

# Whole Health Connection

Phone: (601) 749-9831

E-mail: [info@wholehealthconnection.com](mailto:info@wholehealthconnection.com)

Website: [www.wholehealthconnection.com](http://www.wholehealthconnection.com)

Name:	
Date:	File#:

<b>UPPER GI</b>			
	Sometimes nausea in mornings		Receding gums
	Sometimes nausea in evenings		Frequent use of alcohol
	Sometimes excess salivation		Frequent poor appetite
	Mouth frequently too dry		Strong, demanding hunger
	Duodenal ulcer		Bitter taste in morning
	Stomach ulcer		“Dragon breath” in morning
	Sometimes foul burps		Acid indigestion at night
	Butterflies in stomach		Frequent mouth or cold sores
	Seldom eat breakfast		Sometimes difficulty in swallowing
	Often don't finish meals		Indigestion after eating
	Often eat to calm down		
<b>LOWER GI</b>			
	Stools loose with gas		Intestines often bloated
	Constipation with gas		Constipation w/ hemorrhoids
	Frequent constipation		Constipation w/painful defecation
	Digestion unusually rapid		Constipation w/hard marbly stools
	Loose stools when tired/stressed		Constipation alternating w/diarrhea
	Light colored, hard stools		Frequent need for laxatives
	Dark, soft stools		Tongue often coated
	Quick defecation after eating		
<b>LIVER</b>			
	Dry, even scaly skin		Had hepatitis in past
	Moist sometimes oily skin		Frequent use of alcohol
	Hives from food or drugs		Work with solvents
	Hay fever or asthma		Psoriasis, eczema, dermatitis
	Craves proteins, fats		Frequent minor illnesses
	Craves fruit or sweets		Fever w/sweat when sick
	Frequent trouble digesting fats		Don't sweat when sick
	Acne on face AND buttocks		
	Seems to have low blood sugar		

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<b>RENAL</b>		
	Standing too quickly makes pulse roar in ears	Moderate low blood pressure, crave sweets
	Standing too quickly causes faintness or dizziness	Frequent thirst
	Wakes up at night to urinate	Craving for salt
	Frequent flushing or blushing	Urine always light colored
	Water retention with change of weather	Urine usually darker
	Moderate high blood pressure, craves fats	
<b>LOWER URINARY TRACT</b>		
	Frequent urination, small amounts	Mucus in urine
	Infrequent urination, copious	Benign prostatic hypertrophy (Males)
	Sometimes dribbles urine afterwards	Dull ache after urination
	Frequent bladder infections	Sometimes hyperventilates
	Demanding and sudden need to urinate	Frequent chest colds
<b>REPRODUCTIVE - ALL</b>		
	Oily skin, facial acne	Sweat freely with strong scent
	Dry skin, cold hands and feet	
<b>REPRODUCTIVE – WOMEN</b>		
	Cycle more than 28 days	Menstruation short, defined with few cramps
	Cycle less than 28 days	Frequent class II pap smears
	Water retention before menses – hips & breasts	History of PID, cervicitis
	Water retention before menses – feet & hands	Miscarriages, problem pregnancy
	Craves fats & proteins before menses	Period early with altitude change
	Craves sweets before menses	Period late with altitude change
	Miss some periods	Tried, but couldn't handle birth control pills
	Menses slow starting with cramps	Frequent candida type infections
	Palpitations before menses	
	Menstruation lengthy w/ frequent cramps	

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<b>REPRODUCTIVE - MEN</b>			
	Frequent cannabis user		Benign prostatic hypertrophy
	Pain or ache after orgasm		Difficult maintaining erection even if you feel in the mood
<b>RESPIRATORY</b>			
	Shortness of breath when standing or walking		Tobacco smoker
	Easy coughing of mucous		Difficulty swallowing mucous
	Rapid, shallow breather		Sometimes wake up choking or gasping for breath
	Yawns frequently		
<b>CARDIOVASCULAR</b>			
	Frequent physical activity		Warm bodied
	Cold bodied		Sometimes dizzy or faint
	Hands warm, sweaty		Hands cold, clammy or dry
	Palpitations either as an adolescent or before menses		Hypertension, responds to diuretics
	Hypertension, not responding to diuretics		Slow, strong pulse
	Fast, light pulse		
<b>SKIN</b>			
	Skin eruptions superficial, come to head		Skin eruptions deep, not coming to a head
	Skin on trunk is dry		Oily scalp or hair
	Dry scalp or hair		Cracks, fissures on heel, feet, slow healing
<b>MUCOUS</b>			
	Sores, cracks on mouth, anus, vagina		Lips often dry, chapped
	Food often causes intestinal pain passing through		Gets sore throat easily

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<b>LYMPHATIC</b>			
	Recuperates quickly if ill		Injuries heal quickly
	Recuperates slowly if ill		Injuries heal slowly
	Eczema, dermatitis		Asthma or hay fever
	Arthritis or rheumatism		Digests fats easily
	Digests fats poorly		
<b>GENERAL</b>			
Mark conditions that are frequent. If it is a mild condition, mark "1". If it is a dominant condition, mark "2".			
	Aluminum cooking vessels		Likes depressants
	Awakens and can't go back to sleep		Likes stimulants
	Bad dreams		Lower back pain
	Blurred vision		Frequent muscle cramps
	Brown spots, bronzing of skin		Nails split, brittle
	Bruises easily		Nails weak, ridges
	Can't gain weight		Nose bleeds frequently
	Can't lose weight		Pollution heavy in work or home environment
	Can't get started without coffee		Ringing in ears
	Chemical or spray poisoning		Pulse speeds up after meals
	Chronic fatigue, depression		Sensitive to cold weather
	Cry easily without seeming cause		Sensitive to hot weather
	Depressed for long periods		Sensitive to low humidity
	Ear aches		Sexual desire decreased
	Eat often or else faint / nervous		Sexual desire increased
	Eyes often red, inflamed		Stuffy nose during the day
	Face, eyes get puffy		Stuffy nose in evening, night
	Facial twitches		Tendency, seemingly to anemia
	Gum problems		Tremors in hands or neck
	Headaches		Varicose veins
	Headaches in morning, wearing off		Weight gain in upper arms, shoulders, back of neck
	Heart palpitations when hungry		
	Heart palpitations after eating		
	Highly emotional		
	Highly controlled		
	Impaired hearing		
	Increase in weight (recent)		
	Lack of sensation somewhere in b		
<b>ADDITIONAL THINGS YOU WISH TO MENTION:</b>			

