

**Medical History**

- Allergies/hay fever
- Anxiety
- Arthritis or rheumatism
- Asthma
- Alcoholism
- Alzheimer's disease
- Auto-immune disease
- Blood pressure problems
- Bronchitis
- Cancer
- Chronic Fatigue Syndrome
- Carpel Tunnel Syndrome
- Cholesterol, elevated
- Circulatory problems
- Cold sores
- Colitis
- Dental problems
- Depression
- Diabetes
- Diverticular disease
- Drug addiction
- Eating disorder
- Epstein Barr virus
- Epilepsy
- Emphysema
- Environmental sensitivities
- Fibromyalgia
- Food Intolerance
- Gallbladder removed
- Gallstones
- Gastroesophageal reflux disease
- Genetic disorder
- Glaucoma
- Gout
- Heart disease
- Hep A / B / C
- HIV / AIDS
- Infection, chronic
- Inflammatory bowel disease
- Irritable Bowel Syndrome
- Kidney or bladder disease
- Learning disabilities
- Liver or gallbladder disease
- Mental illness
- Mental retardation
- Migraine headaches
- Neurological disorders (Parkinson's, paralysis, MS)
- Panic attacks
- Sinus problems
- Stroke
- Thyroid trouble
- Obesity
- Osteoporosis
- Pneumonia
- Sexually transmitted disease
- Seasonal affective disorder
- Skin problems
- Tuberculosis
- Ulcer
- Urinary tract infections
- Varicose Veins
- Other: \_\_\_\_\_

**Women**

- Menstrual irregularities
- Endometriosis

- Infertility
- Fibrocystic breasts
- Fibroids
- Ovarian cysts/PCOS
- Premenstrual syndrome
- Breast Cancer
- PID
- Vaginal infections
- Decreased sex drive
- Sexually transmitted disease

Other: \_\_\_\_\_

Age at onset of menses: \_\_\_\_\_

Date of last gynecological exam: \_\_\_\_\_

Mammogram:  +  -

PAP:  +  -

Form of birth Control: \_\_\_\_\_

No of children: \_\_\_\_\_

No of pregnancies: \_\_\_\_\_

C-section

Surgical menopause

Menopause

First day of last menstrual period: \_\_\_\_\_

Days period lasts: \_\_\_\_\_

Length of cycle: \_\_\_\_\_

Any change in normal menstrual flow (e.g. heavier, large clots, scanty): \_\_\_\_\_

\_\_\_\_\_

**Family Health History (Parents & 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, MS)
- Obesity
- Osteoporosis
- Stroke
- Suicide
- Other: \_\_\_\_\_

**Health Habits**

- Tobacco
- Cigarettes per day: \_\_\_\_\_
- Cigars per day: \_\_\_\_\_
- Alcohol

- Glasses per DAY: \_\_\_\_\_
- Wine \_\_\_\_\_
- Beer \_\_\_\_\_
- Glasses per WEEK: \_\_\_\_\_
- Wine \_\_\_\_\_
- Beer \_\_\_\_\_
- Ounces per DAY: \_\_\_\_\_
- Liquor \_\_\_\_\_
- Ounces per WEEK: \_\_\_\_\_
- Liquor \_\_\_\_\_

Caffeine

Coffee, cups per day: \_\_\_\_\_

Tea, cups per day: \_\_\_\_\_

Soda, cans per day: \_\_\_\_\_

Other sources: \_\_\_\_\_

Water, glasses per day: \_\_\_\_\_

**Exercise**

- 1-2 days per week
- 3-4 days per week
- 5-7 days per week
- 45 minutes or more duration per workout
- less than 30 minutes
- walk
- run, jog, jump rope
- weight lift
- swim
- yoga

**Nutrition/Diet**

- Mixed food diet (animal and vegetable sources)
- Vegetarian
- Vegan
- Low salt intake
- Low fat intake
- Starch/carbohydrate restriction
- Total calorie restriction
- Specific food restrictions: \_\_\_\_\_
- dairy  wheat
- eggs  soy  corn
- all gluten
- Other: \_\_\_\_\_

Servings per day: \_\_\_\_\_

Fruits: \_\_\_\_\_

Dark green or deep yellow/orange vegetables: \_\_\_\_\_

\_\_\_\_\_

Whole grains, unprocessed: \_\_\_\_\_

\_\_\_\_\_

Beans, peas, legumes: \_\_\_\_\_

Dairy, eggs: \_\_\_\_\_

Meat, poultry, fish: \_\_\_\_\_

**Eating Habits**

- Skip breakfast
- Two meals per day
- One meal per day
- Graze (small frequent meals)
- Eat constantly whether hungry or not
- Generally eat on the run
- Use artificial sweeteners

**Current Supplements**

- Multi-vitamin/mineral

- Vitamin C
- Vitamin E
- Fish oil
- Flax oil
- Evening primrose oil
- Calcium
- Magnesium
- Zinc
- Probiotics
- Digestive enzymes
- Amino acids
- CoQ10
- Antioxidants
- Herbal teas, medicinal
- Herbal extracts, medicinal
- Chinese herbs
- Ayurvedic herbs
- Homeopathic remedies
- Bach flower remedies
- Protein shakes
- Liquid meals
- Other: \_\_\_\_\_

I would like to:

- have more energy
- be stronger
- have more endurance
- increase my sex drive
- be thinner
- be more muscular
- improve my 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
- be more focused
- improve my memory
- do better on tests in school
- not be dependent on over-the-counter medications (e.g. aspirin, ibuprofen, antihistamines, sleeping aids, etc.)
- stop using laxatives or stool softeners
- be free of pain
- sleep better
- have more agreeable breath
- have stronger teeth
- get less colds and flus
- get rid of my allergies
- reduce my risk of inherited disease tendencies (e.g. cancer, heart disease, etc.)