

Natural Medicine Center
449 Bay Area Blvd., Houston, TX 77058
Phone: 281-286-6040 Fax: 281-286-4120

Dr. Robert Rakowski, DC, CCN, DACBN, DIBAK

Patient Information

Patient Name _____ Date of Birth ____/____/____

E-Mail _____

Address _____ City _____ ST _____ Zip _____

Phone: Home: _____ Work: _____ Cell: _____

Marital Status: (S) ____ (M) ____ (W) ____ (D) ____ (Separated) _____

Employer _____

Referred by: _____

Authorization to Release Information

I HEREBY AUTHORIZE THE NATURAL MEDICINE CENTER OR HIS BILLING AGENT TO RELEASE ANY INFORMATION ACQUIRED IN THE COURSE OF MY DIAGNOSIS OR TREATMENT TO MY INSURANCE COMPANY OR PERSONS REPRESENTING MY CASE.

Collection Policy

The office collection policy is to collect full payment for the services rendered at the time of service.

We do accept all major credit cards.

Cancellation Policy

Please notify us 48-hours in advance should you need to cancel testing appointments to avoid a \$125 fee (new patient) or \$75 fee (follow up) and 24-hours in advance for all other services. The missed appointment fee for chiropractic services is \$60 for new patients and \$30 for follow up visits. All other services will be assessed a fee of 50% of the appointment charge. Missed appointment fees will be charged to the credit card provided below.

CC number _____ Exp. Date _____ Sec # _____

I UNDERSTAND THAT I AM RESPONSIBLE FOR ANY UNPAID BALANCES.

My signature below is proof that I have read and understand the above financial policy for the Natural Medicine Center.

Signature _____ Date _____

Natural Medicine Center

Driving Directions

- From Houston, take I 45 South, exit Bay Area Blvd. Turn left onto Bay Area Blvd. From Galveston, take I 45 North, exit Bay Area Blvd and turn right.
- Go about 1 mile and cross Hwy 3 and go over the railroad tracks
- Immediately get in the left-hand lane and take the first U-turn (by FedEx Office)
- We are in the shopping center next to Berkshire Hathaway Home Service and Haute Mommies.
- **The address is: 449 Bay Area Blvd; Houston, TX. 77058**
- **Our phone number is (281) 286-6040 if you need further assistance.**

Notice of Financial Agreement

To our patients:

The Natural Medicine Center is very pleased to have you as a new patient. We are honored you have selected our clinic for your care.

We do not file Insurance claims however, we will work with you to insure that you have all the necessary documentation to file with your insurance carrier so they can process and pay your claims in a timely manner. Should you be covered by Medicare, you will not be eligible to submit your claims to them since we are not a Medicare provider.

If you are receiving treatment as a result of a motor vehicle accident, you are responsible for paying all costs at the time of treatment. A statement will be provided for you to file with the responsible party for reimbursement purposes.

If it is necessary to initiate action to collect any unpaid balance on your account, you agree to pay reasonable costs of collection, including necessary attorney fees and court costs.

Agreed:

Patient Signature _____ Date _____

Patient Name (print) _____

Witness _____

Natural Medicine Center

449 Bay Area Blvd.
Houston, TX 77058
281-286-6040

Informed Consent for Chiropractic, Nutrition, and Acupuncture

The nature of Chiropractic treatment: The doctor will use his/her hands or a mechanical device to move your joints in a very specific way. You may feel a “click” or “pop” and you may feel movement of the joint. This is normal, but does not always occur with every adjustment.

The nature of Acupuncture treatment: The doctor may also use acupuncture as an adjunct, or in whole, during your care. Acupuncture involves the insertion of tiny needles into the body through the skin. It may also involve the use of pressure or electrical stimulation separately, or in conjunction with needling.

The nature of Nutrition treatment: The doctor may also advocate the use of specific nutrients during your care. This involves the prescription of brand name individual or combination products. Rest assured that the Natural Medicine Center uses only the highest quality products. Possible risks as with all health care, complications are possible following a chiropractic, acupuncture, and nutrition therapy.

---Chiropractic complications could include fractures of bone, muscular strain, ligamentous sprain, dislocation of joints, or injury to intervertebral discs, nerves, or spinal cord. Cerebrovascular injury or stroke could occur upon severe injury to arteries of the neck. These complications are extremely rare occurrences. A minority of patients may notice stiffness or soreness after the first few days of treatment. The ancillary procedures could produce skin irritation, burns or minor complications.

---Acupuncture complications include infection at the needling site, organ perforation, bleeding, and pneumothorax. The style of acupuncture used at Natural Medicine Center is typically more superficial lessening the possibility of complications.

---Nutritional complications include the risk of adverse nutrient-reactions and hypersensitivity. Nutrients are in general well tolerated, however as with any medication, if any adverse symptoms occur with nutrient use, discontinue immediately and consult you treating doctor.

The risks of complications due to Chiropractic treatment have been described as “rare”. The risk of cerebrovascular injury or stroke, has been estimated at one in one million to one in twenty million, and can be even further reduced by screening procedures. It is safer to get adjusted than it was to get in your car and drive to our clinic! The probability of adverse reaction due to acupuncture and nutrient therapy are also considered “rare”. They would be significantly less than the chance of adverse complications due to prescription medication use or surgery.

**Please see reverse and sign-----

Risks of remaining untreated:

Delay of treatment allows formation of adhesions, scar tissue, and other degenerative changes. These changes can further reduce skeletal mobility, and induce chronic pain cycles. It is quite possible that delay of treatment will complicate the condition and make further rehabilitation more difficult. Delaying treatment of nutrient therapy can lead to a variety of chronic diseases such as diabetes, heart disease, cancer, stroke, death etc.

Unusual risks:

I have had any unusual risks of my case explained to me. I have read the explanation above of Chiropractic, nutrition, and acupuncture treatment. I have had the opportunity to have any questions answered to my satisfaction. I have fully evaluated the risks and benefits of undergoing treatment and understand that no guarantees of outcome have been made. I have also disclosed all medical information to the doctor.

By signing this document, I have freely decided to undergo the recommended treatment, and hereby give my full consent for treatment. I accept the risks and release Dr. Rakowski/Romportl of any liability for any injury or loss directly related to care I have received at this clinic.

Patient Name:

Patient Signature

Date

Parent or Legal Guardian's Signature (if patient is under 18)

Date

DETOXIFICATION QUESTIONNAIRE

Patient Name: _____

Date: _____

Rate each of the following symptoms based on your typical health profile for the specified duration:

Past month Past week Past 48 hours

Point Scale: **0**—Never or almost never have the symptom **1**—Occasionally have it, effect is not severe **2**—Occasionally have it, effect is severe
3—Frequently have it, effect is not severe **4**—Frequently have it, effect is severe

I. Medical Symptoms Questionnaire (MSQ)

<p>HEAD _____ Headaches</p> <p>_____ Faintness</p> <p>_____ Dizziness</p> <p>_____ Insomnia TOTAL _____</p> <hr/> <p>EYES _____ Watery or itchy eyes</p> <p>_____ Swollen, reddened or sticky eyelids</p> <p>_____ Bags or dark circles under eyes</p> <p>_____ Blurred or tunnel vision TOTAL _____</p> <hr/> <p>EARS _____ Itchy ears</p> <p>_____ Earaches, ear infections</p> <p>_____ Drainage from ear</p> <p>_____ Ringing in ears, hearing loss TOTAL _____</p> <hr/> <p>NOSE _____ Stuffy nose</p> <p>_____ Sinus problems</p> <p>_____ Hay fever</p> <p>_____ Sneezing attacks</p> <p>_____ Excessive mucus formation TOTAL _____</p> <hr/> <p>MOUTH/THROAT _____ Chronic coughing</p> <p>_____ Gagging, frequent need to clear throat</p> <p>_____ Sore throat, hoarseness, loss of voice</p> <p>_____ Swollen or discolored tongue, gums, lips</p> <p>_____ Canker sores TOTAL _____</p> <hr/> <p>SKIN _____ Acne</p> <p>_____ Hives, rashes, dry skin</p> <p>_____ Hair loss</p> <p>_____ Flushing, hot flashes</p> <p>_____ Excessive sweating TOTAL _____</p> <hr/> <p>HEART _____ Chest pain</p> <p>_____ Irregular or skipped heartbeat</p> <p>_____ Rapid or pounding heartbeat TOTAL _____</p> <hr/> <p>LUNGS _____ Chest congestion</p> <p>_____ Asthma, bronchitis</p> <p>_____ Shortness of breath</p> <p>_____ Difficulty breathing TOTAL _____</p>	<p>DIGESTIVE TRACT _____ Nausea, vomiting</p> <p>_____ Diarrhea</p> <p>_____ Constipation</p> <p>_____ Bloating feeling</p> <p>_____ Belching, passing gas</p> <p>_____ Heartburn</p> <p>_____ Intestinal/stomach pain TOTAL _____</p> <hr/> <p>JOINTS/MUSCLE _____ Pain or aches in joints</p> <p>_____ Arthritis</p> <p>_____ Stiffness or limitation of movement</p> <p>_____ Feeling of weakness or tiredness</p> <p>_____ Pain or aches in muscles TOTAL _____</p> <hr/> <p>WEIGHT _____ Binge eating/drinking</p> <p>_____ Craving certain foods</p> <p>_____ Excessive weight</p> <p>_____ Water retention</p> <p>_____ Underweight</p> <p>_____ Compulsive eating TOTAL _____</p> <hr/> <p>ENERGY/ACTIVITY _____ Fatigue, sluggishness</p> <p>_____ Apathy, lethargy</p> <p>_____ Hyperactivity</p> <p>_____ Restlessness TOTAL _____</p> <hr/> <p>MIND _____ Poor memory</p> <p>_____ Confusion, poor comprehension</p> <p>_____ Difficulty in making decisions</p> <p>_____ Stuttering or stammering</p> <p>_____ Slurred speech</p> <p>_____ Learning disabilities</p> <p>_____ Poor concentration</p> <p>_____ Poor physical coordination TOTAL _____</p> <hr/> <p>EMOTIONS _____ Mood swings</p> <p>_____ Anxiety, fear, nervousness</p> <p>_____ Anger, irritability, aggressiveness</p> <p>_____ Depression TOTAL _____</p> <hr/> <p>OTHER _____ Frequent illness</p> <p>_____ Frequent or urgent urination</p> <p>_____ Genital itch or discharge TOTAL _____</p> <hr/> <p>GRAND TOTAL _____ TOTAL _____</p>
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Detoxification Questionnaire, page 2

II. Xenobiotic Tolerability Test (XTT)

<p>1. Are you presently using prescription drugs? <input type="checkbox"/> Yes (1 pt.) If yes, how many are you currently taking? ____ (1 pt. each) <input type="checkbox"/> No (0 pt.)</p> <hr/> <p>2. Are you presently taking one or more of the following over-the-counter drugs? <input type="checkbox"/> Cimetidine (2 pts.) <input type="checkbox"/> Acetaminophen (2 pts.) <input type="checkbox"/> Estradiol (2 pts.)</p> <hr/> <p>3. If you have used or currently use prescription drugs, which of the following scenarios best represents your response to them: <input type="checkbox"/> Experience side effects, drug(s) is (are) efficacious at lowered dose(s) (3 pts.) <input type="checkbox"/> Experience side effects, drug(s) is (are) efficacious at usual dose(s) (2 pts.) <input type="checkbox"/> Experience no side effects, drug(s) is (are) usually not efficacious (2 pts.) <input type="checkbox"/> Experience <i>no</i> side effects, drug(s) is (are) usually efficacious (0 pt.)</p> <hr/> <p>4. Do you currently use or within the last 6 months had you regularly used tobacco products? <input type="checkbox"/> Yes (2 pts.) <input type="checkbox"/> No (0 pt.)</p> <hr/> <p>5. Do you have strong negative reactions to caffeine or caffeine containing products? <input type="checkbox"/> Yes (1 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)</p>	<p>6. Do you commonly experience "brain fog," fatigue, or drowsiness? <input type="checkbox"/> Yes (1 pt.) <input type="checkbox"/> No (0 pt.)</p> <hr/> <p>7. Do you develop symptoms on exposure to fragrances, exhaust fumes, or strong odors? <input type="checkbox"/> Yes (1 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)</p> <hr/> <p>8. Do you feel ill after you consume even small amounts of alcohol? <input type="checkbox"/> Yes (1 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)</p> <hr/> <p>10. Do you have a personal history of <input type="checkbox"/> Environmental and/or chemical sensitivities (5 pts.) <input type="checkbox"/> Chronic fatigue syndrome (5 pts.) <input type="checkbox"/> Multiple chemical sensitivity (5 pts.) <input type="checkbox"/> Fibromyalgia (3 pts.) <input type="checkbox"/> Parkinson's type symptoms (3 pts.) <input type="checkbox"/> Alcohol or chemical dependence (2 pts.) <input type="checkbox"/> Asthma (1 pt.)</p> <hr/> <p>11. Do you have a history of significant exposure to harmful chemicals such as herbicides, insecticides, pesticides, or organic solvents? <input type="checkbox"/> Yes (1 pt.) <input type="checkbox"/> No (0 pt.)</p> <hr/> <p>12. Do you have an adverse or allergic reaction when you consume sulfite containing foods such as wine, dried fruit, salad bar vegetables, etc? <input type="checkbox"/> Yes (1 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)</p>
GRAND TOTAL: _____	

For Practitioner Use Only:

OVERALL SCORE TABULATION

Recommended protocols based on new detoxification questionnaire (MSQ and XTT) MSQ SCORE _____ (High >50; moderate 15-49; Low <14) XTT SCORE _____ (High >10; moderate 5-9; Low <4)					
MSQ Score	XTT Score	Description	Functional Medicine Protocol		
			Medical Food	Diet	Additional Nutraceutical Support
50 or >	10 or >	High level of general symptoms and indicated symptoms of elevated toxic load	Medical food for imbalanced detoxifiers	28-day elimination diet	Bifunctional, antioxidant, and chlorophyllin nutraceuticals
15-49	5-9	Moderate level of general symptoms with moderate symptoms of toxic load	Medical food for imbalanced detoxifiers	10-day elimination diet	Consider bifunctional, antioxidant, and chlorophyllin nutraceuticals
14 or <	4 or <	Low level of general symptoms and minimal indicators of toxic load			Maintenance
Additional Symptom-Specific Support					
Symptom			Nutraceutical Support		
Water retention and/or frequent or urgent urination			Kidney support nutraceuticals		
Heartburn and/or intestinal/stomach pain			Functional dyspepsia nutraceuticals		
Diarrhea, constipation, and/or intestinal/stomach pain			Probiotics		

Note: Patients with high MSQ but low XTT may be exhibiting pathology that is not related to toxic load. Other mechanisms should be considered such as inflammation/immune/allergic gastrointestinal dysfunction, oxidative stress, hormonal/neurotransmitter dysfunction, nutritional depletion, and/or mind body. Individualize support with specific medical foods, diet, and/or nutraceuticals.

Identi-T™ Stress Assessment

Name _____ Age _____ Sex _____ Date _____

Stress is a normal part of life. Every day, we're faced with stimuli, called stressors, which can elicit the body's "fight or flight" response, setting off a cascade of physiological reactions and resulting in emotions ranging from mild to intense. But while occasional stress is natural and even healthy, chronic or acute stress can be harmful.

Please take a few moments to discover your body's response to situations you perceive as stressful. By honestly assessing how you feel, your healthcare provider can create a natural stress relief program for your individual needs.

Directions:

Please read each statement and circle the number 0, 1, 2, or 3 that best describes your feelings or reactions throughout the course of the day. Determine the subtotal score for each section, then determine the total scores for sections A-C and C-E. Some questions may appear redundant between sections. There's a reason for each question. Don't spend much time on any one question.

0 = Never true 1 = Seldom true 2 = Sometimes true 3 = Often true

When under stress for two weeks or longer, I...

Section A:

- | | | | | |
|---|---|---|---|---|
| 1. Get wound up when I get tired and have trouble calming down..... | 0 | 1 | 2 | 3 |
| 2. Feel driven, appear energetic but feel "burned out" and exhausted..... | 0 | 1 | 2 | 3 |
| 3. Feel restless, agitated, anxious, and uneasy..... | 0 | 1 | 2 | 3 |
| 4. Feel easily overwhelmed by emotion..... | 0 | 1 | 2 | 3 |
| 5. Feel emotional — cry easily or laugh inappropriately..... | 0 | 1 | 2 | 3 |
| 6. Experience heart palpitations or a pounding in my chest..... | 0 | 1 | 2 | 3 |
| 7. Am short of breath..... | 0 | 1 | 2 | 3 |
| 8. Am constipated..... | 0 | 1 | 2 | 3 |
| 9. Feel warm, over-heated, and dry all over..... | 0 | 1 | 2 | 3 |
| 10. Get mouth sores or sore tongue..... | 0 | 1 | 2 | 3 |
| 11. Get hot flashes..... | 0 | 1 | 2 | 3 |
| 12. Sleep less than seven hours a night..... | 0 | 1 | 2 | 3 |
| 13. Have trouble falling asleep and staying asleep..... | 0 | 1 | 2 | 3 |
| 14. Worry about high blood pressure, cholesterol, and triglycerides..... | 0 | 1 | 2 | 3 |
| 15. Forget to eat and feel little hunger..... | 0 | 1 | 2 | 3 |

Total points: _____

Section B:

- | | | | | |
|--|---|---|---|---|
| 1. Find myself worrying about things big and small..... | 0 | 1 | 2 | 3 |
| 2. Feel like I can't stop worrying, even though I want to..... | 0 | 1 | 2 | 3 |
| 3. Feel impulsive, pent up, and ready to explode..... | 0 | 1 | 2 | 3 |
| 4. Get muscle spasms..... | 0 | 1 | 2 | 3 |
| 5. Feel aggressive, unyielding, or inflexible when pressed for time..... | 0 | 1 | 2 | 3 |
| 6. See, hear, and smell things that others do not..... | 0 | 1 | 2 | 3 |
| 7. Stay awake replaying the events of the day or planning for tomorrow..... | 0 | 1 | 2 | 3 |
| 8. Have upsetting thoughts or images enter my mind again and again..... | 0 | 1 | 2 | 3 |
| 9. Have a hard time stopping myself from doing things again and again, like checking on things or rearranging objects over and over..... | 0 | 1 | 2 | 3 |
| 10. Worry a lot about terrible things that could happen if I'm not careful..... | 0 | 1 | 2 | 3 |

Total points: _____

Section C:

- | | | | | |
|--|---|---|---|---|
| 1. Have muscle and joint pains..... | 0 | 1 | 2 | 3 |
| 2. Have muscle weakness..... | 0 | 1 | 2 | 3 |
| 3. Crave salt or salty things..... | 0 | 1 | 2 | 3 |
| 4. Have multiple points on my body that when touched are tender or painful..... | 0 | 1 | 2 | 3 |
| 5. Have dark circles under my eyes..... | 0 | 1 | 2 | 3 |
| 6. Feel a sudden sense of anxiety when I get hungry..... | 0 | 1 | 2 | 3 |
| 7. Use medications to manage pain..... | 0 | 1 | 2 | 3 |
| 8. Get dizzy when rising or standing up from a kneeling or sitting position..... | 0 | 1 | 2 | 3 |
| 9. Have diarrhea or bouts of nausea with or without vomiting for no apparent reason..... | 0 | 1 | 2 | 3 |
| 10. Have headaches..... | 0 | 1 | 2 | 3 |

Total points: _____

Section D:

1. Have trouble organizing my thoughts.....0 1 2 3
2. Get easily distracted and lose focus.....0 1 2 3
3. Have difficulty making decisions and mistrust my judgment.....0 1 2 3
4. Feel depressed and apathetic.....0 1 2 3
5. Lack the motivation and energy to stay on task and pay attention.....0 1 2 3
6. Am forgetful.....0 1 2 3
7. Feel unsettled, restless, and anxious.....0 1 2 3
8. Wake up tired and unrefreshed.....0 1 2 3
9. Experience heartburn and indigestion.....0 1 2 3
10. Catch colds or infections easily.....0 1 2 3

Total points: _____

Section E:

1. Feel tired for no apparent reason.....0 1 2 3
2. Experience lingering mild fatigue after exertion or physical activity.....0 1 2 3
3. Find it difficult to concentrate and complete tasks.....0 1 2 3
4. Feel depressed and apathetic.....0 1 2 3
5. Feel cold or chilled – hands, feet, or all over – for no apparent reason.....0 1 2 3
6. Have little or no interest in sex.....0 1 2 3
7. Sweat spontaneously during the day.....0 1 2 3
8. Feel puffy and retain fluids.....0 1 2 3
9. Sleep more than nine hours a night.....0 1 2 3
10. Have poor muscle tone.....0 1 2 3
11. Have trouble losing weight.....0 1 2 3
12. Wake up tired even though I seem to get plenty of sleep.....0 1 2 3
13. Have no energy and feel physically weak.....0 1 2 3
14. Am susceptible to colds and the flu.....0 1 2 3
15. Feel dragged down by multiple symptoms, such as poor digestion and body aches.....0 1 2 3

Total points: _____

Add points from sections A, B & C	Total for A, B & C: _____
Add points from sections C, D & E	Total for C, D & E: _____

Lifestyle and Health Status:

1. Circle the level of stress you experience on the scale of 1-10, 10 being the worst:
 1 2 3 4 5 6 7 8 9 10
2. What do you consider to be the major causes of your stress (for example – spouse, family, friends, work, finances, wedding, pregnancy, legal, commute):

3. I eat breakfast _____ times a week. My typical breakfast is: _____
4. I take a multiple vitamin/mineral _____ days per week. I take a fish oil supplement _____ days per week.
5. I participate in 30 minutes of physical activity such as walking, aerobics (e.g., running), resistance training (e.g., weights, pilates), sports (e.g. biking), or yoga:
 Daily 5-6 times per week 3-4 times per week 1-2 times per week Less than once a week
6. I smoke _____ cigarettes daily.
7. I drink two or more 8 ounce cups of caffeinated coffee or other caffeinated beverages like energy/diet drinks, colas, or black or green teas:
 Daily 5-6 times per week 3-4 times per week 1-2 times per week Less than once a week
8. I drink two or more ounces of alcoholic beverages:
 Daily 5-6 times per week 3-4 times per week 1-2 times per week Less than once a week
9. List your current health problems and any over-the-counter or prescription medications that you are now taking:

Current health problem(s)	Date of onset	List all current medication(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____



HEALTH HISTORY

Name _____ Date of Birth _____ Today's Date _____

Occupation _____ Age _____ Height _____ Sex _____ Number of Children _____

Marital Status: Single Partner Married Separated Divorced Widow(er)

Are you recovering from a cold or flu? _____ Are you pregnant? _____

Reason for office visit: _____ Date began: _____

Date of last physical exam _____ Practitioner name and phone number _____

Laboratory procedures performed (e.g., stool analysis, blood and urine chemistries, hair analysis):

Outcome _____

What types of therapy have you tried for this problem(s):

- diet modification fasting vitamins/minerals herbs homeopathy chiropractic acupuncture conventional drugs
 other _____

List current health problems for which you are being treated: _____

Current medications (prescription or over-the-counter): _____

Major Hospitalizations, Surgeries, Injuries: Please list all procedures, complications (if any) and dates:

Year	Surgery, Illness, Injury	Outcome
_____	_____	_____
_____	_____	_____

Circle the level of stress you are experiencing on a scale of 1 to 10 (1 being the lowest): 1 2 3 4 5 6 7 8 9 10

Identify the major causes of stress (e.g., changes in job, work, residence or finances, legal problems): _____

Do you consider yourself: underweight overweight just right Your weight today _____

Have you had an unintentional weight loss or gain of 10 pounds or more in the last three months? _____

Is your job associated with potentially harmful chemicals (e.g., pesticides, radioactivity, solvents) or health and/or life threatening activities (e.g., fireman, farmer, miner)?

- Corrective lenses Dentures Hearing aid Medical devices/prosthetics/implants, describe: _____

Recent changes in your ability to: see hear taste smell feel hot/cold sensations

move around (sit upright, stand, walk, run, pick up things, swing your arms freely, turn your head, wiggle fingers)

Strong like for any of the following flavors: sour bitter sweet rich/fatty spicy/pungent salty

Strong dislike for any one of the following flavors: sour bitter sweet rich/fatty spicy/pungent salty

Do you: Prefer warmth (i.e., food, drinks, weather, etc.) Prefer cold (i.e., food, drinks, weather, etc.) No preference

Is your sleep disturbed at the same time each night? _____ If yes, what time? _____

Time of day you feel the most energy or the least symptoms:

Time of day you feel the worst or your symptoms are aggravated:

- 7 a.m. - 9 a.m. 9 a.m. - 11 a.m. 11 a.m. - 1 p.m.
 1 p.m. - 3 p.m. 3 p.m. - 5 p.m. 5 p.m. - 7 p.m.
 7 p.m. - 9 p.m. 9 p.m. - 11 p.m. 11 p.m. - 1 a.m.
 1 a.m. - 3 a.m. 3 a.m. - 5 a.m. 5 a.m. - 7 a.m.

- 7 a.m. - 9 a.m. 9 a.m. - 11 a.m. 11 a.m. - 1 p.m.
 1 p.m. - 3 p.m. 3 p.m. - 5 p.m. 5 p.m. - 7 p.m.
 7 p.m. - 9 p.m. 9 p.m. - 11 p.m. 11 p.m. - 1 a.m.
 1 a.m. - 3 a.m. 3 a.m. - 5 a.m. 5 a.m. - 7 a.m.

Do you experience any of these general symptoms EVERY DAY?

- Debilitating fatigue Shortness of breath Insomnia Constipation Chronic pain/inflammation
 Depression Panic attacks Nausea Fecal incontinence Bleeding
 Disinterest in sex Headaches Vomiting Urinary incontinence Discharge
 Disinterest in eating Dizziness Diarrhea Low grade fever Itching/rash

Medical History

- Arthritis
- Allergies/hay fever
- Asthma
- Alcoholism
- Alzheimer's disease
- Autoimmune disease
- Blood pressure problems
- Bronchitis
- Cancer
- Chronic fatigue syndrome
- Carpal tunnel syndrome
- Cholesterol, elevated
- Circulatory problems
- Colitis
- Dental problems
- Depression
- Diabetes
- Diverticular disease
- Drug addiction
- Eating disorder
- Epilepsy
- Emphysema
- Eyes, ears, nose, throat problems
- Environmental sensitivities
- Fibromyalgia
- Food intolerance
- Gastroesophageal reflux disease
- Genetic disorder
- Glaucoma
- Gout
- Heart disease
- Infection, chronic
- Inflammatory bowel disease
- Irritable bowel syndrome
- Kidney or bladder disease
- Learning disabilities
- Liver or gallbladder disease (stones)
- Mental illness
- Mental retardation
- Migraine headaches
- Neurological problems (Parkinson's, paralysis)
- Sinus problems
- Stroke
- Thyroid trouble
- Obesity
- Osteoporosis
- Pneumonia
- Sexually transmitted disease
- Seasonal affective disorder
- Skin problems
- Tuberculosis
- Ulcer
- Urinary tract infection
- Varicose veins
- Other _____

Medical (Men)

- Benign prostatic hyperplasia (BPH)
- Prostate cancer

- Decreased sex drive
- Infertility
- Sexually transmitted disease
- Other _____

Medical (Women)

- Menstrual irregularities
- Endometriosis
- Infertility
- Fibrocystic breasts
- Fibroids/ovarian cysts
- Premenstrual syndrome (PMS)
- Breast cancer
- Pelvic inflammatory disease
- Vaginal infections
- Decreased sex drive
- Sexually transmitted disease
- Other _____
- Age of first period _____
- Date of last gynecological exam _____
- Mammogram + -
- PAP + -
- Form of birth control _____
- # of children _____
- # of pregnancies _____
- C-section _____
- Surgical menopause
- Menopause
- Date of last menstrual cycle _____
- Length of cycle _____ days
- Interval of time between cycles _____ days
- Any recent changes in normal menstrual flow (e.g., heavier, large clots, scanty) _____

Family Health History (Parents and Siblings)

- Arthritis
- Asthma
- Alcoholism
- Alzheimer's disease
- Cancer
- Depression
- Diabetes
- Drug addiction
- Eating disorder
- Genetic disorder
- Glaucoma
- Heart disease
- Infertility
- Learning disabilities
- Mental illness
- Mental retardation
- Migraine headaches
- Neurological disorders (Parkinson's, paralysis)
- Obesity
- Osteoporosis
- Stroke
- Suicide
- Other _____

Health Habits

- Tobacco:
- Cigarettes: #/day _____
- Cigars: #/day _____
- Alcohol:
- Wine: #glasses/d or wk _____
- Liquor: #ounces/d or wk _____
- Beer: #glasses/d or wk _____
- Caffeine:
- Coffee: #6 oz cups/d _____
- Tea: #6 oz cups/d _____
- Soda w/caffeine: #cans/d _____
- Other sources _____
- Water: #glasses/d _____

Exercise

- 5-7 days per week
- 3-4 days per week
- 1-2 days per week
- 45 minutes or more duration per workout
- 30-45 minutes duration per workout
- Less than 30 minutes
- Walk
- Run, jog, jump rope
- Weight lift
- Swim
- Box
- Yoga

Nutrition & Diet

- Mixed food diet (animal and vegetable sources)
- Vegetarian
- Vegan
- Salt restriction
- Fat restriction
- Starch/carbohydrate restriction
- The Zone Diet
- Total calorie restriction
- Specific food restrictions:
- dairy wheat eggs
- soy corn all gluten
- Other _____

Food Frequency

- Servings per day:
- Fruits (citrus, melons, etc.) _____
- Dark green or deep yellow/orange vegetables _____
- Grains (unprocessed) _____
- Beans, peas, legumes _____
- Dairy, eggs _____
- Meat, poultry, fish _____

Eating Habits

- Skip breakfast
- Two meals/day
- One meal/day
- Graze (small frequent meals)
- Food rotation
- Eat constantly whether hungry or not
- Generally eat on the run
- Add salt to food

Current Supplements

- Multivitamin/mineral
- Vitamin C
- Vitamin E
- EPA/DHA
- Evening Primrose/GLA
- Calcium, source _____
- Magnesium
- Zinc
- Minerals, describe _____
- Friendly flora (acidophilus)
- Digestive enzymes
- Amino acids
- CoQ10
- Antioxidants (e.g., lutein, resveratrol, etc.)
- Herbs - teas
- Herbs - extracts
- Chinese herbs
- Ayurvedic herbs
- Homeopathy
- Bach flowers
- Protein shakes
- Superfoods (e.g., bee pollen, phytonutrient blends)
- Liquid meals
- Other _____

Would you like to:

- Have more energy
- Be stronger
- Have more endurance
- Increase your sex drive
- Be thinner
- Be more muscular
- Improve your complexion
- Have stronger nails
- Have healthier hair
- Be less moody
- Be less depressed
- Be less indecisive
- Feel more motivated
- Be more organized
- Think more clearly and be more focused
- Improve memory
- Do better on tests in school
- Not be dependent on over-the-counter medications like aspirin, ibuprofen, anti-histamines, sleeping aids, etc.
- Stop using laxatives or stool softeners
- Be free of pain
- Sleep better
- Have agreeable breath
- Have agreeable body odor
- Have stronger teeth
- Get less colds and flus
- Get rid of your allergies
- Reduce your risk of inherited disease tendencies (e.g., cancer, heart disease, etc.)