

## WELCOME

### COMPREHENSIVE HEALTH HISTORY

Thank you for choosing our office to assist you with your health care. Our ability to draw effective conclusions about your state of health and how to optimize its improvement depends largely on the accuracy of the information in which you provide, including symptoms that you may consider minor. Health issues may be influenced by many factors; therefore, it is important that you carefully consider the questions asked in this form as well as those posed by the doctor during your consultation. This will assist our goal to provide you with an optimal plan of health care, enhance our efficiency, and will provide effective use of your scheduled time.

Date: \_\_\_\_\_

First Name: \_\_\_\_\_ Middle: \_\_\_\_\_ Last: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_-\_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_-\_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_-\_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Place of birth \_\_\_\_\_  
City or town & country, if not US

Referred by: \_\_\_\_\_

Name, address, & phone number of primary care physician: \_\_\_\_\_  
\_\_\_\_\_

Marital Status:

Single \_\_\_\_\_ Married \_\_\_\_\_ Divorced \_\_\_\_\_ Widowed \_\_\_\_\_ Long Term Partnership \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Relationship	Name	Phone
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Address

Occupation \_\_\_\_\_ Hours per week \_\_\_\_\_ Retired \_\_\_\_\_

Nature of Business \_\_\_\_\_

Genetic Background: Please check appropriate box(es):

<input type="checkbox"/> African American	<input type="checkbox"/> Hispanic	<input type="checkbox"/> Mediterranean	<input type="checkbox"/> Asian
<input type="checkbox"/> Native American	<input type="checkbox"/> Caucasian	<input type="checkbox"/> Northern European	<input type="checkbox"/> Other

## CURRENT HEALTH STATUS/CONCERNS

Tell us your story.

## **CURRENT HEALTH STATUS/CONCERNS**

Please provide us with current and ongoing problems

Problem	Date of Onset	Severity/Frequency	Treatment Approach	Success
<b>Example:</b> Headaches	May 2006	2 times per week	Acupuncture/Aspirin	Mild improvement

What diagnosis or explanation(s), if any, have been given to you for these concerns?

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When was the last time that you felt well? \_\_\_\_\_

What seems to trigger your symptoms? \_\_\_\_\_

What seems to worsen your symptoms? \_\_\_\_\_

What seems to make you feel better? \_\_\_\_\_

What physician or other health care provider (including alternative or complimentary practitioners) have you seen for these conditions?

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How much time have you lost from work or school in the past year due to these conditions? \_\_\_\_\_

## **PAST MEDICAL AND SURGICAL HISTORY**

If you have experienced reoccurrence of an illness, please indicate when or how often under comments.

ILLNESSES	WHEN /ONSET	COMMENTS
Anemia		
Arthritis		
Asthma		
Bronchitis		
Cancer		
Chicken Pox		
Chronic Fatigue Syndrome		
Crohn's Disease or Ulcerative Colitis		
Diabetes		

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<http://FunctionalMedicineUniversity.com>

ILLNESS	WHEN/ONSET	COMMENTS
Emphysema		
Epilepsy, convulsions, or seizures		
Gallstones		
German Measles		
Gout		
Heart Attack, Angina		
Heart Failure		
Hepatitis		
Herpes Lesions/Shingles		
High blood fats (cholesterol, triglycerides)		
High blood pressure (hypertension)		
Irritable bowel (or chronic diarrhea)		
Kidney stones		
Measles		
Mononucleosis		
Mumps		
Pneumonia		
Rheumatic Fever		
Sinusitis		
Sleep Apnea		
Stroke		
Thyroid disease		
Whooping Cough		
Other (describe)		
Other (describe)		
INJURIES	WHEN	COMMENTS
Back injury		
Broken bones or fractures (describe)		
Head injury		
Neck injury		
Other (describe)		
Other (describe)		

DIAGNOSTIC STUDIES	WHEN	COMMENTS
Blood Tests		
Bone Density Test		
Bone Scan		
Carotid Artery Ultrasound		
CAT Scan (Please indicate type)		
Colonoscopy		
EKG		
Liver Scan		
Mammogram		
Neck X-Ray		
MRI		
X-Ray (Please indicate type)		
Other (describe)		
Other (describe)		
SURGERIES	WHEN	COMMENTS
Appendectomy		
Dental Surgery		
Gall Bladder		
Hernia		
Hysterectomy		
Tonsillectomy		
Tubes in Ears		
Other (describe)		
Other (describe)		

### HOSPITALIZATIONS

WHERE HOSPITALIZED	WHEN	REASON

## MEDICATIONS

How often have you taken antibiotics?	Less than 5 times	More than 5 times	Comments
Infancy/Childhood			
Teen			
Adulthood			

How often have you taken oral steroids? (e.g. Prednisone, Cortisone, etc)	Less than 5 times	More than 5 times	Comments
Infancy/Childhood			
Teen			
Adulthood			

**List all medications. Include all over the counter non-prescription drugs.**

Medication Name	Date started	Date stopped	Dosage

**List all vitamins, minerals, and any nutritional supplements that you are taking now. If possible, indicate whether the dosage.**

Type	Date Started	Date Stopped	Dosage

Are you allergic to any medication, vitamin, mineral, or other nutritional supplement? Yes  No   
If yes, please list:

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## CHILDHOOD HISTORY

Please answer to the best of your knowledge.

	<b>Yes</b>	<b>No</b>	<b>Don't Know</b>	<b>Comment</b>
Where you a full term baby?				
A premature birth? ('preemie')				
Breast fed?				
Bottle fed?				
When pregnant with you, did your mother:				
Smoke tobacco?				
Use recreational drugs?				
Drink alcohol?				
Use estrogen?				
Other prescription or non-prescription medications?				

## **IMMUNIZATION HISTORY**

Please indicate if you have been vaccinated against any of the following diseases:	<b>Yes</b>	<b>No</b>	<b>Don't Know</b>	<b>Comment</b>
Smallpox				
Tetanus				
Diphtheria				
Pertussis				
Polio (oral)				
Polio (injection)				
Mumps				
Measles				
Rubella (German Measles)				
Typhoid				
Cholera				

## CHILDHOOD DIET

Was your childhood diet high in:	Yes	No	Don't Know	Comment
Sugar? (Sweets, Candy, Cookies, etc)				
Soda?				
Fast food, pre-packaged foods, artificial sweeteners?				
Milk, cheeses, other dairy products?				
Meat, vegetables, & potato diet?				
Vegetarian diet?				
Diet high in white breads?				

As a child, were there foods that you had to avoid because they gave you symptoms? Yes \_\_\_ No \_\_\_

If yes, please explain: (Example: milk – diarrhea)

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## CHILDHOOD ILLNESSES

Please indicate which of the following problems/conditions you experienced as a child (ages birth to 12 years) and the approximate age of onset.

	YES	AGE		YES	AGE
ADD (Attention Deficient Disorder)			Mumps		
Asthma			Pneumonia		
Bronchitis			Seasonal allergies		
Chicken Pox			Skin disorders (e.g. dermatitis)		
Colic			Strep infections		
Congenital problems			Tonsillitis		
Ear infections			Upset stomach, digestive problems		
Fever blisters			Whooping cough		
Frequent colds or flu			Other (describe)		
Frequent headaches			Other (describe)		
Hyperactivity			Measles		
Jaundice					

As a child did you: Have a high absence from school? Yes \_\_\_ No \_\_\_

If yes, why? \_\_\_\_\_

Experience chronic exposure to second hand smoke in your home? Yes \_\_\_ No \_\_\_

Experience abuse Yes \_\_\_ No \_\_\_

Have alcoholic parents? Yes \_\_\_ No \_\_\_

## **FEMALE MEDICAL HISTORY**

*(For women only)*

### **OBSTETRICS HISTORY**

Check box if yes, and provide number of pregnancies and/or occurrences of conditions

<input type="checkbox"/> Pregnancies _____	<input type="checkbox"/> Caesarean _____	<input type="checkbox"/> Vaginal deliveries _____
<input type="checkbox"/> Miscarriage _____	<input type="checkbox"/> Abortion _____	<input type="checkbox"/> Living Children _____
<input type="checkbox"/> Postpartum depression _____	<input type="checkbox"/> Toxemia _____	<input type="checkbox"/> Gestational diabetes _____

### **GYNECOLOGICAL HISTORY**

Age at first menses? \_\_\_\_\_ Frequency: \_\_\_\_\_ Length: \_\_\_\_\_

Painful: Yes \_\_\_\_\_ No \_\_\_\_\_ Clotting: Yes \_\_\_\_\_ No \_\_\_\_\_

Date of last menstrual period: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Do you currently use contraception? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, what please indicate which form:

#### Non-hormonal

- Condom
- Diaphragm
- IUD
- Partner vasectomy
- Other (non-hormonal-please describe) \_\_\_\_\_

#### Hormonal

- Birth control pills
- Patch
- Nuva Ring
- Other (please describe) \_\_\_\_\_

Even if you are *not* currently using conception, but have used hormonal birth control in the past, please indicate which type and for how long. \_\_\_\_\_

Do you experience breast tenderness, water retention, or irritability (PMS) symptoms in the second half of your cycle? Yes \_\_\_\_\_ No \_\_\_\_\_

Please advise of any other symptoms that you feel are significant.

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Are you menopausal? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, age of menopause \_\_\_\_\_

Do you currently take hormone replacement? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, what type and for how long? \_\_\_\_\_

- Estrogen
- Ogen
- Estrace
- Premarin
- Progesterone
- Provera
- Other \_\_\_\_\_

### **DIAGNOSTIC TESTING**

Last PAP test: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Normal: \_\_\_\_\_ Abnormal: \_\_\_\_\_

Last Mammogram \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Breast biopsy? Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Date of last bone density \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Results: High \_\_\_\_\_ Low \_\_\_\_\_ Within normal range \_\_\_\_\_

## FAMILY HEALTH HISTORY

Please indicate current and past history to the best of your knowledge

Check Family Members that Apply	Father	Mother	Brother(s)	Sister(s)	Children	Maternal Grandmother	Maternal Grandfather	Paternal Grandmother	Paternal Grandfather
Age (if still living)									
Age at death (if deceased)									
Heart Attack									
Stroke									
Uterine Cancer									
Colon Cancer									
Breast Cancer									
Ovarian Cancer									
Prostate Cancer									
Skin Cancer									
ADD/ADHD									
ALS or other Motor Neuron Diseases									
Alzheimer's									
Anemia									
Anxiety									
Arthritis									
Asthma									
Autism									
Autoimmune Diseases (such as Lupus)									
Bipolar Disease									
Bladder disease									
Blood clotting problems									
Celiac disease									
Dementia									
Depression									
Diabetes									
Eczema									
Emphysema									
Environmental Sensitivities									

Check Family Members that Apply	Father	Mother	Brother(s)	Sister(s)	Children	Maternal Grandmother	Maternal Grandfather	Paternal Grandmother	Paternal Grandfather
Epilepsy									
Flu									
Genetic Disorders									
Glaucoma									
Headache									
Heart Disease									
High Blood Pressure									
High Cholesterol									
Inflammatory Arthritis (Rheumatoid, Psoriatic, Ankylosing spondylitis)									
Inflammatory Bowel Disease									
Insomnia									
Irritable Bowel Syndrome									
Kidney disease									
Multiple Sclerosis									
Nervous breakdown									
Obesity									
Osteoporosis									
Other									
Parkinson's									
Pneumonia/Bronchitis									
Psoriasis									
Psychiatric disorders									
Schizophrenia									
Sleep Apnea									
Smoking addiction									
Stroke									
Substance abuse (such as alcoholism)									
Ulcers									

## REVIEW OF SYMPTOMS

Check (✓) those items that applied to you in the **past**. Circle those that **presently** apply

### GENERAL

- Fever
- Chills/Cold all over
- Aches/Pains
- General Weakness
- Difficulty sweating
- Excessive Sweating
- Swollen Glands
- Cold hands & Feet
- Fatigue
- Difficulty falling asleep
- Sleepwalker
- Nightmares
- No dream recall
- Early waking
- Daytime sleepiness
- Distorted vision

### SKIN:

- Cuts heal slowly
- Bruise easily
- Rashes
- Pigmentation
- Changing Moles
- Calluses
- Eczema
- Psoriasis
- Dryness/cracking skin
- Oiliness
- Itching
- Acne
- Boils
- Hives
- Fungus on Nails
- Peeling Skin
- Shingles
- Nails Split
- White Spots/Lines on Nails
- Crawling Sensation
- Burning on Bottom of Feet
- Athletes Foot
- Cellulite
- Bugs love to bite you
- Bumps on back of arms & front of thighs
- Skin cancer
- Strong body odor

### Is your skin sensitive to:

- Sun
- Fabrics
- Detergents
- Lotions/Creams

### HEAD:

- Poor Concentration
- Confusion
- Headaches:
  - After Meals
  - Severe
  - Migraine
  - Frontal
  - Afternoon
  - Occipital
  - Afternoon
  - Daytime
  - Relieved by:
    - Eating Sweets
- Concussion/Whiplash
- Mental sluggishness
- Forgetfulness
- Indecisive
- Face twitch
- Poor memory
- Hair loss

### EYES:

- Feeling of sand in eyes
- Double vision
- Blurred vision
- Poor night vision
- See bright flashes
- Halo around lights
- Eye pains
- Dark circles under eyes
- Strong light irritates
- Cataracts
- Floaters in eyes
- Visual hallucinations

### EARS:

- Aches
- Discharge/Conjunctivitis
- Pains
- Ringing
- Deafness/Hearing loss
- Itching
- Pressure
- Hearing aid
- Frequent infections
- Tubes in ears
- Sensitive to loud noises
- Hearing hallucinations

**NOSE/SINUSES**

- Stuffy
- Bleeding
- Running/Discharge
- Watery nose
- Congested
- Infection
- Polyps
- Acute smell
- Drainage
- Sneezing spells
- Post nasal drip
- No sense of smell
- Do the change of seasons tend to make your symptoms worse? Yes \_\_\_\_\_ No \_\_\_\_\_

**If yes, is it worse in the:**

- Spring
- Summer
- Fall
- Winter

**MOUTH:**

- Coated tongue
- Sore tongue
- Teeth problems
- Bleeding gums
- Canker sores
- TMJ
- Cracked lips/ corners
- Chapped lips
- Fever blisters
- Wear dentures
- Grind teeth when sleeping
- Bad breath
- Dry mouth

**CIRCULATION/RESPIRATION:**

- Swollen ankles
- Sensitive to hot
- Sensitive to cold
- Extremities cold or clammy
- Hands/Feet go to sleep/numbness/tingling
- High blood pressure
- Chest pain
- Pain between shoulders
- Dizziness upon standing
- Fainting spells
- High cholesterol
- High triglycerides
- Wheezing
- Irregular heartbeat
- Palpitations
- Low exercise tolerance
- Frequent coughs
- Breathing heavily
- Frequently sighing
- Shortness of breath
- Night sweats
- Varicose veins/spider veins
- Mitral valve prolapse
- Murmurs
- Skipped heartbeat
- Heart enlargement
- Angina pain
- Bronchitis/Pneumonia
- Emphysema
- Croup
- Frequent colds
- Heavy/tight chest
- Prior heart attack ? When \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_
- Phlebitis

**THROAT:**

- Mucus
- Difficulty swallowing
- Frequent hoarseness
- Tonsillitis
- Enlarged glands
- Constant clearing of throat
- Throat closes up

**NECK:**

- Stiffness
- Swelling
- Lumps
- Neck glands swell

#### GASTROINTESTINAL

- Peptic/Duodenal Ulcer
- Poor appetite
- Excessive appetite
- Gallstones
- Gallbladder pain
- Nervous stomach
- Full feeling after small meal
- Indigestion
- Heartburn
- Acid Reflux
- Hiatal Hernia
- Nausea
- Vomiting
- Vomiting blood
- Abdominal Pains/Cramps
- Gas
- Diarrhea
- Constipation
- Changes in bowels
- Rectal bleeding
- Tarry stools
- Rectal itching
- Use laxatives
- Bloating
- Belch frequently
- Anal itching
- Anal fissures
- Bloody stools
- Undigested food in stools

#### KIDNEY/URINARY TRACT:

- Burning
- Frequent urination
- Blood in urine
- Night time urination
- Problem passing urine
- Kidney pain
- Kidney stones
- Painful urination
- Bladder infections
- Kidney infections
- Syphilis
- Bedwetting
- Have trichomonas

#### WOMEN'S HISTORY (for women only)

- Fibrocystic breasts
- Lumps in breast
- Fibroid Tumors/Breast
- Spotting
- Heavy periods
- Fibroid Tumors/Uterus

#### WOMEN'S HISTORY (for women only)

- Painful periods
- Change in period
- Breast soreness before period
- Endometriosis
- Non-period bleeding
- Breast soreness during period
- Vaginal dryness
- Vaginal discharge
- Partial/total hysterectomy
- Hot flashes
- Mood swings
- Concentration/Memory Problems
- Breast cancer
- Ovarian cysts
- Pregnant
- Infertility
- Decreased libido
- Heavy bleeding
- Joint pains
- Headaches
- Weight gain
- Loss of bladder control
- Palpitations

#### MEN'S HISTORY (for men only)

Have you had a PSA done?

Yes \_\_\_\_\_ No \_\_\_\_\_

PSA Level:

- 0 – 2
- 2 – 4
- 4 – 10
- >10

- Prostate enlargement
- Prostate infection
- Change in libido
- Impotence
- Diminished/poor libido
- Infertility
- Lumps in testicles
- Sore on penis
- Genital pain
- Hernia
- Prostate cancer
- Low sperm count
- Difficulty obtaining erection
- Difficulty maintaining an erection
- Nocturia (urination at night)  
How many times at night? \_\_\_\_\_
- Urgency/Hesitancy/Change in Urinary Stream
- Loss of bladder control

## EMOTIONAL (CONTINUED)

### JOINT/MUSCLES/TENDONS

- Pain wakes you
- Weakness in legs and arms
- Balance problems
- Muscle cramping
- Head injury
- Muscle stiffness in morning
- Damp weather bothers you

### EMOTIONAL:

- Convulsions
- Dizziness
- Fainting Spells
- Blackouts/Amnesia
- Had prior shock therapy
- Frequently keyed up and jittery
- Startled by sudden noises
- Anxiety/Feeling of panic
- Go to pieces easily
- Forgetful
- Listless/groggy
- Withdrawn feeling/Feeling 'lost'
- Had nervous breakdown
- Unable to concentrate/short attention span
- Vision changes
- Unable to reason
- Considered a nervous person by others
- Tends to worry needlessly
- Unusual tension

- Frustration
- Emotional numbness
- Often break out in cold sweats
- Profuse sweating
- Depressed
- Previously admitted for psychiatric care
- Often awakened by frightening dreams
- Family member had nervous breakdown
- Use tranquilizers
- Misunderstood by others
- Irritable/
- Feeling of hostility/volatile or aggressive
- Fatigue
- Hyperactive
- Restless leg syndrome
- Considered clumsy
- Unable to coordinate muscles
- Have difficulty falling asleep
- Have difficulty staying asleep
- Daytime sleepiness
- Am a workaholic
- Have had hallucinations
- Have considered suicide
- Have overused alcohol
- Family history of overused alcohol
- Cry often
- Feel insecure
- Have overused drugs
- Been addicted to drugs
- Extremely shy

## PAIN ASSESSMENT

Are you currently in pain? Yes    No   

Is the source of your pain due to an injury? Yes    No   

**If yes**, please describe your injury and the date in which it occurred:

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**If no**, please describe how long you have experienced this pain and what you believe it is attributed to:

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Please use the area(s) and illustration below to describe the severity of your pain.

(0= no pain, 10= severe pain)

Example: Neck  
0 1 2 3 4 5 (6) 7 8 9 10

Area 1. \_\_\_\_\_  
1 2 3 4 5 6 7 8 9 10

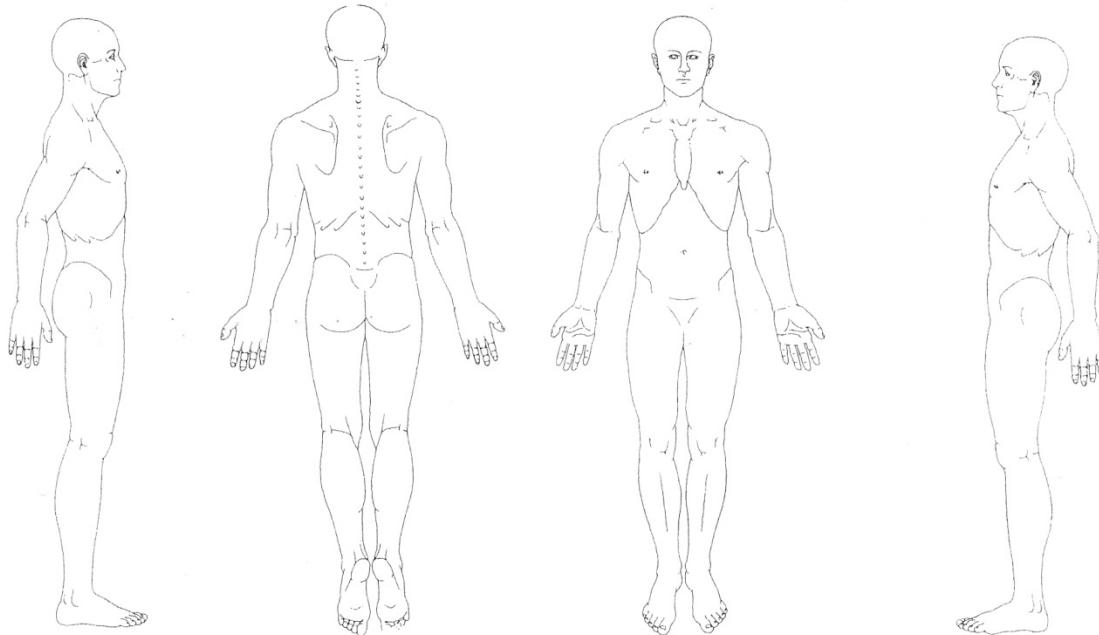
Area 2. \_\_\_\_\_  
1 2 3 4 5 6 7 8 9 10

Area 3. \_\_\_\_\_  
1 2 3 4 5 6 7 8 9 10

Area 4. \_\_\_\_\_  
1 2 3 4 5 6 7 8 9 10

Use the letters provided to mark your area(s) of pain on the illustration.

**A** = ache      **B**= burning      **N**=numbness      **S**= stiffness      **T**=tingling      **Z**=sharp/shooting



Right Side

Back

Front

Left side

## DENTAL HISTORY

	<u>Yes</u>	<u>No</u>
Problem with sore gums (gingivitis)?	_____	_____
Ringing in the ears (tinnitus)?	_____	_____
Have TMJ (temporal mandibular joint) problems?	_____	_____
Metallic taste in mouth?	_____	_____
Problems with bad breath (halitosis) or white tongue (thrush)?	_____	_____
Previously or currently wear braces?	_____	_____
Problems chewing?	_____	_____
Floss regularly?	_____	_____
Do you have amalgam dental fillings? How many?	_____	_____
Did you receive these fillings as a child?	_____	_____

List your approximate age and the type of dental work done from childhood until present:

<b>Age</b>	<b>Type of dental work:</b>	<b>Health Problems following dental work? (describe)</b>

## NUTRITIONAL HISTORY

Have you made any changes in your eating habits because of your health? Yes \_\_\_\_\_ No \_\_\_\_\_

### FOOD DIARY

Place a check mark next to the food/drink that applies to your current diet. (List continues on next page.)

Usual Breakfast	Usual Lunch	Usual Dinner
<input type="checkbox"/> None <input type="checkbox"/> Bacon/Sausage <input type="checkbox"/> Bagel <input type="checkbox"/> Butter <input type="checkbox"/> Cereal <input type="checkbox"/> Coffee <input type="checkbox"/> Donut <input type="checkbox"/> Eggs <input type="checkbox"/> Fruit <input type="checkbox"/> Juice <input type="checkbox"/> Margarine <input type="checkbox"/> Milk <input type="checkbox"/> Oat bran <input type="checkbox"/> Sugar <input type="checkbox"/> Sweet roll <input type="checkbox"/> Sweetener <input type="checkbox"/> Tea <input type="checkbox"/> Toast <input type="checkbox"/> Water <input type="checkbox"/> Wheat bran <input type="checkbox"/> Yogurt <input type="checkbox"/> Oat meal <input type="checkbox"/> Milk protein shake <input type="checkbox"/> Slim fast <input type="checkbox"/> Carnation shake <input type="checkbox"/> Soy protein <input type="checkbox"/> Whey protein <input type="checkbox"/> Rice protein <input type="checkbox"/> Other: (List below)	<input type="checkbox"/> None <input type="checkbox"/> Butter <input type="checkbox"/> Coffee <input type="checkbox"/> Eat in a cafeteria <input type="checkbox"/> Eat in restaurant <input type="checkbox"/> Fish sandwich <input type="checkbox"/> Fried foods <input type="checkbox"/> Hamburger <input type="checkbox"/> Hot dogs <input type="checkbox"/> Juice <input type="checkbox"/> Leftovers <input type="checkbox"/> Lettuce <input type="checkbox"/> Margarine <input type="checkbox"/> Mayo <input type="checkbox"/> Meat sandwich <input type="checkbox"/> Milk <input type="checkbox"/> Pizza <input type="checkbox"/> Potato chips <input type="checkbox"/> Salad <input type="checkbox"/> Salad dressing <input type="checkbox"/> Soda <input type="checkbox"/> Soup <input type="checkbox"/> Sugar <input type="checkbox"/> Sweetener <input type="checkbox"/> Tea <input type="checkbox"/> Tomato <input type="checkbox"/> Vegetables <input type="checkbox"/> Water <input type="checkbox"/> Yogurt <input type="checkbox"/> Slim fast <input type="checkbox"/> Carnation shake <input type="checkbox"/> Protein shake	<input type="checkbox"/> None <input type="checkbox"/> Beans (legumes) <input type="checkbox"/> Brown rice <input type="checkbox"/> Butter <input type="checkbox"/> Carrots <input type="checkbox"/> Coffee <input type="checkbox"/> Fish <input type="checkbox"/> Green vegetables <input type="checkbox"/> Juice <input type="checkbox"/> Margarine <input type="checkbox"/> Milk <input type="checkbox"/> Pasta <input type="checkbox"/> Potato <input type="checkbox"/> Poultry <input type="checkbox"/> Red meat <input type="checkbox"/> Rice <input type="checkbox"/> Salad <input type="checkbox"/> Salad dressing <input type="checkbox"/> Soda <input type="checkbox"/> Sugar <input type="checkbox"/> Sweetener <input type="checkbox"/> Tea <input type="checkbox"/> Vinegar <input type="checkbox"/> Water <input type="checkbox"/> White rice <input type="checkbox"/> Yellow vegetables <input type="checkbox"/> Other: (List below)

How much of the following do you consume each week?

Candy	
Cheese	
Chocolate	
Cups of coffee containing caffeine	
Cups of decaffeinated coffee or tea	
Cups of hot chocolate	
Cups of tea containing caffeine	
Diet soda	
Ice cream	
Salty foods	
Slices of white bread (rolls/bagels, etc)	
Soda with caffeine	
Soda without caffeine	

Do you currently follow a special diet or nutritional program? Yes \_\_\_\_\_ No \_\_\_\_\_

<input type="checkbox"/> Ovo-lacto	<input type="checkbox"/> Vegetarian
<input type="checkbox"/> Diabetic	<input type="checkbox"/> Vegan
<input type="checkbox"/> Dairy restricted	<input type="checkbox"/> Blood type diet
<input type="checkbox"/> Other (describe) _____	

Please tell us if there is anything special about your diet that we should know.

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Do you have symptoms immediately after eating, such as belching, bloating, sneezing, hives, etc?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, are these symptoms associated with any particular food or supplement?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, please name the food or supplement and symptom(s).

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Do you feel that you have delayed symptoms after eating certain foods, such as fatigue, muscle aches, sinus congestion, etc? (symptoms may not be evident for 24 hours or more)

Yes \_\_\_\_\_ No \_\_\_\_\_

Do you feel **worse** when you eat a lot of:

<input type="checkbox"/> High fat foods	<input type="checkbox"/> Refined sugar (junk food)
<input type="checkbox"/> High protein foods	<input type="checkbox"/> Fried foods
<input type="checkbox"/> High carbohydrate foods (breads, pasta, potatoes)	<input type="checkbox"/> 1 or 2 alcoholic drinks
	<input type="checkbox"/> Other _____

Do you feel **better** when you eat a lot of:

<input type="checkbox"/> High fat foods	<input type="checkbox"/> Refined sugar (junk food)
<input type="checkbox"/> High protein foods	<input type="checkbox"/> Fried foods
<input type="checkbox"/> High carbohydrate foods (breads, pasta, potatoes)	<input type="checkbox"/> 1 or 2 alcoholic drinks
	<input type="checkbox"/> Other _____

Does skipping meals greatly affect your symptoms? Yes \_\_\_\_ No \_\_\_\_

Has there ever been a food that you have craved or 'binged' on over a period of time? Yes \_\_\_\_ No \_\_\_\_  
If yes, what food(s): \_\_\_\_\_

Do you have an aversion to certain foods? Yes \_\_\_\_ No \_\_\_\_

If yes, what food(s): \_\_\_\_\_

Please complete the following chart as it relates to your bowel movements:

Frequency	✓	Color	✓
More than 3x/day		Medium brown consistently	
1-3x/ day		Very dark or black	
4-6x/week		Greenish color	
2-3x/week		Blood is visible	
1 or fewer x/week		Varies a lot	
		Dark brown consistently	
Consistency	✓	Yellow, light brown	
Soft and well formed		Greasy, shiny appearance	
Often floats			
Difficult to pass			
Diarrhea			
Thin, long or narrow			
Small and hard			
Loose but not watery			
Alternating between hard and loose/watery			

Intestinal gas:

- Daily
- Occasionally
- Excessive
- Present with pain
- Foul smelling
- Little odor

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<http://FunctionalMedicineUniversity.com>

## LIFESTYLE HISTORY

### **TOBACCO HISTORY**

Have you ever used tobacco? Yes \_\_\_\_ No \_\_\_\_

If yes, what type? Cigarette \_\_\_\_ Smokeless \_\_\_\_ Cigar \_\_\_\_ Pipe \_\_\_\_ Patch/Gum \_\_\_\_

How much? \_\_\_\_\_

Number of years? \_\_\_\_\_ If not a current user, year quit \_\_\_\_\_

Attempts to quit: \_\_\_\_\_

Are you exposed to 2<sup>nd</sup> hand smoke regularly? If yes, please explain:

---

### **ALCOHOL INTAKE**

Have you ever used alcohol? Yes \_\_\_\_ No \_\_\_\_

If yes, how often do you now drink alcohol?

- No longer drink alcohol
- Average 1-3 drinks per week
- Average 4-6 drinks per week
- Average 7-10 drinks per week
- Average >10 drinks per week

Do you notice a tolerance to alcohol (can you "hold" more than others?) Yes \_\_\_\_ No \_\_\_\_

Have you ever had a problem with alcohol? Yes \_\_\_\_ No \_\_\_\_

If yes, indicate time period (month/year)      From \_\_\_\_\_ to \_\_\_\_\_

### **OTHER SUBSTANCES**

Do you currently or have you previously used recreational drugs? Yes \_\_\_\_ No \_\_\_\_

If yes, what type(s) and method? (IV, inhaled, smoked, etc)

---

To your knowledge, have you ever been exposed to toxic metals in your job or at home? Yes \_\_\_\_ No \_\_\_\_

If yes, indicate which:

- Lead
- Arsenic
- Aluminum
- Cadmium
- Mercury

### **SLEEP & REST HISTORY**

Average number of hours that you sleep at night? Less than 10 \_\_\_\_ 8-10 \_\_\_\_ 6-8 \_\_\_\_ less than 6 \_\_\_\_

Do you:

<input type="checkbox"/> Have trouble falling asleep?	<input type="checkbox"/> Snore?
<input type="checkbox"/> Feel rested upon wakening?	<input type="checkbox"/> Use sleeping aids?
<input type="checkbox"/> Have problems with insomnia?	

## EXERCISE HISTORY

Do you exercise regularly? Yes\_\_\_\_\_ No\_\_\_\_\_

If yes, please indicate:	Times/week				Length of session			
	1x	2x	3x	4x/+	≤15	16-30 min	31-45 min	>45
Jogging/Walking								
Aerobics								
Strength Training								
Pilates/Yoga/Tai Chi								
Sports (tennis, golf, water sports, etc)								
Other (please indicate)								

If no, please indicate what problems limit your activity (e.g., lack of motivation, fatigue after exercising, etc)

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## SOCIAL HISTORY

Because stress has a direct effect on your overall health and wellbeing that often leads to illness, immune system dysfunction, and emotional disorders, it is important that your health care provider is aware of any stressful influences that may be impacting your health. Informing your doctor allows him/her to offer you supportive treatment options and optimize the outcome of your health care.

### STRESS/PSYCHOSOCIAL HISTORY

Are you overall happy? Yes\_\_\_\_\_ No\_\_\_\_\_

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

If no, do you believe that stress is presently reducing the quality of your life? Yes\_\_\_\_\_ No\_\_\_\_\_

If yes, do you believe that you know the source of your stress? Yes\_\_\_\_\_ No\_\_\_\_\_

If yes, what do you believe it to be?

---

Have you ever contemplated suicide? Yes\_\_\_\_\_ No\_\_\_\_\_

If yes, how often? \_\_\_\_\_ When was the last time? \_\_\_\_\_

Have you ever sought help through counseling? Yes\_\_\_\_\_ No\_\_\_\_\_

If yes, what type? (e.g., pastor, psychologist, etc) \_\_\_\_\_

Did it help? \_\_\_\_\_

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How well have things been going for you?

	Very well	Fine	Poorly	Very poorly	Does not apply
At school					
In your job					
In your social life					
With close friends					
With sex					
With your attitude					
With your boyfriend/girlfriend					
With your children					
With your parents					
With your spouse					

Which of the following provide you emotional support? *Check all that apply*

Spouse     Family     Friends     Religious/Spiritual     Pets     Other \_\_\_\_\_

Have you ever been involved in abusive relationships in your life? Yes \_\_\_ No \_\_\_

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

Did you feel safe growing up? Yes \_\_\_ No \_\_\_

Was alcoholism or substance abuse present in your childhood home? Yes \_\_\_ No \_\_\_

Is alcoholism or substance abuse present in your relationships now? Yes \_\_\_ No \_\_\_

How important is religion (or spirituality) for you and your family's life?

a. \_\_\_\_\_ not at all important    b. \_\_\_\_\_ somewhat important    c. \_\_\_\_\_ extremely important

Do you practice meditation or relaxation techniques? Yes \_\_\_ No \_\_\_

If yes, how often? \_\_\_\_\_

Check all that apply:

Yoga     Meditation     Imagery     Breathing     Tai Chi     Prayer     Other

Hobbies and leisure activities:

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Is there anything that you would like to discuss with the doctor today that you feel you cannot indicate here? Yes \_\_\_ No \_\_\_

## 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 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 relaxation techniques	5 _____	4 _____	3 _____	2 _____	1 _____
Engage in regular exercise	5 _____	4 _____	3 _____	2 _____	1 _____
Have periodic lab tests to assess progress	5 _____	4 _____	3 _____	2 _____	1 _____

Comments

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Thank you for taking the time to complete this health history medical questionnaire. The information derived from all of these forms will provide invaluable data in identifying the underlying problems of your health concerns rather than simply treating the symptoms alone.

We look forward to helping you achieve lifelong health and well being.

Sincerely,  
*Dr. Samantha*

## Environmental Influences Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

There are over 70,000 chemicals commercially produced in the United States. The long-term effects of many of these chemicals have never been investigated. But many chemicals are harmful in very low doses. Unless generated by the body (formaldehyde, pentane), the body's level for chemicals should be non-detectable, and not "low level". Chemicals are widespread in our environment, and constant exposure to low levels can cause dysfunction in many systems of the body. The purpose in the following questions is to determine if any of your health problems can be a result of chemical toxicity and to measure your **TOTAL TOXIN LOAD**.

### Electromagnetic Factors

Live or have you lived within 200 yards from high-voltage wires or transformers

When? \_\_\_\_\_

Live or have lived near an electric distribution substation

Bed is close to the main electrical current

Have a fan directly over your bed

Have an alarm clock or radio close to your bed (plugged in)

Live or have you lived near a television transmitter

Sleep with an electric blanket, heating pad

Sleep on a waterbed

### Position of your head of your bed is facing:

North

South

East

West

Work on a computer for longer than six hours/day

Use a screening shield over your computer screen

Live or have you lived near a power generating station

Live near a radio tower

You use a cellular phone more than 2 hours per day

Use microwave ovens

Bed has a wooden backboard

Have fluorescent light fixtures

What is your occupation?

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- Use typewriter correction fluid
- Use rug cleaners
- Use disinfectants
- Use carbonless paper
- Use spot removers
- Use cleaning supplies
- Use metal degreasers
- Do recreational painting

### Formaldehyde

Wear many dry-cleaned clothes

Noticed changes of your health since you moved into your home

Wear many polyester clothes and permanent press

You use Spray Starch

Have foam wall insulation

Have particleboard, chip board or interior plywood

Put up wallpaper in the last 2 years

Have foam cushions or foam mattresses

Live or lived in a trailer

Worked in a laboratory

Your home been insulated since your illness

Had new carpets.

When? \_\_\_\_\_

Use waxes and polishes on your floor

Been around resin glues and plastics

Have exterior grade plywood on your home

Home made of stucco, plaster or concrete

Have a wood-burning stove

Have draperies

Have used acid-cured resin floor finishes

Have fire-proof material in your home

Smoke in your home

Have a photography darkroom

Use nail polish remover

Use fingernail hardeners

### Toxin Exposure

#### Trichloroethylene/TCE

Work close to a copy machine

Worked in a printing shop

Drink decaffeinated coffee

## **Pesticides & Herbicides**

### **(Organochlorines, Organophosphate, Carbamate, Chlorinated Cyclodiene, Botanical & Microbial)**

- Use pesticides
- Use weed killer
- You use cleaning fluids, waxes
- Lived or worked at a dry cleaning plant
- Have been around wood preservatives
- Drink tap water
- Work with electrical equipment
- Have mothballs in your closets
- Gasoline fumes bother you
- Eat store bought meat
- Use insecticides
- Crop-surface sprays
- Aerosols
- Fumigants

## **Volatile Organic Compounds**

### **(Paradichlorobenzenes, toluene, ethers, ketones, propane, polymers, tetrachloroethylene)**

- Had home painted in the last 2 years
- Use cleaning solvents
- Have soft vinyl floors
- Handle propane and butane
- Get your clothes dry-cleaned
- Store dry-cleaned clothes in closets
- Barbecue more than 2 times per month
- Work in a "tightly sealed building"
- Work close to a laser printer
- Use moth balls
- Have nylon carpet
- Use air fresheners
- Have a workshop in the home

## **Phenols**

Do you use the following?

- Household cleaners
- Nasal Sprays
- Styrofoam cups
- Cough Syrup
- Decongestants
- Hair sprays
- Scented deodorants

- Scotch tape

- Newsprint

- Lysol

- Epoxy

- Listerine

- Chloraseptic throat sprays

- Noxema

- Mildew cleaners

- Perfumes

- Air Fresheners

- Disinfectants

- Polishes

- Glues

- Waxes

- Mouthwash

- Hard saucepan handles

- Smoke in the house

- Have you been exposed to chemicals?  
When? \_\_\_\_\_

- Have you had your home treated for termites  
When? \_\_\_\_\_

- Wash own vehicle by hand.

What type of cleaners do you use? \_\_\_\_\_

## **Carbon Monoxide/Nitrogen Oxide/Sulfur Dioxide**

- Have oil or gas stove
- Have water heaters
- Chimney is damaged
- Live near a busy street
- Garage attached to your home
- Smoke at home
- Have an open fireplace
- Burn candles

## **Ozone**

- Use an electrical sewing machine
- Use power tools
- Use ion generators
- Work close to a photocopier

**Carbon Dioxide**

- Work in a crowded work place
- Have poor ventilation at work

**Asbestos**

- Live in an old home
- Have old ceiling tiles, plaster, insulation board and heating duct tape
- Lived in a large city with many trucks, buses etc.
- Lived near a building which was torn down
- Mother exposed to any unusual chemicals or drugs during pregnancy (DES)
- Do you have your nails treated? Acrylic Adhesives

**Please note the "brand" of product you use For example: Toothpaste: Crest**

Shampoo: \_\_\_\_\_

Toothpaste: \_\_\_\_\_

Hair Conditioner: \_\_\_\_\_

Makeup: \_\_\_\_\_

Lipstick: \_\_\_\_\_

Make-up Foundation: \_\_\_\_\_

Deodorant: \_\_\_\_\_

Perfume: \_\_\_\_\_

Hairspray: \_\_\_\_\_

Shaving Cream: \_\_\_\_\_

Cologne: \_\_\_\_\_

Facial Creams: \_\_\_\_\_

Body Creams: \_\_\_\_\_

Do you have hair permanents? Yes    No

If yes, how often? \_\_\_\_\_

If yes, was it    permanent    temporary?

Do you have hair colorings? Yes    No

**Do you use Latex products?**

- Baby bottle nipples
- Balloons
- Bandages
- Diaphragms
- Hot water bottles
- Latex gloves
- Dishwashing gloves
- Rubber dams for dental work
- Tires

- Worked in a rubber industry

**General Miscellaneous**

- Have basement Molds
- Home is damp
- Use a humidifier?  
If yes, when the last time you cleaned it? \_\_\_\_\_
- Use black hair dye (Nitrosamines)
- Worked in beauty shop.  
When? \_\_\_\_\_
- Take any illicit drugs as an adolescent/young adult?  
What type? \_\_\_\_\_
- Open your windows at home
- Work in a machine shop
- Work in a garden?
- Work or have you worked on a farm  
When? \_\_\_\_\_
- Have mercury fillings
- Had mercury fillings removed? When? \_\_\_\_\_
- Been exposed to radiation When? \_\_\_\_\_
- Have a hot tub
- Use chlorine or bromine
- Have a well
- Work around PVC pipe (Vinyl chloride)
- Home well ventilated
- Moved to a new office in the last two years
- Live in an apartment?  
How old? \_\_\_\_\_
- Eat at salad bars
- Eat raw fish (Sushi)
- Buy food from street vendors
- For Women:** Have breast implants. Yes    No  
The implant was made of saline \_\_\_\_ silicone \_\_\_\_
- Has any type of metal been used in implants or joint replacements in your body?  
What type? \_\_\_\_\_  
Where? \_\_\_\_\_
- Notice more symptoms at work than at home or vice versa?
- Symptoms worse going into a mall
- Have you ever worked in a mall?  
When? \_\_\_\_\_

- Have live plants in your home
- Have pets in your home
- Owned a new vehicle since your symptoms began
- Furniture been put in storage or possibly fumigated
- Stained furniture in the last 2 years
- Have a tool shop in your garage
- Live on or near a golf course
- Live in or near an industrial area
- Lived or traveled outside the US

Where? \_\_\_\_\_

- Bought new furniture?  
What type of material? \_\_\_\_\_
- Installed drop ceilings
- Painted indoors
- Sided your home
- Changed your heating system, stove, clothes dryer or water heater
- Lived in a brand new home
- Lived in a new office
- Noticed changes of your health since you moved into your home?
- Have a water purification system?
- Live near a landfill?
- Have a water filter on your shower?

#### **Describe the contents of your bedroom**

- What type of mattress? \_\_\_\_\_
- Have hardwood floors
- Have carpeting
- Have blinds
- Have draperies
- Use a foam pillow
- Use a feather pillow
- Use a Dacron pillow
- Use wool blankets
- Use cotton blankets
- Use quilts
- Use synthetic blankets
- Use an electric blanket

- Have a ceiling fan
- Have material under your bed
- Have real plants in your bedroom
- Have artificial plants in your bedroom
- Use aromatherapy in your bedroom
- Burn scented candles in your bedroom
- Have central heat
- Have a fireplace in your room
- Have an electric baseboard
- Use gas heat
- Use an air filter in your bedroom  
What type? \_\_\_\_\_
- When was the last time you changed your filter in your room? \_\_\_\_\_
- Have central air conditioning
- Sleep with your windows open
- Live close to a high traffic road
- Smoke in bed
- Allow any pets in your room  
What type? \_\_\_\_\_
- Have plugged in air fresheners

#### **Art and Leisure Activities**

- Silk-screening
- Make stained glass
- Make pottery & ceramic products
- Make jewelry
- Buy art and craft supplies
- Use airbrush and spray paints
- Do quilting and weaving

#### **Gardening**

- Make soapstone carvings
- Use acrylic paint

#### **What hobbies do you have? Please list:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### **Please indicate the occupation of your parents during your childhood:**

\_\_\_\_\_

\_\_\_\_\_

# Metabolic Assessment Form™

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

## PART I

Please list your 5 major health concerns in order of importance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## PART II

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

### Category I

Feeling that bowels do not empty completely	0	1	2	3
Lower abdominal pain relieved by passing stool or gas	0	1	2	3
Alternating constipation and diarrhea	0	1	2	3
Diarrhea	0	1	2	3
Constipation	0	1	2	3
Hard, dry, or small stool	0	1	2	3
Coated tongue or "fuzzy" debris on tongue	0	1	2	3
Pass large amount of foul-smelling gas	0	1	2	3
More than 3 bowel movements daily	0	1	2	3
Use laxatives frequently	0	1	2	3

### Category II

Increasing frequency of food reactions	0	1	2	3
Unpredictable food reactions	0	1	2	3
Aches, pains, and swelling throughout the body	0	1	2	3
Unpredictable abdominal swelling	0	1	2	3
Frequent bloating and distention after eating	0	1	2	3

### Category III

Intolerance to smells	0	1	2	3
Intolerance to jewelry	0	1	2	3
Intolerance to shampoo, lotion, detergents, etc	0	1	2	3
Multiple smell and chemical sensitivities	0	1	2	3
Constant skin outbreaks	0	1	2	3

### Category IV

Excessive belching, burping, or bloating	0	1	2	3
Gas immediately following a meal	0	1	2	3
Offensive breath	0	1	2	3
Difficult bowel movements	0	1	2	3
Sense of fullness during and after meals	0	1	2	3
Difficulty digesting proteins and meats; undigested food found in stools	0	1	2	3

### Category V

Stomach pain, burning, or aching 1-4 hours after eating	0	1	2	3
Use of antacids	0	1	2	3
Feel hungry an hour or two after eating	0	1	2	3
Heartburn when lying down or bending forward	0	1	2	3
Temporary relief by using antacids, food, milk, or carbonated beverages	0	1	2	3
Digestive problems subside with rest and relaxation	0	1	2	3
Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol, and caffeine	0	1	2	3

### Category VI

Difficulty digesting roughage and fiber	0	1	2	3
Indigestion and fullness last 2-4 hours after eating	0	1	2	3
Pain, tenderness, soreness on left side under rib cage	0	1	2	3
Excessive passage of gas	0	1	2	3
Nausea and/or vomiting	0	1	2	3
Stool undigested, foul smelling, mucus like, greasy, or poorly formed	0	1	2	3
Frequent loss of appetite	0	1	2	3

### Category VII

Abdominal distention after consumption of fiber, starches, and sugar	0	1	2	3
Abdominal distention after certain probiotic or natural supplements	0	1	2	3
Decreased gastrointestinal motility, constipation	0	1	2	3
Increased gastrointestinal motility, diarrhea	0	1	2	3
Alternating constipation and diarrhea	0	1	2	3
Suspicion of nutritional malabsorption	0	1	2	3
Frequent use of antacid medication	0	1	2	3
Have you been diagnosed with Celiac Disease, Irritable Bowel Syndrome, Diverticulosis/ Diverticulitis, or Leaky Gut Syndrome?	Yes	No		

### Category VIII

Greasy or high-fat foods cause distress	0	1	2	3
Lower bowel gas and/or bloating several hours after eating	0	1	2	3
Bitter metallic taste in mouth, especially in the morning	0	1	2	3
Burpy, fishy taste after consuming fish oils	0	1	2	3
Unexplained itchy skin	0	1	2	3
Yellowish cast to eyes	0	1	2	3
Stool color alternates from clay colored to normal brown	0	1	2	3
Reddened skin, especially palms	0	1	2	3
Dry or flaky skin and/or hair	0	1	2	3
History of gallbladder attacks or stones	0	1	2	3
Have you had your gallbladder removed?	Yes	No		

### Category IX

Acne and unhealthy skin	0	1	2	3
Excessive hair loss	0	1	2	3
Overall sense of bloating	0	1	2	3
Bodily swelling for no reason	0	1	2	3
Hormone imbalances	0	1	2	3
Weight gain	0	1	2	3
Poor bowel function	0	1	2	3
Excessively foul-smelling sweat	0	1	2	3

### Category X

Crave sweets during the day	0	1	2	3
Irritable if meals are missed	0	1	2	3
Depend on coffee to keep going/get started	0	1	2	3
Get light-headed if meals are missed	0	1	2	3
Eating relieves fatigue	0	1	2	3
Feel shaky, jittery, or have tremors	0	1	2	3
Agitated, easily upset, nervous	0	1	2	3
Poor memory, forgetful between meals	0	1	2	3
Blurred vision	0	1	2	3

### Category XI

Fatigue after meals	0	1	2	3
Crave sweets during the day	0	1	2	3
Eating sweets does not relieve cravings for sugar	0	1	2	3
Must have sweets after meals	0	1	2	3
Waist girth is equal or larger than hip girth	0	1	2	3
Frequent urination	0	1	2	3
Increased thirst and appetite	0	1	2	3
Difficulty losing weight	0	1	2	3

<b>Category XII</b>				
Cannot stay asleep	0	1	2	3
Crave salt	0	1	2	3
Slow starter in the morning	0	1	2	3
Afternoon fatigue	0	1	2	3
Dizziness when standing up quickly	0	1	2	3
Afternoon headaches	0	1	2	3
Headaches with exertion or stress	0	1	2	3
Weak nails	0	1	2	3
<b>Category XIII</b>				
Cannot fall asleep	0	1	2	3
Perspire easily	0	1	2	3
Under a high amount of stress	0	1	2	3
Weight gain when under stress	0	1	2	3
Wake up tired even after 6 or more hours of sleep	0	1	2	3
Excessive perspiration or perspiration with little or no activity	0	1	2	3
<b>Category XIV</b>				
Edema and swelling in ankles and wrists	0	1	2	3
Muscle cramping	0	1	2	3
Poor muscle endurance	0	1	2	3
Frequent urination	0	1	2	3
Frequent thirst	0	1	2	3
Crave salt	0	1	2	3
Abnormal sweating from minimal activity	0	1	2	3
Alteration in bowel regularity	0	1	2	3
Inability to hold breath for long periods	0	1	2	3
Shallow, rapid breathing	0	1	2	3
<b>Category XV</b>				
Tired/sluggish	0	1	2	3
Feel cold—hands, feet, all over	0	1	2	3
Require excessive amounts of sleep to function properly	0	1	2	3
Increase in weight even with low-calorie diet	0	1	2	3
Gain weight easily	0	1	2	3
Difficult, infrequent bowel movements	0	1	2	3
Depression/lack of motivation	0	1	2	3
Morning headaches that wear off as the day progresses	0	1	2	3
Outer third of eyebrow thins	0	1	2	3
Thinning of hair on scalp, face, or genitals, or excessive hair loss	0	1	2	3
Dryness of skin and/or scalp	0	1	2	3
Mental sluggishness	0	1	2	3
<b>Category XVI</b>				
Heart palpitations	0	1	2	3
Inward trembling	0	1	2	3
Increased pulse even at rest	0	1	2	3
Nervous and emotional	0	1	2	3
Insomnia	0	1	2	3

<b>Category XVI (Cont.)</b>				
Night sweats	0	1	2	3
Difficulty gaining weight	0	1	2	3
<b>Category XVII (Males Only)</b>				
Urination difficulty or dribbling	0	1	2	3
Frequent urination	0	1	2	3
Pain inside of legs or heels	0	1	2	3
Feeling of incomplete bowel emptying	0	1	2	3
Leg twitching at night	0	1	2	3
<b>Category XVIII (Males Only)</b>				
Decreased libido	0	1	2	3
Decreased number of spontaneous morning erections	0	1	2	3
Decreased fullness of erections	0	1	2	3
Difficulty maintaining morning erections	0	1	2	3
Spells of mental fatigue	0	1	2	3
Inability to concentrate	0	1	2	3
Episodes of depression	0	1	2	3
Muscle soreness	0	1	2	3
Decreased physical stamina	0	1	2	3
Unexplained weight gain	0	1	2	3
Increase in fat distribution around chest and hips	0	1	2	3
Sweating attacks	0	1	2	3
More emotional than in the past	0	1	2	3
<b>Category XIX (Menstruating Females Only)</b>				
Perimenopausal	Yes	No		
Alternating menstrual cycle lengths	Yes	No		
Extended menstrual cycle (greater than 32 days)	Yes	No		
Shortened menstrual cycle (less than 24 days)	Yes	No		
Pain and cramping during periods	0	1	2	3
Scanty blood flow	0	1	2	3
Heavy blood flow	0	1	2	3
Breast pain and swelling during menses	0	1	2	3
Pelvic pain during menses	0	1	2	3
Irritable and depressed during menses	0	1	2	3
Acne	0	1	2	3
Facial hair growth	0	1	2	3
Hair loss/thinning	0	1	2	3
<b>Category XX (Menopausal Females Only)</b>				
How many years have you been menopausal?			years	
Since menopause, do you ever have uterine bleeding?	Yes	No		
Hot flashes	0	1	2	3
Mental fogginess	0	1	2	3
Disinterest in sex	0	1	2	3
Mood swings	0	1	2	3
Depression	0	1	2	3
Painful intercourse	0	1	2	3
Shrinking breasts	0	1	2	3
Facial hair growth	0	1	2	3
Acne	0	1	2	3
Increased vaginal pain, dryness, or itching	0	1	2	3

### **PART III**

How many alcoholic beverages do you consume per week? \_\_\_\_\_

How many caffeinated beverages do you consume per day? \_\_\_\_\_

How many times do you eat out per week? \_\_\_\_\_

How many times do you eat raw nuts or seeds per week? \_\_\_\_\_

List the three worst foods you eat during the average week: \_\_\_\_\_

List the three healthiest foods you eat during the average week: \_\_\_\_\_

### **PART IV**

Please list any medications you currently take and for what conditions:

Please list any natural supplements you currently take and for what conditions:

Rate your stress level on a scale of 1-10 during the average week: \_\_\_\_\_

How many times do you eat fish per week? \_\_\_\_\_

How many times do you work out per week? \_\_\_\_\_