Health History

Name				Date
Address	City		Sta	ate Zip Code
Phone	Email			
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
List current health problems for which you are being treated:				
What types of therapies have you tried for these problem(s) or to improv	e your health overall:			
☐ Diet modification ☐ Fasting ☐ Vitamins/minerals ☐ Other		eopathy 🗆 Chi	ropractic Acup	ouncture
Do you experience any of these general symptoms on a regular basis?				
\square Debilitating fatigue \square Shortness of breath	☐ Insomnia	□ Cc	onstipation	☐ Chronic pain/inflammation
☐ Depression ☐ Panic attacks	☐ Nausea	□ Fe	ecal incontinence	☐ Bleeding
☐ Disinterest in sex ☐ Headaches	☐ Vomiting	□ Ui	rinary incontinence	□ Discharge
☐ Disinterest in eating ☐ Dizziness	☐ Diarrhea		w grade fever	☐ Itching/rash
Current medications (prescription or over-the-counter):				
Laboratory procedures performed (e.g., stool analysis, blood and urine ch	homietrios hair analys	ic).		
Outcome:				
Major hospitalization, surgeries, injuries. Please list all procedures, comp	olications (if any), and	dates:		
Year Surgery, illness, or injury		Outco	ome	
Circle the level of stress you are experiencing on a scale of 1 to 10 (1 bein Identify the major causes of stress (e.g., changes in job, residence or fin			5 6	7 8 9 10
Do you consider yourself: Underweight Overweig	•	, ,	ur weight today:	
Have you had an unintentional weight loss or gain of 10 pounds or mo- ls your job associated with potentially harmful chemicals (e.g., pesticides, r.				
What are your current health goals:				
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Arthrinis Sexually transmitted obsesse Tahabacon Multiple Martinis Malega (Nomen) Tahabacon Malega (Nomen) Martinis Tahabacon Malega (Nomen) Martinis Malega (Nomen) Martinis Malega (Nomen) Martinis Malega (Nomen) Martinis Malega (Nomen) Malega (Nomen) Martinis Malega (Nomen) Malega	Medical History	☐ Infertility	Health Habits	Current Supplements
Ashmine Acknowledge Ackn	☐ Arthritis	☐ Sexually transmitted disease	☐ Tobacco:	☐ Multivitamin/mineral
Actionals	☐ Allergies/hay fever	Other	Cigarettes: # /day	☐ Vitamin C
Authoriment debace General regulations General debace General deba	☐ Asthma			☐ Vitamin E
Abteinment disease	☐ Alcoholism	Medical (Women)	☐ Alcohol:	□ EPA/DHA
Automative decises	☐ Alzheimer's disease	· ·		☐ Evening primrose/GLA
Blood pressure problems Intertitiv Beer # glassacy/d or wk Magnesium	☐ Autoimmune disease	e e		☐ Calcium, source
Bronchitis Fibropolic breasts Cafferine Carbord Cancer Fibrodole vortical regists Cafferine Carbord	☐ Blood pressure problems		Beer: # glasses/d or wk	☐ Magnesium
Context	☐ Bronchitis			☐ Zinc
Chord Edges prictione Permentrual syndrome (PMS) Capal tume syndrome Pricendly flora (packaghtus) College carry syndrome College carry syndrome Pricendly flora (packaghtus) College carry syndrome College	☐ Cancer	•	Coffee: # 6 oz cups/d	☐ Minerals (describe)
Graph turnel syndrome Breast cancer Delevis inflammatory disease Other sources Cholicates of Cholicates	☐ Chronic fatigue syndrome			☐ Friendly flora (acidophilus)
Cholesterol, clevated Pebkic inflammatory disease Other sources Animo acids Copo	, ,	•		☐ Digestive enzymes
Collistory problems Valginal infections Valginal infections Collisto	☐ Cholesterol, elevated		Other sources	☐ Amino acids
Collis Decreased sox drive Exercise Antioxidants (s.g., lutein, present) Decreased sox drive Sexually transmitted disease Spd days/wk Hebs Hebs Decreased sox drive Spd days/wk Decreased sox drive Decreased sox	☐ Circulatory problems	,	☐ Water: # glasses/d	☐ CoQ10
Dental problems Sexually transmitted disease Sy days/wk Herbs Herbs Date of last GVN exam Sy days/wk Homograthy Herbs Herbs Date of last GVN exam Sy days/wk Homograthy Herbs Date of last GVN exam Sy days/wk Homograthy Herbs Superfoods (e.g., bee pollen, phylosylaridat disease Superfoods (e.g., bee pollen, phylosylaridat disease Spellensy wednoted Superfoods (e.g., bee pollen, phylosylaridat education Superfoods (e.g., bee pollen, phylosylaridate edu	☐ Colitis	9	Exercise	
Debetes Date of lest CVN exam 3-3 days/wk Homeopathy Homeo				*
Disbetticular disease Mammogram +	☐ Depression	,	- , , ,	
Diverticular disease Mammogram	☐ Diabetes			, ,
Dring addiction Pap	☐ Diverticular disease			
Earling disorder Form of birth control	☐ Drug addiction			☐ Superfoods (e.g., bee pollen,
Epitephy	☐ Eating disorder		☐ 30-45 minutes duration per workout	
Entipy Sension			☐ Less than 30 minutes	'
Levis, earls, nose, control Caption Capt	☐ Emphysema		☐ Walk: #days/wk	
Region proteins Age of first period Berrynmental sensitivities Date of last mentrual cycle Stretch. #days/wk Feel more vital Have more energy Have more long to more more more more more more more mor			☐ Run, jog, other aerobic - #days/wk	I Would Like to:
Bibromyalgia Date of last menstrual cycle days Setterh #days/wk Have more energy Have more energ	'			·
Have more energy Have more endurance Gastroesophageal reflux disease Interval of time between cycles days Any recent changes in normal menstrual Gout Surgical menopause Wegatarian Steep better Steep bette			☐ Weight lift: #days/wk	☐ Feel more vital
Other	, 9		☐ Stretch: #days/wk	☐ Have more energy
Genetic disorder Geneti			Other	
Glaucoma Ray recent changes in normal menstrual Glaucoma Ray recent changes in normal menstrual Glaucoma Row (eg., heavier, large clots, scanty) vegetables Refer eof pain Refe			Nutrition & Diet	
Gout		Any recent changes in normal menstrual		
Heart disease			vegetable sources)	☐ Be free of pain
Feat disease			☐ Vegetarian	
Family Health History Salt restriction Not be dependent on over-the-counter Inflammatory bowel disease Parents and Siblings Fat restriction Stop using laxatives and stiblings Fat restriction Stop using laxatives and stool softeners Improve sex drive Impro		☐ Menopause		9
Irritable bowel syndrome	,			☐ Not be dependent on over-the-counter
Kidney or bladder disease	,	(Parents and Siblings)	☐ Fat restriction	antihistamines sleening aids etc
Asthma	•	☐ Arthritis	☐ Starch/carbohydrate restriction	
Liver or gallbladder disease (stones)		☐ Asthma		softeners
Mental illness			☐ Total calorie restriction	☐ Improve sex drive
Mental retardation Depression Soy corn all gluten Burn more body fat		☐ Alzheimer's disease	Specific food restrictions:	Body Composition
Migraine headaches		☐ Cancer	•	
Neurological problems (Parkinson's, paralysis) Drug addiction Food Frequency Have better muscle tone Stroke Genetic disorder Number of servings per day: Stress: Mental and Emotional Fruits (citrus, melons, etc.) Stress: Mental and Emotional Learn how to reduce stress Obesity Heart disease Dark green or deep yellow/orange vegetables Think more clearly and be more focused Infertility Grains (unprocessed) Improve memory Improve memory Dark green or deep yellow/orange vegetables Think more clearly and be more focused Improve memory Dark green or deep yellow/orange vegetables Think more clearly and be more focused Improve memory Dark green or deep yellow/orange vegetables Think more clearly and be more focused Improve memory Dark green or deep yellow/orange vegetables Dark green or deep yellow/orange vegetables Dark green or deep yellow/orange Dark green		☐ Depression	,	☐ Burn more body fat
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☐ Thyroid trouble ☐ Glaucoma Fittle (citus, fitelois, etc.) ☐ Learn how to reduce stress ☐ Obesity ☐ Heart disease Dark green or deep yellow/orange vegetables				Stress: Mental and Emotional
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□ Benign prostatic hyperplasia □ Generally eat on the run orientation to creating a wellness lifestyle	Medical (Men)			9
□ Prostate cancer □ Eat constantly whether hungry lifestyle	, ,	Outel	•	☐ Change from a "treating-illness"
Leat constantly whether nungry	=		•	lifestyle

☐ Decreased sex drive