

<u>Medical history and intake form</u>	<i>Please complete this form as accurately as possible - it helps to provide you with the best possible treatment.</i>
<i>Name</i>	
<i>Address including postcode</i>	
<i>Contact numbers Home/work/mobile and e-mail address</i>	
<i>Date of birth (age)</i>	
<i>Height/weight (in cm and kg)</i>	
<i>Name and address and tel. number of GP</i>	
<i>Please describe your main complaint(s) in your own words</i>	
<i>Condition(s) diagnosed by your GP/Consultant?</i>	
<i>Do you know of any problems during your own birth?</i>	
<i>Vaccinations: List any unusual vaccinations and reactions to vaccinations</i>	

Name	
Childhood: illnesses, surgery, accidents (with approx. age)	
Adolescence: illnesses, surgery, accidents (with approx. age)	
Adulthood: Illnesses, surgery, accidents (with approx. age)	
Scars. Please write down location of all scars and operations	
Major illnesses in your immediate family - such as diabetes, heart conditions, blood disorders, neurological problems, mental health problems, immune conditions, etc.	
Medication: please write down all medication and nutritional supplements	
Thank you.	Please proceed to page 3 (list of symptoms)

<i>Name</i>	
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Please use **red bold** writing for any problem, disease or symptom you have now. Underline anything that has affected you in the past.

Skin

Eczema - acne - skin rashes - dermatitis - psoriasis - fungal infections - furuncles - warts - dry/oily skin - other (specify)

Heart, cardio-vascular

Fast pulse (more than 100 beats/min.) - slow pulse (less than 60 beats/min.)

- palpitations - irregular heartbeat - feeling of pressure in the chest - chest pain - shortness of breath - dizziness - migraine - headache with nausea - cold hands/cold feet - Raynaud's disease - flushed face - red face - anaemia - high blood pressure - low blood pressure - cold sweats - dizziness when standing up quickly or a long time - other (specify)

Respiratory

Asthma - bronchitis - emphysema - pneumonia - coughing - wheezing - lung abscesses - cystic fibrosis - other (specify)

Gastrointestinal, digestive

Constipation - diarrhoea - lack of appetite - always hungry - stomach pain - indigestion - heartburn - intestinal gas - belching - gastritis - ulcer - lack of stomach acid - haemorrhoids - pancreatitis - peritonitis - irritable bowel syndrome - polyps - gastrointestinal tumours - candidiasis - other (specify)

Hormonal imbalance

Underactive thyroid or overactive thyroid - diabetes - hypoglycaemia - other hormonal imbalance (specify)

Male reproductive

Impotence - premature ejaculation - erectile dysfunction - prostate gland problems - infertility - vasectomy - other (specify)

Female reproductive

Menstrual problems - painful periods - heavy/light/irregular periods - long (30+ days)/short cycle (24- days) - mid-cycle bleeding - thrush - small/large/light/dark clots in menstruate - duration of menstruation: 3/5/7/ more days - infertility or sub-fertility - (early) menopausal symptoms - low libido - pregnancy/ies - termination(s) - other (specify)

Autoimmune, viral and inflammatory conditions

Hashimoto's disease (thyroid) - rheumatism - systemic lupus erythmatosus - HIV/aids - hepatitis A/B/C/D/E - colitis - Crohn's disease - alopecia (baldness) - allergy - food allergy - atopic dermatitis - neurodermatitis - cellulites - vulvitis - low immunity
Effects of focal infections: rheumatic disease - rheumatic fever - arthritis - skin disease

Connective tissue/ligament diseases: myofascial pain syndrome - fibromyalgia - tendonitis - pericarditis - constant low fever - glomerulonephritis - plantar faciitis - scarlet fever - ear infections - streptococci/staphylococci infections - easily catch cold/sore throat - swollen glands - other(specify)

Ear, nose, throat

Deafness - tinnitus (ringing in ear/s) - itchy ear - ear pain - frequent ear infections - sinus headaches - stuffy nose - yellow/green mucus - post-nasal drip - dry throat - itchy throat - constant sinus congestion - streptococcal throat infections - sore throat - other (specify)

Oral disease

Bleeding gums - inflammation of the gums - dental abscess - mumps - stomatitis (inflammation of the mouth) - TMJ - toothaches without cavities

General

Insomnia - psychosomatic weakness - exhaustion - emotional problems (angry/irritable/depressed/anxious) - difficulty to concentrate - easily get car sick/sea sick/air sick - no appetite for breakfast - moody in the mornings - unusual sweating (palms, soles, chest, neck) - lack of energy - other (specify)

Medication/recreational drugs

Birth control pill - cigarettes - alcohol - cocaine - heroin -
marijuana - anxiolitics - antidepressants - sleeping tablets -
Other (specify)