



First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Male/Female (circle one)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Occupation: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Referred by: \_\_\_\_\_

Please describe the main reason for your visit today:

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Please indicate if you have any of the following (check one):

- Cardiac pacemaker
- Seizure disorder
- Bleeding disorder/ Blood thinners
- Fainting disorders
- High blood pressure
- HIV/AIDS positive
- Hepatitis
- Tuberculosis
- Other: \_\_\_\_\_

List all major childhood and adult illnesses, surgeries, major accidents or injuries; please explain:

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List all medications or supplements, including herbs and vitamins you are currently taking:

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Do you have a regular exercise program? \_\_\_\_\_ Please describe.

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Are you on a restricted diet? \_\_\_\_\_ What kind? \_\_\_\_\_

How much sugar/dessert do you eat per week? \_\_\_\_\_

How much dairy do you eat per week? \_\_\_\_\_

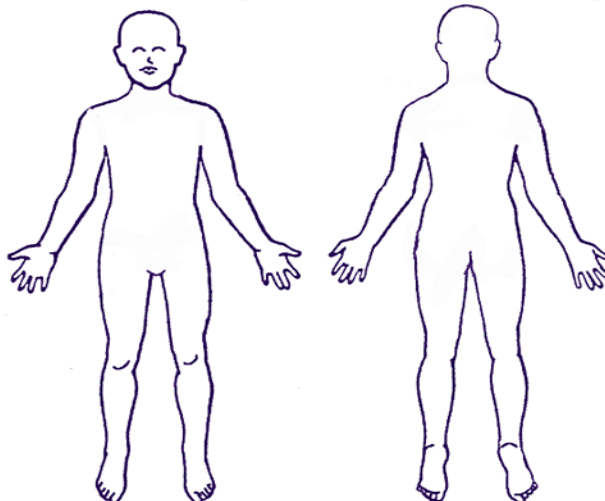
How many packs of cigarettes do you smoke per week? \_\_\_\_\_

How much caffeine (*coffee, tea, soda, energy drinks*) do you drink per week? \_\_\_\_\_

How much alcohol do you drink per week? \_\_\_\_\_

Do you do any drugs? How much per week? \_\_\_\_\_

*Indicate the distressed areas. Please rate pain on a scale of 1 (minimal pain) to 10 (worst pain).*



## PATIENT MEDICAL SYMPTOMS

*Please check all symptoms that pertain to you at the current time.*

- Cold hands/feet
  - Fatigue
  - Feverish in the afternoon or flushes
  - Heat sensation in hands, feet, chest
  - Night sweats
  - Catch colds easily
  - Sweats easily during daytime
  - Dizziness
  - See floating black spots
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- Palpitations
  - Sore on tongue
  - Restlessness
  - Anxiety
  - Chest pain
  - Insomnia
- 

- Cough
  - Sinus congestion
  - Dry mouth, throat, nose, or skin
  - Allergies seasonal or food
  - Chills and fever
  - Stiff neck/shoulders
  - Sore throat
  - Difficult breathing
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- Low appetite
  - Loose stools
  - Constipation
  - Abdominal bloating or gas after eating
  - Feeling tired after eating
  - Prolapsed organs (previously diagnosed)
  - Bruises easily
  - General feeling of heaviness in body
  - Mental heaviness or foggiess
  - Swollen hands/feet
  - Burning sensation after eating
  - Bad breath
  - Large appetite
  - Mouth, canker or cold sores
  - Bleeding, swollen or painful gums
  - Heartburn/belching
  - Stomach pain
  - Vomiting/nausea
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- Diarrhea alternating with constipation
  - Tight/suffocating feeling in chest
  - Bitter taste in mouth
  - Blood shoot eyes/dry eyes
  - Anger easily
  - Skin rashes
  - Headache
  - Numbness of hands and feet
  - Muscle spasms, twitching, cramping
  - Seizures/convulsions
- 

- Sore, cold or weak knees
  - Low back pain
  - Frequent urination
  - Get up more than once a night to urinate
  - Lack of bladder control
  - Memory problems
  - Hair loss
  - Ringing in ears (Tinnitus)
- 

Urine is:

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Normal color | <input type="checkbox"/> Clear   |
| <input type="checkbox"/> Dark yellow  | <input type="checkbox"/> Reddish |
| <input type="checkbox"/> Cloudy       | <input type="checkbox"/> Scanty  |
| <input type="checkbox"/> Bad odor     |                                  |
| <input type="checkbox"/> Burning      | <input type="checkbox"/> Painful |
| <input type="checkbox"/> Difficult    | <input type="checkbox"/> Urgent  |

Libido (sex drive) is:

- |                                 |                              |                               |
|---------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> Normal | <input type="checkbox"/> Low | <input type="checkbox"/> High |
|---------------------------------|------------------------------|-------------------------------|

**Women only:**

1. Are you pregnant now?  
 Yes       No
  2. Number of children: \_\_\_\_\_
  3. Number of pregnancies: \_\_\_\_\_
  4. Is your menses cycle regular?  
 Yes       No
- a. Average number of days in flow: \_\_\_\_\_
- b. The flow is:  
 Normal       Heavy       Light
- c. The color is:  
 red       dark       purple  
 light brown    brown
- d. Do you have the following menstruation related symptoms?  
 Blood clots  
 Cramps  
 Nausea  
 Breast distension  
 PMS  
 Bleeding between periods  
 Heavy vaginal discharge between periods
- e. Birth control: \_\_\_\_\_

**Men Only:**

- a. Do you have any discomfort or issues with your reproductive organs?  
 Discharge  
 Pain or swelling of testicles  
 Ejaculatory problems  
 Impotence/erectile dysfunction

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_