



**Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Biological sex:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

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

**Email:** \_\_\_\_\_

**Do you wish to receive occasional email updates?**

Y / N

**Emergency Name and Contact Number:**

**Doctors Name and Contact Number:**

**Main diagnoses, concerns, symptoms:**

**Your past diagnoses or other significant health issues:**

**Current prescriptions/medications/supplements & Doses:**

**Allergies:**

**Previous Surgeries / Hospitalizations:**

**Childhood diseases and syndromes:**

*Indicate all that apply about your birth and infancy and childhood:*

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Allergies                                    | <input type="checkbox"/> Asthma        | <input type="checkbox"/> Atopic eczema  | <input type="checkbox"/> Tonsillitis      |
| <input type="checkbox"/> Bronchitis                                   | <input type="checkbox"/> Mononucleosis | <input type="checkbox"/> Whooping Cough | <input type="checkbox"/> Born preterm     |
| <input type="checkbox"/> Born full term                               | <input type="checkbox"/> Breastfed     | <input type="checkbox"/> Formula fed    | <input type="checkbox"/> Many antibiotics |
| <input type="checkbox"/> Birth complications                          | _____                                  |   |   |
| <input type="checkbox"/> Repercussions from any childhood infections? | _____                                  |   |   |
| <input type="checkbox"/> Vaccines                                     | _____                                  |   |   |

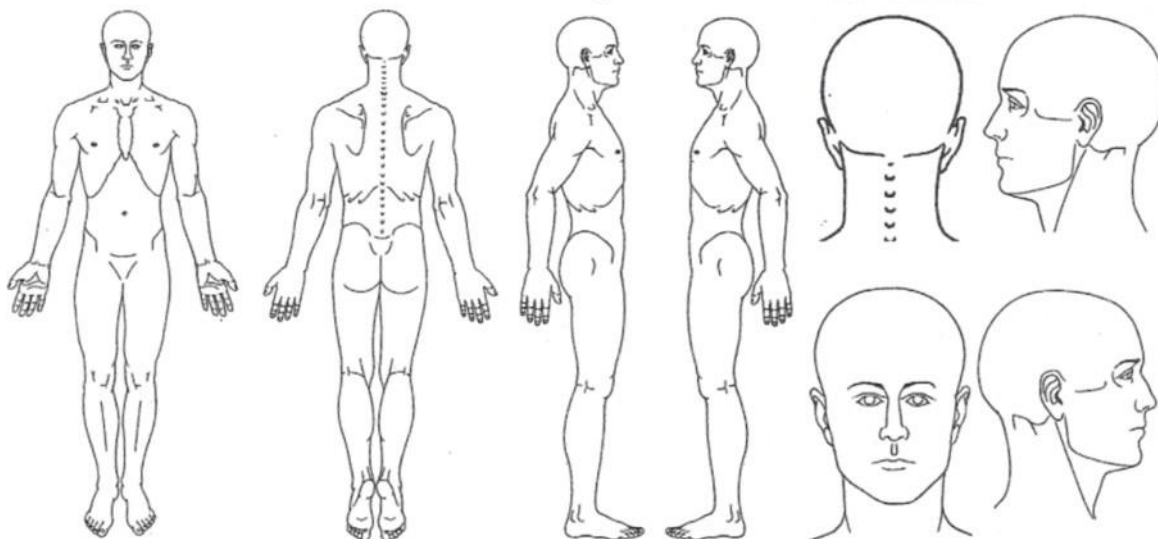
***\*\*\*The remainder of the intake form is very useful for our work together, but some questions may not pertain to your condition. These questions assist in identifying patterns in your health related to connections between ailments and undiagnosed conditions.***

**Describe your stress levels:**

**Body temperature and Energy:**

**Please indicate the location and sensation of your body pain using the following symbols:**

^ ^ ^ ^ ^ ^ ^ ^ Numbness  
 o o o o o o o o Pins and Needles  
 x x x x x x Burning  
 \* \* \* \* \* Aching/Dull  
 / / / / / Stabbing/Sharp  
 E E E E E Electrical



**Exercise:** (Type, Frequency)

**Hobbies:** (Interests that make you happy, calm and engaged)

Health History: Please select all that apply.

- |  |   |   |  |   |
|--|---|---|--|---|
| <input type="checkbox"/> ADD/ADHD            | <input type="checkbox"/> Alcoholism             | <input type="checkbox"/> Allergies            | <input type="checkbox"/> Anemia              | <input type="checkbox"/> Bruxism          |
| <input type="checkbox"/> Cancer              | <input type="checkbox"/> Chemical sensitivities | <input type="checkbox"/> Chronic Fatigue      | <input type="checkbox"/> Diabetes            |   |
| <input type="checkbox"/> Dizziness           | <input type="checkbox"/> Drug use               | <input type="checkbox"/> Epilepsy             | <input type="checkbox"/> Eyesight issues     | <input type="checkbox"/> Headacheas       |
| <input type="checkbox"/> Hepatitis           | <input type="checkbox"/> High Blood Pressure    | <input type="checkbox"/> High Stress          | <input type="checkbox"/> Hyper/Hypo Thyroid  |   |
| <input type="checkbox"/> Hyper/Hypoglycemic  | <input type="checkbox"/> Immune Issues          | <input type="checkbox"/> Low Blood Pressure   | <input type="checkbox"/> Memory issues       | <input type="checkbox"/> Menopause Issues |
| <input type="checkbox"/> Menstrual Pain      | <input type="checkbox"/> Microbiome Issues      | <input type="checkbox"/> Measles              | <input type="checkbox"/> Mononucleosis       | <input type="checkbox"/> Mumps            |
| <input type="checkbox"/> Recurring Infection | <input type="checkbox"/> Seizures               | <input type="checkbox"/> Shingles             | <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Sleep problems   |
| <input type="checkbox"/> Swelling            | <input type="checkbox"/> Tumours                | <input type="checkbox"/> Urinary Tract Issues |  |   |
| <input type="checkbox"/> Other _____         |   |   |  |   |

**Menses / Moon Cycle:**

Is your cycle regular or irregular? \_\_\_\_\_ Age menses began: \_\_\_\_\_  
Average number of days of bleeding: \_\_\_\_\_ Formerly on oral contraceptive pill? \_\_\_\_\_ Approximate length of  
full cycle (including menses and in between): \_\_\_\_\_

**Pregnancy:**

Number of Full term births? \_\_\_\_\_ Number of Pre-term births? \_\_\_\_\_

Health Complications during pregnancy

\_\_\_ Gestational Diabetes

\_\_\_ Anemia

\_\_\_ Pre-eclampsia

\_\_\_ Eczema/Hay fever

**Lifestyle:**

Relationship status: \_\_\_\_\_

Do you live with other people: \_\_\_\_\_

Do you have any children: \_\_\_\_\_