only _____ HMO _____ PPO _____ PPO+ _____ Full _____

VITAL STATISTICS

Date of Birth _____ Age _____ Height _____ Weight _____ Desired Weight _____

Gender _____ Blood Type _____ Race _____ Ethnic Ancestry _____

Age of Puberty _____ # Children _____ Menstrual Cycle: # days _____ Menopause Age _____

PURPOSE OF VISIT

Primary _____

Secondary _____

MEDICAL HISTORY

Infancy: Premature? _____ Breastfed? _____ How long? _____ Formula: Cow _____ Goat _____ Soy _____

Childhood Diseases _____

Teenage Diseases _____

Adult Diseases _____

Family Diseases _____

Injuries _____

Surgeries _____ Complications _____

Allergies _____

Current Medications _____

Past Medications _____

Primary Physician _____ Diagnosis _____

Specialist Physician _____ Diagnosis _____

Other Therapists _____

LIFESTYLE

Occupation _____ Long Hours? _____

Major Life Stresses _____

Travel Frequently _____ Eat At Restaurants Frequently _____

Exercise _____ Hours Per Week? _____

Sleep: Hours at Night _____ Dreams About Health _____ Nightmares _____

Fatigued-Drowsy? _____ Daily Energy Peaks _____ Daily Energy Lows _____

Glasses _____ Contact Lenses _____ Strength _____ Tint _____ Eye Surgery _____

Dental Disease or Surgery _____ Dentures _____

Water Source: Tap _____ Well _____ Filtered _____ Bottled _____ Type Plumbing? _____

Drink Alcohol? _____ How Much? _____ How many years? _____ Quit? _____

VITAMIN DEFICIENCY SYMPTOMS

Check symptoms last 6 months

B Complex ___ Insomnia
___ Dermatitis, Rough skin
___ Fatigue, Drowsiness
___ High sweets or alcohol
___ Irregular blood sugar
___ Irritability, Depression

B1 ___ Nerve damage (Beriberi)
___ Anxiety, Fear, Paranoia
___ Frequent alcohol or sushi
___ Low appetite, Nausea
___ Reflex loss, Tingling limbs
___ Wavering vision
___ Weak muscles, Enlarged heart

B2 ___ Cracked lip corners (Cheilosis)
___ Allergies, Chem sensitivities
___ Bloodshot eyes, Tearing
___ Excess sunlight or computer
___ Hypo or hyper thyroid
___ Light sensitivity, Large pores
___ Sore mouth, Purple tongue
___ Tetracycline overuse
___ Watery eyes, Burning lids

B3 ___ Rough skin (Pellagra)
___ Anxious, Fearful
___ Delusions, Hallucinations
___ Diarrhea, Heartburn
___ Disorientation
___ Hi corn, millet or alcohol

B5 ___ Hi stress life
___ Burning cramps, Little bile
___ Frequent infections
___ Loss of coordination
___ Weak adrenal glands

B6 ___ Anemia (microcytic)
___ Acne, Toxemia
___ Carpel Tunnel Syndrome
___ Chemical sensitivities
___ Contraceptives, PMS
___ Diabetic neuropathy
___ Epilepsy, Seizures
___ Huntington's Chorea
___ Kidney disease or stones
___ Medication reactions
___ Parkinson's Disease

Biotin ___ Hair loss
___ Muscle pain
___ Nausea, Pallor
___ Scaly rash: skin or scalp

Choline & Inositol
___ Cirrhosis, Fatty liver
___ Depression, Nervousness
___ Fat intolerance
___ Memory loss, Confusion
___ Neuromuscular disorders

B12 & Fol ___ Anemia (macro)
___ Poor appetite, Weight loss
___ Poor memory

B12 ___ Nerve damage
___ Autism
___ Hyperthyroid (high)
___ Multiple Sclerosis
___ Neomycin, Dilantin
___ Poor coordination
___ Poor digestion
___ Senile Dementia
___ Vegetarian diet
___ Viral Infections, Shingles

Fol ___ Cervical dysplasia or cancer
___ Contraceptives
___ Diarrhea, Floating stools
___ Sulfa drugs, Barbituates

C ___ Broken capillaries (Scurvy)
___ Allergies, Infections
___ Bleeding gums, Gingivitis
___ Bruising
___ Fatigue, Weakness
___ Poor wound healing
___ Skin wrinkling, Aging
___ Smoking, Dilantin
___ Weak muscles, Joint pains

P ___ Adrenal insufficiency
___ Atherosclerosis
___ Bruising, Broken capillaries
___ Disc or joint degeneration
___ Wrinkling, Collagen disorder

A ___ Night-blindness
___ Acne, Rashes
___ Antibiotics, Cholestyramine
___ Cataracts, Glaucoma
___ Conjunctivitis, Dry eyes
___ Cystic Fibrosis
___ Dry skin, Sunburn
___ Hypothyroid (low)
___ Infertility
___ Respiratory infections

D ___ Bowed legs (Rickets)
___ Cortisone, Dilantin
___ Fall-winter depression
___ Bone pains, Fractures
___ Kidney disease
___ Limited sunlight
___ Osteoporosis, Osteomalacia
___ Psoriasis

E ___ Blood clots, Anemia
___ Broken capillaries
___ Brown age spots - skin
___ Cystic Fibrosis, Infertility
___ Dry itchy skin, Sunburn
___ Female - breast cysts
___ Heart disease
___ Muscle damage
___ Peripheral neuropathy
___ Respiratory infections

K ___ Bleeding ulcers
___ Bruising, Nose bleeds
___ Coumarin, Dilantin, Antibiotics
___ Liver or kidney disease

Q ___ Gum disease
___ Heart disease
___ Poor immunity

Lipoic ___ Aging, Wrinkles
___ Atherosclerosis, Stroke
___ Cataracts, Retinopathy
___ Diabetes, Hypoglycemia
___ Heavy Metal toxicity
___ High cholesterol, High LDL
___ High lactic acid
___ Nerve or brain damage
___ Poor muscle tone, fat deposits

DIET PATTERNS

DIGESTION

- Acid reflux, hiatal hernia
- Bile, Gall stones, Jaundice
- Candida, Yeast infections
- Constipation, Hemorrhoids
- Cramps, Colitis, Tummy ache
- Diarrhea, Loose stools
- Gas & bloating
- Heartburn, Ulcers
- Irritable bowel syndrome
- Light floating stools
- Nausea, Vomiting
- Undigested food in stools

FOODS EATEN

List # days per week:

- Milk Cheese Yogurt
- Eggs
- Red Meats
- Poultry
- Fish Shellfish
- Grains, Bread, Pasta
- Nuts-Seeds
- Beans
- Salad Vegies
- Tomato, Bell Pepper
- Fruits
- Aspartame Saccharin
- Butter Margarine
- Cake, Pastry Cookies
- Candy Chocolate
- Chips Crackers
- Coffee Black Tea
- Corn Syrup Sugar
- Fast Food Sodas
- Honey Maple syrup
- Ice Cream Sauces
- Salt Spices

List Meals Last 24 Hours

Breakfast

Lunch

Snack

Dinner

Dessert

ALLERGY SYMPTOMS

- Autoimmune disorder
- Fatigued, Drowsy
- Food cravings, Bingeing
- Swelling, Water retention
- Cardiovascular
 - Chest pains
 - Pulse races after meals
- Eyes-Ears
 - Earaches, Ringing ears
 - Eyes: puffy, dark, watery
 - Eyes: black / white floaters
 - Sensitivity to light or sound
- Musculo-Skeletal
 - Arthritis, Joint pains
 - Muscle aches or spasms
- Neurological
 - Depression, Crying
 - Headaches, Migraines
 - Hyperactivity, ADHD
 - Irritability, Anxiety
 - Learning disorder, PDD
 - Memory Loss, Confusion
- Reproductive
 - Female: PMS, Vaginitis
 - Male: Prostatitis
- Respiratory
 - Asthma, Bronchitis
 - Laryngitis, Sore throat
 - Rhinitis, stuffy nose, mucus
- Skin
 - Face: Acne, Rosacea
 - Eczema, Hives, Rashes
 - Flushing cheeks or ears
- Urinary
 - Bedwetting
 - Kidney -bladder infections
 - Urinary Frequency

BONES & TEETH

Arg, His, Lys, Orn, Pro, Thr

- ___ Fractures
- ___ Osteoporosis
- ___ Poor bone growth
- ___ Poor calcium absorption
- ___ Poor dental enamel (Thr)

BLOOD

Ala, Cys, Gly, His, Ser, Trp

- ___ Damaged RBC (Glu)
- ___ Low creatine (Ser)
- ___ Low hemoglobin (His, Gly)
- ___ Poor iron absorption (Cys)

BLOOD SUGAR

Ala, Glu, Leu,

- ___ Alcohol cravings (Glu)
- ___ Diabetes (Leu)
- ___ Fatigue (Asp, Met)
- ___ Low blood sugar (Ala)
- ___ Sugar cravings (Glu)

BRAIN

GABA, Glu, Phe, Taur, Trp, Tyr

- ___ Anxiety (GABA)
- ___ Depression (Phe, Trp, Tyr)
- ___ Epilepsy (GABA, Taur)
- ___ Excessive appetite (Phe, Tyr)
- ___ Insomnia (Trp)
- ___ Learning disability (Phe)
- ___ Low thyroid (Tyr)
- ___ Mental retardation (Glu)
- ___ Poor memory (Glu, Phe)
- ___ Schizophrenia (Phe, Glu)
- ___ Senility (Glu)

CONNECTIVE TISSUE

Gly, Lys, Pro (Collagen-Elastin*)

- ___ Blood vessel damage*
- ___ Cartilage damage
- ___ Cornea aging or damage
- ___ Tendon or Ligament* damage

DIGESTIVE SYSTEM

Gly, Glu, His

- ___ Hyper acidity (Gly)
- ___ Irritated intestine (Glu)
- ___ Peptic ulcer (His, Glu, Gly)

AMINO ACIDS

HEART

Carn, Glut, His, Trp

- ___ Atherosclerosis (Carn, Glut)
- ___ Hi blood pressure (Trp, His)
- ___ Hi cholesterol (Trp)
- ___ Hi triglycerides (Carn)
- ___ Irregular heart beat (Taur)
- ___ Overweight (Carn)

IMMUNITY

Arg, Cys, His, Lys, Orn

- ___ Excess nasal mucus
- ___ Herpes, other Virus (Lys)
- ___ Poor immunity
- ___ Low white blood cells (Cys, His)

LIVER & GALL BLADDER

Arg, Cys, Glut, Gly, Met, Orn, Thr

- ___ Alcoholism (Taur)
- ___ Chemical sensitivity (Met)
- ___ Fatty liver (Met, Thr)
- ___ Gall bladder dis (Gly, Taur)
- ___ Liver degeneration (Arg, Orn)
- ___ Liver toxicity (Asp, Glut, Met)

MUSCLES

Ile, Leu, Val (BCAA)

- Arg, Glu, Gly, Lys, Orn, Ser
- ___ Muscular dystrophy (Glu)
- ___ Poor muscle size & tone

NERVES (Asn, Ser)

- ___ Nerve damage

SEX GLANDS

Arg, Ala, Gly, Glu

- ___ Low sperm (Arg)
- ___ Prostatitis (Ala, Gly, Glu)

SKIN, HAIR & NAILS

Gly, Lys, Pro (Collagen-Elastin*)

- Arg, Cys, Leu, Met, Ser, Tyr
- ___ Age spots (Cys)
- ___ Dry unmoist skin (Ser)
- ___ Poor skin pigmentation (Tyr)
- ___ Poor wound healing (Arg, Leu, Cys)
- ___ Wrinkling* (Cys, Gly, Lys, Pro)
- ___ Breaking nails (Cys, Met)
- ___ Hair loss, damage (Cys, Met)

Check symptoms last 6 months

FATTY ACIDS

Cholesterol

- ___ Low cholesterol <150
- ___ Nerve damage

Omega 3 (linolenic)

- ___ High cholesterol
- ___ High LDL, low HDL
- ___ Atherosclerosis

Omega 6 (linoleic)

- ___ Bleeding fingertips & palms
- ___ Cracked dry skin
- ___ Irregular menstruation
- ___ PMS

Omega 9, Phospholipids
& Sphingolipids

- ___ Learning disorder
- ___ Multiple Sclerosis
- ___ Nerve or brain damage

SACCHARIDES

Glucosamine & Chondroitin

- ___ Blood vessel damage
- ___ Bone Osteoporosis
- ___ Cartilage damage
- ___ Disk damage
- ___ Intestinal permeability
- ___ Joint pains or damage
- ___ Mucous membrane dryness
- ___ Skin dryness
- ___ Tendon damage

Fructooligosaccharides

- ___ Cancer
- ___ HIV
- ___ Myocarditis, Pericarditis
- ___ Nephritis (kidneys)
- ___ Peritonitis (abdominal lining)
- ___ Pleuritis (chest cavity lining)
- ___ Polymyositis-dermatomyositis
- ___ Rheumatoid Arthritis
- ___ Scleroderma
- ___ Sjogren's Disease
- ___ Systemic Lupus