### **HEALTH HISTORY**

Name				Date		
Phones: (W)	(H)	(F	Fax)			
Address					Zip	
Referred by		For_				
Insurance		Hosp. of	nlyHMO_	PPO	_PPO+	Full
VITAL STATISTICS Date of Birth	Age	Height	Weight	Des	sired Weigl	ht
Gender Blood Ty	pe	_ Race	Ethnic Ancestry_			
Age of Puberty #	# Children	Menstrual	Cycle: # days		Menopaus	e Age
PURPOSE OF VISIT Primary Secondary						
MEDICAL HISTORY Infancy: Premature?	Y Breastfed	? How lon	g?I	Formula: Cow	Goa	t Soy
Childhood Diseases						
Teenage Diseases						
Adult Diseases						
Family Diseases						
Injuries						
Surgeries						
Allergies						
Current Medications						
Past Medications						
Primary Physician		Diagnosis				
Specialist Physician		Diagnosis	S			
Other Therapists						
LIFESTYLE Occupation				Loi	ng Hours?	
Major Life Stresses						
Travel Frequently						
Exercise				Hours Pe	r Week? _	
Sleep: Hours at Night	Dreams About Health_		Nightmares			
Fatigued-Drowsy?	Daily En	ergy Peaks	Dai	ly Energy Lov	VS	
GlassesContact Lense						
Dental Disease or Surgery _				Denture	:s	
Water Source: Tap	Well	Filtered	Bottled	Type Pl	umbing?_	
Drink Alcohol?						

# VITAMIN DEFICIENCY SYMPTOMS Check symptoms last 6 months

B Complex Insomnia	Biotin Hair loss	A Night-blindness
Dermatitis, Rough skin	Muscle pain	Acne, Rashes
Fatigue, Drowsiness	Nausea, Pallor	Antibiotics, Cholestyramine
High sweets or alcohol	Scaly rash: skin or scalp	Cataracts, Glaucoma
Irregular blood sugar		Conjunctivitis, Dry eyes
Irritability, Depression	Choline & Inositol	Cystic Fibrosis
	Cirrhosis, Fatty liver	Dry skin, Sunburn
B1 Nerve damage (Beriberi)	Depression, Nervousness	Hypothyroid (low)
Anxiety, Fear, Paranoia	Fat intolerance	Infertility
Frequent alcohol or sushi	Memory loss, Confusion	Respiratory infections
Low appetite, Nausea	Neuromuscular disorders	
Reflex loss, Tingling limbs		D Bowed legs (Rickets)
Wavering vision	B12 & FolAnemia (macro)	Cortisone, Dilantin
Weak muscles, Enlarged heart	Poor appetite, Weight loss	Fall-winter depression
	Poor memory	Bone pains, Fractures
B2Cracked lip corners (Cheilosis)		Kidney disease
Allergies, Chem sensitivities	B12 Nerve damage	Limited sunlight
Bloodshot eyes, Tearing	Autism	Osteoporosis, Osteomalacia
Excess sunlight or computer	Hyperthyroid (high)	Psoriasis
Hypo or hyper thyroid	Multiple Sclerosis	
Light sensitivity, Large pores	Neomycin, Dilantin	E Blood clots, Anemia
Sore mouth, Purple tongue	Poor coordination	Broken capillaries
Tetracycline overuse	Poor digestion	Brown age spots - skin
Watery eyes, Burning lids	Senile Dementia	Cystic Fibrosis, Infertility
	Vegetarian diet	Dry itchy skin, Sunburn
B3 Rough skin (Pellagra)	Viral Infections, Shingles	Female - breast cysts
Anxious, Fearful		Heart disease
Delusions, Hallucinations	Fol Cervical dysplasia or cancer	Muscle damage
Diarrhea, Heartburn	Contraceptives	Peripheral neuropathy
Disorientation	Diarrhea, Floating stools	Respiratory infections
Hi corn, millet or alcohol	Sulfa drugs, Barbituates	
		K Bleeding ulcers
B5 Hi stress life	C Broken capillaries (Scurvy)	Bruising, Nose bleeds
Burning cramps, Little bile	Allergies, Infections	Coumarin, Dilantin, Antibiotics
Frequent infections	Bleeding gums, Gingivitis	Liver or kidney disease
Loss of coordination	Bruising	
Weak adrenal glands	Fatigue, Weakness	QGum disease
	Poor wound healing	Heart disease
B6 Anemia (microcytic)	Skin wrinkling, Aging	Poor immunity
Acne, Toxemia	Smoking, Dilantin	Timele Asine Whintle
Carpel Tunnel Syndrome	Weak muscles, Joint pains	LipoicAging, Wrinkles
Chemical sensitivities		Atherosclerosis, Stroke
Contraceptives, PMS	PAdrenal insufficiency	Cataracts, Retinopathy
Diabetic neuropathy	Atherosclerosis	Diabetes, Hypoglycemia
Epilepsy, Seizures	Bruising, Broken capillaries	Heavy Metal toxicity
Huntington's Chorea	Disc or joint degeneration	High cholesterol, High LDL
Kidney disease or stones	Wrinkling, Collagen disorder	High lactic acid
Medication reactions		Nerve or brain damagePoor muscle tone, fat deposits
Parkinson's Disease		1 oor musere tone, rat deposits

# MINERAL DEFICIENCY SYMPTOMS Check symptoms last 6 months

	Low sex drive or hormones	Mn_	Bone or cartilage defects	S	Fatigue
	Osteoporosis, Osteomalacia		Carbohydrate intolerance		Hair, skin, nail problems
			Epilepsy, Seizures		
Ca_	Brittle bones, nails, teeth		Female infertility	Zn_	Acne, rashes, Dry skin
	Fear of impending doom		Hi triglycerides, Low cholesterol		Angry, Aggressive, Hostile
	Muscle cramps at night		Irregular skin pigment		Anorexia, Low appetite
	Osteoporosis, Osteomalacia		Joint & tendon pains		Diabetes, Hypoglycemia
	Sodas, Cortisone, Dilantin		<del>-</del>		Diuretics, Contraceptives
	_ ,		Poor lactation		Hi alcohol, Hi sugar
Cl	Poor meat digestion		Ringing in Ears		Learning disability
_	Poor growth & weight gain				Loss of taste & smell
	Child - speech delay	Mo	Acne, PMS		Macular Degeneration
		_	Adrenal cortical insufficiency		Poor immunity: Colds, Flu
Cr	Diabetes		Caffeine intolerance		Poor wound healing
	Hi cholesterol, Hi LDL		Headaches, Migraines		Rarely remember dreams
	Hi triglycerides		Multiple allergies		White spots on nails
	_ Hypoglycemia		Sulfite / nitrate intolerance	-	Child Poor growth, short
	_ Trypogryceima		Sumte / intrate intolerance		Teen Delayed puberty
Cu	Anemia (microcytic)	Na	Cramps, Constipation		Male Prostatitis, Sterility
Cu_		īva			= · · · · · · · · · · · · · · · · · · ·
	Child Kinke hair syndrome		Low blood pressure	-	Male Low sex drive, Impotance
	Hi LDL cholesterol		Morning sickness, PMS	17	Dishetes
	Poor immunity: colds, flu		Nausea, Vomiting	v	Diabetes
	Skin depigmentation	ъ.	D: 1		High cholesterol
	_ Bruising (collagen)	Pot_	Diarrhea		High triglycerides
_			Difficulty breathing		
Fe_	Anemia (microcytic)		Edema (water retention)	CI	IDDI EMENITO
	_ Fatigue, Weakness		Hi salt, Diuretics, Cortisone		JPPLEMENTS
	Pale lips, Pallor of face		Irregular heart beat	L1S	t Current Supplements:
	Poor alertness or memory		Nausea, Vomiting		
			Weak muscles, cramps		
I	_ Hypothyroid (low)				
	_ Dry skin, Dry thin hair	P	_ Stiff joints, fragile bones		
	_ High cholesterol		Weakness, Malaise		
	_ Learning disabilities				
	Overweight, Puffy face	Se	Chemical sensitivity		
	Poor memory		Heart problems		
			Muscle discomfort		
Li_	Hyperactivity		Muscular Dystrophy		
	_ Manic-Depressive		Oily skin, Acne		
			Tumors, Cysts, Cancer		
Mg_	Constipation, Hemorrhoids				<del>-</del>
	Chest pains, Heart disease	Si	Breaking nails		<del>-</del>
	Hi blood pressure, Mitral valve		Chronic joint pains		<del>-</del>
	_ Insomnia, Irritability		Wrinkling skin		
	Menstrual cramps				
	Muscle spasms or twitching				
	Sodas, Alcohol, Cortisone, Diuretics				

### **DIET PATTERNS**

DIGESTION	<b>List Meals Last 24 Hours</b>	ALLERGY SYMPTOMS
Acid reflux,hiatal hernia	Breakfast	Autoimmune disorder
Bile, Gall stones, Jaundice		Fatigued, Drowsy
Candida, Yeast infections		Food cravings, Bingeing
Constipation, Hemorrhoids		Swelling, Water retention
Cramps, Colitis, Tummy ache		Cardiovascular
Diarrhea, Loose stools		Chest pains
Gas & bloating		Pulse races after meals
Heartburn, Ulcers		Eyes-Ears
Irritable bowel syndrome		Earaches, Ringing ears
Light floating stools	Lunch	Eyes: puffy, dark, watery
Nausea, Vomiting		Eyes: black / white floaters
Undigested food in stools		Sensitivity to light or sound
		Musculo-Skeletal
FOODS EATEN		Arthritis, Joint pains
List # days per week:		Muscle aches or spasms
MilkCheeseYogurt		Neurological
Eggs		Depression, Crying
Red Meats		Headaches, Migraines
Poultry		Hyperactivity, ADHD
FishShellfish	Snack	Irritability, Anxiety
Grains, Bread, Pasta		Learning disorder, PDD
Nuts-Seeds		Memory Loss, Confusion
Beans		Reproductive
SaladVegies	Dinner	Female: PMS, Vaginitis
Tomato, Bell Pepper		Male: Prostatitis
Fruits		Respiratory
AspartameSaccharin		Asthma, Bronchitis
Butter Margarine		Laryngitis, Sore throat
Cake, PastryCookies		Rhinitis, stuffy nose, mucus
CandyChocolate		Skin
ChipsCrackers		Face: Acne, Rosacea
CoffeeBlack Tea		Eczema, Hives, Rashes
Corn SyrupSugar		Flushing cheeks or ears
Fast FoodSodas		Urinary
Honey Maple syrup		Bedwetting
Ice CreamSauces	Dessert	Kidney -bladder infections
SaltSpices		Urinary Frequency

BONES & TEETH	AMINO ACIDS	Check symptoms last 6 months
Arg, His, Lys, Orn, Pro, Thr	HEART	
Fractures	Carn, Glut, His, Trp	FATTY ACIDS
Osteoporosis	Atherosclerosis (Carn, Glut)	Cholesterol
Poor bone growth	Hi blood pressure (Trp, His)	Low cholesterol <150
Poor calcium absorption	Hi cholesterol (Trp)	Nerve damage
Poor dental enamel (Thr)	Hi triglycerides (Carn)	Omega 3 (linolenic)
BLOOD	Irregular heart beat (Taur)	High cholesterol
Ala, Cys, Gly, His, Ser, Trp	Overweight (Carn)	High LDL, low HDL
Damaged RBC (Glut)	IMMUNITY	Atherosclerosis
Low creatine (Ser)	Arg, Cys, His, Lys, Orn	Omega 6 (linoleic)
Low hemoglobin (His, Gly)	Excess nasal mucus	Bleeding fingertips & palms
Poor iron absorption (Cys)	Herpes, other Virus (Lys)	Cracked dry skin
BLOOD SUGAR	Poor immunity	Irregular menstruation
Ala, Glu, Leu,	Low white blood cells (Cys, His)	PMS
Alcohol cravings (Glu)	LIVER & GALL BLADDER	Omega 9, Phospholipids
Diabetes (Leu)	Arg, Cys, Glut, Gly, Met, Orn, Thr	& Sphingolipids
Fatigue (Asp, Met)	Alcoholism (Taur)	Learning disorder
Low blood sugar (Ala)	Chemical sensitivity (Met)	Multiple Sclerosis
Sugar cravings (Glu)	Fatty liver (Met, Thr)	Nerve or brain damage
BRAIN	Gall bladder dis (Gly, Taur)	
GABA, Glu, Phe, Taur, Trp, Tyr	Liver degeneration (Arg, Orn)	SACCHARIDES Glucosamine & Chondroitin
Anxiety (GABA)	Liver toxicity (Asp, Glut,Met)	
Depression (Phe, Trp, Tyr)	MUSCLES	Blood vessel damage
Epilepsy (GABA, Taur)	Ile, Leu, Val (BCAA)	Bone Osteoporosis
Excessive appetite (Phe, Tyr)	Arg, Glu, Gly, Lys, Orn, Ser	Cartilage damage  Disk damage
Insomnia (Trp)	Muscular dystrophy (Glu)	Intestinal permeability
Learning disability (Phe)	Poor muscle size & tone	Joint pains or damage
Low thyroid (Tyr)	NERVES (Asn, Ser)	
Mental retardation (Glu)	Nerve damage	Mucous membrane dryness
Poor memory (Glu, Phe)	SEX GLANDS	Skin dryness
Schizophrenia (Phe, Glu)	Arg, Ala, Gly, Glu	Tendon damage
Senility (Glu)	Low sperm (Arg)	Fructooligosaccharides
CONNECTIVE TISSUE	Prostatitis (Ala,Gly,Glu)	Cancer
Gly, Lys, Pro (Collagen-Elastin*)	SKIN, HAIR & NAILS	HIV
Blood vessel damage*	Gly, Lys, Pro (Collagen-Elastin*)	Myocarditis, Pericarditis
Cartilage damage	Arg, Cys, Leu, Met, Ser, Tyr	Nephritis (kidneys)
Cornea aging or damage	Age spots (Cys)	Peritonitis (abdominal lining)
Tendon or Ligament* damage	rige spots (Cys) Dry unmoist skin (Ser)	Pleuritis (chest cavity lining)
	Poor skin pigmentation (Tyr)	Polymyositis-dermatomyositis
DIGESTIVE SYSTEM	Poor wound healing (Arg, Leu, Cys)	Rheumatoid Arthritis
Gly, Glu, His	Wrinkling* (Cys, Gly, Lys, Pro)	Scleroderma
Hyper acidity (Gly)	Breaking nails (Cys, Met)	Sjogren's Disease
Irritated intestine (Glu)Peptic ulcer (His, Glu, Gly)	Hair loss, damage (Cys, Met)	Systemic Lupus