## **ADULT MEDICAL HISTORY**

(Please check each box that applies and type in additional info when applies)

Authorition  Sessional affective disorder  Althemer's disease  Authorition  Althemer's disease  Authoritioname disorder  Salor greater disease  Authoritioname disorder  Sorrichitis  So	MEDICAL HISTORY	Sexually transmitted disease	Alzheimer's disease	Vegan
Asthma As	1		Cancer	Salt restriction
Asthma Alchohism				
Alzbeims disease Alzbeims disease Alzbeims disease Alzbeims disease Alzbeims disease Blood pressure problems Careal turnel syndrome Portstate cancer Cholesterol, elerated Circulatory problems Intertifity Blood		<u> </u>	<b>├</b> ┤ '	
Abhelmer's disease  Autorimume disease  Autorimume disease  Blood pressure problems  Fronchitis  Canner  Amonthitis  Canner  Amonthitis  Carpat tunnel syndrome  Chorlecterol, elevated  Chronic fatigue syndrome  Chorlecterol, elevated  Decreased sex drive  Circulatory problems  Other  Collis  Demail problems  Other  Other  Demail problems  Other  Other  Other  Other  MEDICAL (WOMEN)  Other  Other  Other  Other  Other  MEDICAL (WOMEN)  Other  Ot			<del>                                      </del>	
Autoimmune disease slood pressure problems Connect Connect Chronic fitigue syndrome Chronic fiti				_
Blood pressure problems			$\vdash$	
Bronchitis Cancer Chronic fatigue syndrome Chronic fatigue syndrome Chronic fatigue syndrome Chrolesterol, elevated Chronic fatigue syndrome Chrolesterol, elevated Chronic fatigue syndrome Cholesterol, elevated Chronic fatigue syndrome Chronic fatigue synd			H-1	
Bronchibles   Cancer   Cance	Dioda pressure problems			,
Concer Chronic fatigue syndrome Cholesterol, ellevated Chronicsterol, ellevated Cholesterol, ellevated Chronicsterol, ell	Bronchitis		Heart disease	
Carpai tunnel syndrome	Cancer	MEDICAL (MEN)	Infertility	
Cholesterol, elevated Circulatory problems Colitis Decressed sex drive Infertitity Diabetes Deterol problems Other Obersion Diabetes Diabe	Chronic fatigue syndrome		Learning disabilities	Multivitamin/mineral
Colits Colits Colits Sexually transmitted disease Other Colits Dental problems Other Colits Dental problems Other Colits Depression Disbetes Dispersion Disbetes Dispersion Disbetes Dispersion Disbetes Dispersion Dispersi	Carpal tunnel syndrome	Prostate cancer	Mental illness	Vitamin C
Colitis Openession Other Other Other Other Other Other Other Obesity O	Cholesterol, elevated	Decreased sex drive	Mental retardation	Vitamin E
Depression Depression Diabetes Disbetes Diverticular disease Drug addition Eating disorder Epilepsy Ep	Circulatory problems	<u>'</u>	<b>⊢</b>	EPA/DHA
Depression   Dep	Colitis	<b>—</b>	1 1	Evening Primrose/GLA
Disbetes	Dental problems	Other	(Parkinson's paralysis)	Calcium, source
Diverticular disease Drug addition Drug addi	Depression		Obesity	Magnesium
Drug addition Eating disorder Epilepsy	Diabetes	` '	Osteoporosis	
Eating disorder		Menstrual irregularties	Stroke	
Epilepsy   Fibrocystic breasts   HEALTH HABITS   Co110   Co210   Co210		Endometriosis	Suicide	Friendly flora (acidophilus)
Emphysema Eyes, ears, nose, throat problems Eyes, ears, nose, throat problems Environmental sensitivities Environmental sensitivities Environmental sensitivities Environmental sensitivities Environmental sensitivities Fibromyalgia  Environmental sensitivities Fibromyalgia  Food intolerance  Food intolerance  Gastroesophageal reflux disease Genetic disorder  Gastroesophageal reflux disease Genetic disorder  Gaucoma  Gout  Date of last GYN exam  Infection, chronic Infammatory bowel disease Irritable bowel syndrome Kidney or bladder disease Learning disabilities Learning disabilities Learning disabilities  Learning disabilities  Learning disabilities  Mental illness  Date - last menstrual cycle Length of cycle Mental flow (e.g., heavier, large clots, scanty)  Neurological problems  (Porkinson's porabysis) Sinus problems  FAMILY HEALTH HISTORY (Parents and Siblings) Atcholis  Mixed Teda (and surpling)  Alcoholism  Vinet (Riday				
Eyes, ears, nose, throat problems   Premenstrual syndrom (PMS)   Cigarettes: #/day   Ratioxidants (e.g., lutein, resveratro); etc.		<u> </u>		
problems   Environmental sensitivities   Ereast cancer   Alcohol:   Herbs   Herbs				
Fibromyalgia Pelvic inflammatory disease Uiquor: #glasses/d or wk_ Beer: #glasses/d bepollen, phytonutrient blends) Usquid meals (Ensure) Other Gout of Liquid meals (Ensure) Other sources Other Othe		Premenstrual syndrom (PMS)		
Food intolerance	Environmental sensitivities	Breast cancer	Alcohol:	Herbs
Food intolerance	Fibromyalgia	Pelvic inflammatory disease	Wine: #glasses/d or wk	Homeopathy
Food intolerance   Vaginal infections   Caffeine:   Protein shakes   Gastroesophageal reflux   disease   Genetic disorder   Sexually transmitted disease   Tea: #6 oz cups/d   Uquid meals (Ensure)   Uquid			Liquor: #ounces/d or wk	
Gastroesophageal reflux disease Genetic disorder Genetic disorder Gout Gout Date of last GYN exam Othersources Infection, chronic Inflammatory bowel disease Learning disabilities Learning disabilities Learning disabilities Learning disabilities Learning disabilities Mental illness Mental illness Mental retardation Migraine headaches Mental retardation Neurological problems (Parkinson's paralysis) Sinus problems Stroke FAMILY HEALTH HISTORY (Parents and Siblings) Atcholism Other Sexually transmitted disease Tea: #6 oz cups/d Tea: #6 oz cups/d Doctres  Coffee: #6 oz cups/d Tea: #6 oz cups/d Doctres Doctres Doctres Doctres Doctres Dotter Heart disease Tea: #6 oz cups/d Dotters Dotter #6 oz cups/d Dotters			Beer: #glasses/d or wk	
disease Genetic disorder Glaucoma Glaucoma Gout Date of last GYN exam Other sources  Mammogram + Water: #glasses/d Infection, chronic Inflammatory bowel disease Irritable bowel syndrome Kidney or bladder disease Learning disabilities Learning disabilities Learning disabilities Learning disabilities  Liver or gallbladder disease (stones)  Mental illness Mental retardation Migraine headaches Mental retardation Neurological problems (Parkinson's paralysis) Sinus problems Stroke FAMILY HEALTH HISTORY (Parents and Siblings) Asthma  Date of last GYN exam Other sources Other wash (Soa W/caffeine: #cans/d Other sources Others		Vaginal infections		
Glaucoma Gout Date of last GYN exam Other sources Other describes Other sources Other		Decreased sex drive	Coffee: #6 oz cups/d	
Gout Date of last GYN exam Other sources OPERATIONS / DATE Heart disease Infection, chronic PAP + PAP	Genetic disorder	Sexually transmitted disease	Tea: #6 oz cups/d	Liquid meals (Ensure)
Heart disease	Glaucoma	Other	Soda w/caffeine: #cans/d	Others
Infection, chronic Inflammatory bowel disease Inflammatory bowel disease Irritable bowel syndrome Irritable syndrome Irritable bowel syndrome Irritable syndrome Irritable syndrome Irritable Irrita	Gout	Date of last GYN exam	Other sources	
Infection, chronic   PAP +	Heart disease	Mammogram + -	Water: #glasses/d	OPERATIONS / DATE
Inflammatory bowel disease Irritable bowel syndrome Kidney or bladder disease Learning disabilities Learning disabilities C-section Liver or gallbladder disease (stones)  Mental illness Mental retardation Migraine headaches  Neurological problems (Parkinson's paralysis) Sinus problems Stroke Thyroid trouble Obesity  Asthma  Form of birth control 5-7 days per week  Gall Bladder Hernia Hysterectomy Tonsillectomy  Molader disease Hernia Hysterectomy Tonsillectomy  Other (describe) Hospitalized/Date  Mental retardation  Neurological problems (Parkinson's paralysis) Thyroid trouble Obesity  Asthma  Stroke  FAMILY HEALTH HISTORY (Parents and Siblings) Alcoholism  Neurological proposis  Alcoholism  Alcoholism  Stroke  Form of birth control  3-4 days per week Gall Bladder Hernia  Hernia Hysterectomy Tonsillectomy Other (describe) HOspitalized/Date  Weight lift - #days/wk  Where Hospitalized/Date		PAP + -		<del></del>
Irritable bowel syndrome   # of children	Inflammatory bowel	Form of birth control		
Kidney or bladder disease   # of pregnancies   1-2 days per week   Hernia   45 minutes or more duration per   Hysterectomy   Tonsillectomy   Mental illness   Date - last menstrual cycle   Less than 30 minutes   Other (describe)   Other (describe)   Other (describe)   Mental retardation   Length of cycle   days   Malk - #days/wk   Other (describe)   Migraine headaches   Any recent changes in normal menstrual flow (e.g., heavier, large clots, scanty)   Surgical menapause   Weight lift - #days/wk   Mere Hospitalized/Date   Menopause   Stretch - #days/wk   Other   Menopause   Stretch - #days/wk   Other   Menopause   Stretch - #days/wk   Other   Menopause   Menopause   Stretch - #days/wk   Other   Menopause   Menopause   Stretch - #days/wk   Other   Mixed food diet (animal and vegetable sources)   Mixed food diet (animal and vegetable sources)   Vegetarian   Menopause   Menopause   Mixed food diet (animal and vegetable sources)   Menopause   Mixed food diet (animal and vegetable sources)   Menopause   Mixed food diet (animal and vegetable sources)   Mixed food diet (animal and vegetable sources)   Menopause   Mixed food diet (animal and vegetable sources)   Mixed food diet (animal and vegetable so				
Learning disabilities  Liver or gallbladder disease (stones)  Mental illness  Mental retardation  Migraine headaches  Neurological problems (Parkinson's paralysis)  Sinus problems  Stroke  Thyroid trouble  Osteroporosis  C-section  Age of first period  Age of age				Gall Bladder
Liver or gallbladder disease (stones)  Mental illness  Date - last menstrual cycle Less than 30 minutes  Mental retardation  Migraine headaches  Meurological problems (Parkinson's paralysis)  Sinus problems  Stroke  Thyroid trouble  Osteroporosis  Age of first period 30-45 minutes duration per workout  Less than 30 minutes  Other (describe)	Kidney or bladder disease	# of pregnancies		Hernia
disease (stones)       Date - last menstrual cycle       Less than 30 minutes       Other (describe)         Mental retardation       Length of cycle       days       Walk - #days/wk       Other (describe)         Migraine headaches       Any recent changes in normal menstrual flow (e.g., heavier, large clots, scanty)       Run, jog, other aerobic - #days/wk       HOSPITILIZATIONS         Where Hospitalized/Date         Sinus problems       Menopause       Stretch - #days/wk       Other         Stroke       FAMILY HEALTH HISTORY (Parents and Siblings)       Other       Other         Thyroid trouble       Arthritis       NUTRITION & DIET         Mixed food diet (animal and vegetable sources)       Mixed food diet (animal and vegetable sources)         Osteroporosis       Alcoholism       Vegetarian	Learning disabilities	C-section	45 minutes or more duration per	Hysterectomy
Mental retardation       Length of cycle days       Walk - #days/wk       Other (describe)         Migraine headaches       Any recent changes in normal menstrual flow (e.g., heavier, large clots, scanty)       Run, jog, other aerobic - #days/wk       HOSPITILIZATIONS Where Hospitalized/Date         Neurological problems (Parkinson's paralysis)       Surgical menapause       Weight lift - #days/wk	_	Age of first period		Tonsillectomy
Mental retardation       Length of cycle days       Walk - #days/wk       Other (describe)         Migraine headaches       Any recent changes in normal menstrual flow (e.g., heavier, large clots, scanty)       Run, jog, other aerobic - #days/wk       HOSPITILIZATIONS Where Hospitalized/Date         Neurological problems (Parkinson's paralysis)       Surgical menapause       Weight lift - #days/wk	Mental illness	Date - last menstrual cycle	Less than 30 minutes	Other (describe)
Migraine headaches  Any recent changes in normal menstrual flow (e.g., heavier, large clots, scanty)  Neurological problems (Parkinson's paralysis)  Sinus problems Stroke  FAMILY HEALTH HISTORY (Parents and Siblings)  Thyroid trouble  Obesity  Osteroporosis  Any recent changes in normal menstrual flow (e.g., heavier, large clots, scanty)  Weight lift - #days/wk  Other  Other  Mutrition & DIET  Mixed food diet (animal and vegetable sources)  Vegetarian  Wespitalized/Date				
Meurological problems (Parkinson's paralysis)			<u> </u>	_
large clots, scanty)   Weight lift - #days/wk     Neurological problems (Parkinson's paralysis)   Menopause   Stretch - #days/wk     Sinus problems   Menopause   Stretch - #days/wk     Stroke   FAMILY HEALTH HISTORY (Parents and Siblings)     Thyroid trouble   Arthritis   NUTRITION & DIET     Obesity   Asthma   Mixed food diet (animal and vegetable sources)     Osteroporosis   Alcoholism   Vegetarian		, ,		
Neurological problems				vvnere nospitunzea/Date
Sinus problems  Stroke  FAMILY HEALTH HISTORY (Parents and Siblings)  Thyroid trouble Obesity  Osteroporosis  Menopause  Stretch - #days/wk Other  Other  MITRITION & DIET  Mixed food diet (animal and vegetable sources)  Vegetarian  Vegetarian			Weight lift - #days/wk	
Stroke    FAMILY HEALTH HISTORY (Parents and Siblings)		Menopause	Stretch - #days/wk	
Charents and Siblings   Char	· ·	<u> </u>		
Thyroid trouble Arthritis NUTRITION & DIET Obesity Asthma Mixed food diet (animal and vegetable sources) Osteroporosis Alcoholism Vegetarian				
Obesity Asthma Mixed food diet (animal and vegetable sources) Osteroporosis Alcoholism Vegetarian	Thyroid trouble	H'	NUTRITION & DIET	
Osteroporosis Alcoholism vegetable sources)  Vegetarian   Vegetarian		Asthma		
			vegetable sources)	
Pheumonia	Osteroporosis	Alcoholism	Vegetarian	
	Pheumonia			

## Please check if these symptoms occur **presently** or have occurred in **the past 6 months**. Check only those that apply, (M1=Mild) (M2=Moderate) (SV=Severe)

GENERAL	M1	M2	SV	URINARY (Cont'd)	M1	M2	SV	MUSCULOSKELETAL (Cont'd)	M1	M2	SV
Cold hands & feet				Pain/burning				Muscle weakness			
Cold intolerance				Prostate enlargement				Neck muscle spasm			
Daytime sleepiness				Prostate infection				Tendonitis			
Difficulty falling asleep				Urgency				Tension headache			
Early waking				Nocturia-night time urination				TMJ problems			
Fatigue				MALE REPRODUCTIVE				Chest tightness			
Fever				Discharge from penis				NEUROLOGICAL/NERVES			
Flushing				Ejaculation problem				Agoraphogias			
Heat intolerance				Genital pain				Anxiety			
				Impotence				Auditory hullucinations			
Night waking				Infection				Black-out			
Nightmares											$\vdash$
Others	-			Lumps in testicles				Depression			-
Head, Eyes & Ears				Poor libido (sex drive)				Difficulty:			_
Conjunctivitis				FEMALE REPRODUCTIVE				Concentrating			_
Distorted sense of smell and/or taste				Breat cysts				With balance		Ì	
Ear fulliness or pain				Breast lumps				With thinking			
Ear ringing/buzzing				Breast tenderness				With judgment			
Eye crusting				Ovarian cyst				With speech			
Headache				Poor libido (sex drive)				With memory			
Hearing loss				Endometriosis				Dizziness (spinning)			
Hearing problems				Fibroids				Fainting			
Lid margin redness				Infertility				Fearfulness			
Migraine				Vaginal discharge				Irritability			
Sensitivity to loud noise				Vaginal odor				Light-headediness			
Vision problems				Vaginal itch				Numbness			
	-										$\vdash$
RESPIRATORY				Vaginal pain/Pelvic pain				Other Phobias			-
Bad breath				Premenstrual				Panic attacks			-
Cough - dry				Bloating				Paranoia			-
Cough - productive				Breast tenderness				Seizures			
Hay fever				Carbohydrate craving				Suicidal thoughts			_
Hoarseness				Chocolate craving				Tingling			-
Nasal stuffiness				Constipation				Tremor/trembling			<u> </u>
Nose bleeds				Decreased sleep				Visual hallucinations			_
Post nasal drip				Diarrhea				GASTROENTESTIONAL			
Sinus problems				Fatigue				Anal/rectal spasms			
Snoring				Increased sleep				Bad teeth			
Sore throat				Menstrual				Bleeding gums			
Wheezing				Cramps				Bloating of: Lower abdomen		<u> </u>	
CARDIOVASCULAR				Irritability				Whole abdomen		ļ	
Angina/chest pain				Heavy periods				Blood in stools			
Breathlessness				Irregular periods				Burping			
Heart murmur				No periods				Canker sores			
Irregular pulse				Scanty periods				Cold sores			
Mitral valve prolapsed				Spotting between				Constipation			
Palpitations				MUSCULOSKELETAL				Cracking at corner of lips			
Phlebitis				Joint deformity				Dentures w/poor chewing			
Swollen ankles/feet				Joint pain				Diarrhea			
Varicose veins				Joint redness				Difficulty swallowing			
URINARY				Joint stiffness				Dry mouth			
Bed wetting				Muscle pain				Farting		<u> </u>	
Hesitancy				Muscle spasms				Upper Abdominal Pain		<u> </u>	
Infection				Muscle stiffness				Fissures			
Kidney disease				Muscle twitches:				Foods "repeat" (reflux)			
		1				1		I I utle			
Kidney stone				Around eyes				Heartburn		_	$\perp$

Please check if these symptoms occur **presently** or have occurred in **the past 6 months**. Check only those that apply, (M1=Mild) (M2=Moderate) (SV=Severe)

GASTROENTESTIONAL			
(Cont'd)	M1	M2	SV
Intolerance to: Lactose			
All milk products			
Intolerance to:			
Gluten (wheat)			
Corn			
Eggs			
Fatty foods			
Yeast			
Liver disease/jaundice			
(yellow eyes or skin)			
Lower abdominal pain			
Mucus in stools			
Nausea			
Vomiting			
Periodontal disease			
Sore tongue			
Strong stool odor			
Undigested food in stools			
SKIN PROBLEMS			
Acne			
Nail changes			
Athlete's foot			
Bumps on back of upper			
arms			
Dark circles under eyes			
Easy bruising			
Eczema			
Herpes - gential			
Hives			
Jock itch			
Moles w color/size change			
Psoriasis			
Rash			
Red face			
Sensitive to bites			
Sensitive to poison ivy/oak			
Shingles			
Skin cancer			
Skin darkening			
Strong body odor			
Vitiligo			
Skin itching			
Skin dryness			