



Health History

Current medications, reason and length of time:

Current vitamins/supplements, reason and length of time, are they prescribed, are you getting results?

Check only those conditions which are applicable:

- | | | | | |
|---|--|---|---|---|
| <input type="checkbox"/> AIDS/HIV | <input type="checkbox"/> Cataracts | <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Suicide Attempt |
| <input type="checkbox"/> Alcoholism | <input type="checkbox"/> Chemical Dependency | <input type="checkbox"/> Hernia | <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Thyroid Problems |
| <input type="checkbox"/> Allergy Shots | <input type="checkbox"/> Chicken Pox | <input type="checkbox"/> Herniated Disc | <input type="checkbox"/> Parkinson's Ds | <input type="checkbox"/> Tonsillitis |
| <input type="checkbox"/> Anemia | <input type="checkbox"/> Depression | <input type="checkbox"/> Herpes | <input type="checkbox"/> Pinched Nerve | <input type="checkbox"/> Tuberculosis |
| <input type="checkbox"/> Anorexia | <input type="checkbox"/> Diabetes | <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Pneumonia | <input type="checkbox"/> Tumors |
| <input type="checkbox"/> Appendicitis | <input type="checkbox"/> Emphysema | <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> Polio | <input type="checkbox"/> Lyme's disease |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Liver Disease | <input type="checkbox"/> Prostate Problems | <input type="checkbox"/> Ulcers |
| <input type="checkbox"/> Bleeding disorders | <input type="checkbox"/> Glaucoma | <input type="checkbox"/> Headaches | <input type="checkbox"/> Psychiatric Care | <input type="checkbox"/> Fractures |
| <input type="checkbox"/> Vaginal infections | <input type="checkbox"/> Breast lump | <input type="checkbox"/> Goiter | <input type="checkbox"/> Miscarriage | <input type="checkbox"/> Venereal Disease |
| <input type="checkbox"/> Bronchitis | <input type="checkbox"/> Gout | <input type="checkbox"/> Multiple Sclerosis | <input type="checkbox"/> Cancer | <input type="checkbox"/> Heart Problems |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Metabolic Disorder | <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Low back pain | <input type="checkbox"/> Migraines |
| <input type="checkbox"/> Arm/back tingling | <input type="checkbox"/> Shoulder pain | <input type="checkbox"/> Hand pain/tingling | <input type="checkbox"/> Leg pain/tingling | <input type="checkbox"/> Jaw pain |
| <input type="checkbox"/> Lung problems | <input type="checkbox"/> Blood pressure issues | <input type="checkbox"/> Ankle swelling | <input type="checkbox"/> Cold hands/feet | <input type="checkbox"/> Blurred vision |
| <input type="checkbox"/> Difficulty breathing | <input type="checkbox"/> Stuffy nose | <input type="checkbox"/> Allergies | <input type="checkbox"/> Fainting | <input type="checkbox"/> Weight loss |
| <input type="checkbox"/> Poor appetite | <input type="checkbox"/> Excessive appetite | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Confusion | <input type="checkbox"/> Dental problems |
| <input type="checkbox"/> Excessive thirst | <input type="checkbox"/> Frequent nausea | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Painful urination | <input type="checkbox"/> Bladder trouble |
| <input type="checkbox"/> Discolored urine | <input type="checkbox"/> Gas/bloating | <input type="checkbox"/> Heartburn | <input type="checkbox"/> Colitis | <input type="checkbox"/> Irritable bowel |
| <input type="checkbox"/> Black stools | <input type="checkbox"/> Bloody stools | <input type="checkbox"/> Constipation | <input type="checkbox"/> Hemorrhoids | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Tired after 2pm | <input type="checkbox"/> Wake up b/t 1&3 am | <input type="checkbox"/> Loss of sleep | <input type="checkbox"/> Difficulty hearing | <input type="checkbox"/> Ear pain |
| <input type="checkbox"/> Excessive urination | <input type="checkbox"/> Eczema | | | |

Have you had any surgeries? If yes, please describe: _____

Women only:

Date of last menstrual period: _____

Do you have the following occur with your periods: Painful cramping Heavy Long lasting

Migraines Clotting Fatigue Leg weakness Bowel habit changes

Any abnormal PAP or mammograms? Yes No

If so, please explain: _____

- | | | |
|--------------------------------|------------------------------|-----------------------------|
| Do you have hot flashes? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have night sweats? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have insomnia? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have memory loss? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have mood swings? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have low sex drive? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have fatigue? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have breast tenderness? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have Weight gain? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have anxiety? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |



Men only:

- Do you have decreased urinary flow? Yes No
Do you have abdominal weight gain? Yes No
Do you have elevated cholesterol? Yes No
Do you have erectile dysfunction? Yes No
Do you have depression/anxiety? Yes No
Do you have fatigue? Yes No
Do you have a loss of muscle tone? Yes No
Do you have irritability? Yes No
Difficulty concentrating? Yes No

Date of last prostate exam: _____ Any abnormalities? If so, please explain: _____

Family Health History:

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Osteopenia | <input type="checkbox"/> Thyroid Problems | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Alcoholism | <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Lung Disease | <input type="checkbox"/> Autoimmune Disorders |
| <input type="checkbox"/> Mental Illness | <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Digestive Disorders |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Eye Disorders | <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Liver Disease | <input type="checkbox"/> Liver Disease | <input type="checkbox"/> Addictions |
| <input type="checkbox"/> Other _____ | | | |

I hereby certify the information provided on these pages to be accurate to the best of my knowledge.

Patient Name _____

Patient Signature _____ Date _____