



EXISTING CLIENT NUTRITIONAL FORM

Thank you for trusting Restore True Health with your care. Since I already have your comprehensive homeopathic health history, this form focuses on updates and nutrition-specific information to help guide your wellness plan.

Date:

Full Name:

Birth Date:

Email:

Phone #:

Address:

Profession:

Height:

Weight:

Primary reason you are seeking nutritional support:

What are your top three goals for your health?

1. _____
2. _____
3. _____

Allergies: list all allergies, past and/or present (such as any medications, hay fever, cats, etc.) If so, do you take any medications to alleviate these allergies when they occur?

Current over the counter medications, doctor prescriptions (this is very important so it can be researched to understand the impact on nutrients and side effects) and supplements taking include Brand name (to ensure any supplement that may be prescribed will not be contra-indicated):

Are you having any other treatment for the above condition(s)?

Do you suffer from any skin issues or had skin issues in the past? If so, were the skin issues treated with medication or any type of topical cream?

SLEEP:

What time do you normally go to bed? _____

What time do you normally wake up? _____

Do you wake up feeling restored and refreshed? _____

Any sleep concerns?

BOWEL HABITS: straining to pass stool, no desire to pass stool, discomfort passing stool, any other additional information write here:

How many bowel movements a day? _____

How often do you skip a day without a bowel movement? _____

Color of stools: light brown, medium brown, dark brown, yellow/golden, tan, red/bright-red streaks, black, pale/clay-colored, gray, color varies frequently, other:

Using the chart below, indicate which types of stools you pass: _____

Bristol Stool Chart

Use this chart to identify the stool type that most closely matches your typical bowel movement.

Type 1		Separate hard lumps, like nuts (hard to pass)	Constipation
Type 2		Sausage-shaped but lumpy	Constipation
Type 3		Like a sausage but with cracks on its surface	Normal
Type 4		Like a sausage or snake, smooth and soft	Normal
Type 5		Soft blobs with clear-cut edges (passed easily)	Lacks fiber
Type 6		Fluffy pieces with ragged edges, a mushy stool	Diarrhea
Type 7		Watery, no solid pieces, entirely liquid	Diarrhea

Please take your time to pause and reflect when answering the following questions/symptoms below. Every question has a purpose; you DO NOT need to remember every detail. Once the form is received, it will be thoroughly looked through and patterns may be seen. Although there are sections of the body being addressed on the questions below, holistic well-being is not 'sectioned'. All the information given will be integrated into your session to get a more in-depth case history. You may notice some connections as you fill in the form. You may notice your symptoms started following a medical procedure or an emotional event. This form is just as much to allow you to reflect back on your health journey as well as to gather information so the best support can be provided.

Circle the symptoms that apply to each category.

CARDIOVASCULAR: fatigue, numbness of hand/feet, noises in head or ringing in ear, drowsy, palpitations, sigh frequently/air hunger, increased need for fresh air, swollen ankle(s) worse at night tendency to anemia, smoker, shortness of breath, swelling of legs and ankles, light-headedness, loss of consciousness, little or no joy in life, experiencing loss, experiencing rejection, obesity high C-reactive protein, little or no exercise, chest pain, fatigue/pain in arms/legs, feeling unloved, feeling impatient, feeling rejected, none of the above, other:

BONES and MINERALS: hip and joint pain, receding gums and/or dental cavities, tendency towards slouching, bone loss/osteoporosis, crunching or creaking joints, none of the above, other:

DIGESTION: lower bowel gas several hours after eating, burning stomach sensation relieved by eating, alternating diarrhea/constipation, indigestion, difficult bowel movements, ulcers/colitis/gastritis/IBS, bloating, bad breath, coated tongue, rectal itching, inability to gain weight, international travel, cramping, excessive belching/burping, none of the above, other:

LIVER and GALLBLADDER: pain under right side of rib cage, frequent skin rashes, bitter metallic taste in the morning, bowel movements painful or difficult, low energy/weakness/exhaustion, upset from greasy/fatty foods, frequent headaches, pain between shoulder blades, general feeling of poor health, aching muscles, feeling of nausea, frequent use of laxatives, history of gallbladder issues, history of hepatitis, history of jaundice, sneezing attacks, itchy skin that is worse at night, stools light colored, none of the above, other:

THYROID: insomnia, decreased appetite, increased appetite without gaining weight, trouble gaining weight, increase in weight, highly emotional, night sweats/shakes, inward trembling, eyelids and/or face twitch, can't work under pressure, nervousness, intolerance to heat, flush easily, thin/moist skin, dry/scaly skin, heart palpitation, pulse fast at rest, slow pulse (below 65), irritable and restless, ringing in ear, impaired hearing, mental sluggishness, headaches upon rising that wear off during the day, increased frequency of urination, fatigue easily, sleepy during the day, constipation, hair coarse/falls out, reduced initiative, none of the above, other:

ENVIRONMENT: exposure to fumes (ex: paint, salon, car), skin disorders (ex: psoriasis, hives), live near power lines/mobile masts, mercury fillings (silver ones), use of household chemicals, use pesticides, loss of hair, PC work, none of the above, other:

PITUITARY: increased/decreased sugar tolerance, low blood pressure, headaches, failing memory, increased sex drive, reduced sex drive, bloating of abdomen, weight gain around hips or waist, tendency to ulcers, menstrual disorders, lack of menstruation, none of the above , other:

ADRENALS: dizziness, hot flushes, hair growth on face/body (female), masculine features (female), sugar in urine not diabetes, headaches, increased blood pressure, low blood pressure, chronic fatigue, weakness, exhaustion, respiratory disorders, poor circulation, swollen ankles, bowel disorder, allergies, asthma, brown spots or bronzing skin, crave salt, arthritic tendencies, nails weak/rigid, none of the above, other:

IMMUNITY: enlarged glands, skin irritation/eczema, chronic/acute stress overload, swollen lymph glands, re-current minor infections, throat infections, poor wound healing, slow recovery from illness, boils/styes, cold/flu frequently, bumpy skin on arms, inflamed or bleeding gums, cough with mucus, swollen tongue, dark areas under eyes, sore throat, postnasal drip, ear aches and infections, herpes/cold sores, none of the above, other:

RESPIRATORY SYSTEM: allergies, wheezing, shortness of breath, smoking, grief/sadness/crying/recent loss, chest pain, asthma, chronic cough, excessive mucous, cold/flu, skin issues, none of the above, other:

FILTERING SYSTEM: water retention, gout, fatigue, dizziness, high blood pressure, low blood pressure, fear, feeling insecure, frequent urination, difficult urination, incomplete emptying of bladder, frequent kidney/bladder infections, painful urination, difficulty starting the stream, weakness of the knee, legs nervous at night (involuntary movement), poor memory, lower back pain, kidney stone/problems, spinal arthritis, ringing in ears, low sex drive, blood in urine, none of the above, other:

FEMALE: long standing depression, low feelings before menstruation, headache before or during menses, menopausal hot flashes, pre-menstrual tension, painful breasts, too frequent menstruation, migraine headache, obsessive dietary habits, vaginal discharge, uterine fibroids/cysts, retaining fluid during/before period, unable to trust anyone, unfulfilling occupation, carrying undesirable responsibilities, overwhelmed, lack of fulfilling relationship, diminished sex drive, lack of femininity, painful menses, very easily fatigued, acne worse at menses, menses scanty or misses, periods excessive/long, vaginal dryness, hysterectomy, breasts cysts/lumps/mastitis, miscarriage, frequent thrush, feeling inadequate, feeling unloved, difficulty conceiving, stress from abortions(s), feelings of guilt, feeling rejected, loss of control, lack of romance, feeling put down, none of the above, other:

Any further information about your hormones, please explain below:

MALE: Tire too easily, prostate disorder, urination difficult or dripping, avoid activity, pains on inside of legs or heels, leg nervous at night (involuntary), overwhelmed, financial stress, unfulfilling occupation, diminished sex drive, lack of energy, migraine headache, incomplete bowel movement, frequent night urination, depression, job stress, feeling inadequate, loss of control, none of the above, other:

What type of activities do you do to move your body and elevate your heart rate?

FOOD DIARY

Please write down all the foods and drinks you consume over an average 2-day period. Include everything you consume from the moment you wake to the moment you fall asleep.

Please list your breakfast, lunch, dinner and any snacks

Day 1:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 2:

[illegible]

Are there any foods that you would find difficult to remove from your lifestyle?

1 serving of vegetables = approximately **1 cup raw vegetables**, **½ cup cooked vegetables**, or **2 cups leafy greens**. An easy estimate is **one closed fist** of vegetables.

1 serving of fruit = **1 medium piece of fruit**, **1 cup berries or chopped fruit**, or **½ cup dried fruit**. An easy estimate is **one cupped hand**.

How many servings of fruit do you eat a day? 0 1-2 3-5 More than 5

How many servings of vegetables do you eat a day? 0 1-2 3-5 More than 5

How much water do you drink a day? <17oz 17oz 17-34oz 34-68 oz More than 68oz

Do you smoke? Yes No

How many alcoholic drinks do you drink per week? 0 1-2 3-4 5 or more I don't drink alcohol

Is there any additional information you would like to provide?

FORM OF CONSENT TO TREATMENT: I voluntarily request nutritional consultation and wellness coaching from Leanne Wasilewski through Restore True Health. I understand that nutritional consultation is intended to provide education and guidance regarding nutrition, lifestyle, and wellness. These services are not intended to diagnose, treat, cure, or prevent disease and are not a substitute for medical care provided by a licensed healthcare professional. I understand that any nutritional recommendations, supplement suggestions, educational resources, or lifestyle guidance are offered to support overall health and well-being. I acknowledge that I am responsible for the health decisions made on behalf of myself and for discussing any medical concerns with my healthcare provider when appropriate. If I am an existing Restore True Health client, I consent to Leanne Wasilewski referencing my previously submitted health history and intake forms to provide integrated care. I have updated any significant changes to my health within this intake form. Where appropriate during the final assessment process of the New School of Nutritional Medicine, I understand that my case may be reviewed confidentially with supervising faculty for educational and quality assurance purposes. By signing below, I acknowledge that I have read, understood, and voluntarily consent to receive nutritional consultation and wellness coaching through Restore True Health.

☐ *I acknowledge that I have received and reviewed the Restore True Health Notice of Privacy Practices (HIPAA).*

Signature

Today's Date