



## HEALTH HISTORY

Please ✓ any of the following conditions that you are currently experiencing or have experienced in the last 6 months.

Please X any conditions you may have experienced anytime in the past prior to six months.

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Lower back pain                | <input type="checkbox"/> Dizziness           | <input type="checkbox"/> Asthma              |
| <input type="checkbox"/> Pain between shoulder blades   | <input type="checkbox"/> Ringing in ears     | <input type="checkbox"/> Regular colds / flu |
| <input type="checkbox"/> Neck pain                      | <input type="checkbox"/> Nervous             | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Tension / Headaches            | <input type="checkbox"/> Difficulty sleeping | <input type="checkbox"/> Low blood pressure  |
| <input type="checkbox"/> Tired, fatigue                 | <input type="checkbox"/> Allergies           | <input type="checkbox"/> Chest pain          |
| <input type="checkbox"/> Tension across shoulders       | <input type="checkbox"/> Digestive problems  | <input type="checkbox"/> Heart condition     |
| <input type="checkbox"/> Numbing/tingling in arms/hands | <input type="checkbox"/> Diarrhea            | <input type="checkbox"/> Epilepsy            |
| <input type="checkbox"/> Numbing/tingling in legs/feet  | <input type="checkbox"/> Constipation        | <input type="checkbox"/> Diabetes            |
| <input type="checkbox"/> Muscle cramps/sprains          | <input type="checkbox"/> Weight problems     | <input type="checkbox"/> Depression          |

Other conditions \_\_\_\_\_

Which of the above conditions is the worst?: \_\_\_\_\_

How long have you been experiencing this condition?: \_\_\_\_\_

Describe severity of the condition \_\_\_\_\_

What treatments have you tried prior to today?: \_\_\_\_\_

List all surgery you have had and at what age: \_\_\_\_\_

List any other previous illness that has not been mentioned above: \_\_\_\_\_

Are you pregnant or is there any possibility that you are pregnant? \_\_\_\_\_

If applicable, at what stage in the pregnancy are you? \_\_\_\_\_

## LIFESTYLE

How many hours do you sleep each night: \_\_\_\_\_ Time you retire: \_\_\_\_\_ Time you rise: \_\_\_\_\_

How often do you exercise:  Daily  Twice or more weekly  Weekly  Never

If applicable, what exercise do you do and the duration: \_\_\_\_\_

\_\_\_\_\_

Do you smoke: Y / N \_\_\_\_\_ Number per day: \_\_\_\_\_ How long have you smoked: \_\_\_\_\_

What drugs (medical or recreational) are you currently taking (include dosage): \_\_\_\_\_

\_\_\_\_\_

What vitamin or mineral supplements are you currently taking (include dosage): \_\_\_\_\_

\_\_\_\_\_

Do you have any food allergies: \_\_\_\_\_

Indicate your "normal/general" diet:

Meat & 3 veg  Vegetarian  Vegan  High protein  Macrobiotic

Wheat free  Gluten free  Dairy free  Other \_\_\_\_\_

Daily intakes of:

Sugar: \_\_\_\_\_ Coffee: \_\_\_\_\_ Tea: \_\_\_\_\_ Alcohol: \_\_\_\_\_ Water: \_\_\_\_\_ (ltr)

Additional information \_\_\_\_\_

\_\_\_\_\_

## DECLARATION

I declare that the above information is true and correct and indemnify your clinic of any liability for any false or misleading statements given. It is understood and accepted that the treatment received by your clinic is of remedial therapeutic nature and not of a diagnostic/curative approach. It is also understood and accepted that the results of the treatment are not guaranteed in any way and that any data or notes taken during the sessions will remain the property of your clinic as part of the case history records. In addition, I understand that a copy of any kept personal records will be made available to me within 48 hours of my request at any such time and that my personal information, unless otherwise noted by me, may be used by your clinic for notification of any future news, products or services as deemed appropriate by your clinic. I am attending your clinic of my own free will and consent and exercise my right to discuss and choose any suitable treatments available to me.

I further understand that no account is rendered by your clinic and my payment is at the time of the service and can be made either by cash or cheque. I understand and accept the cancellation policy of your clinic is 48 hours notice with a full consultation fee to be paid.

Patient's Signature (parent or guardian): \_\_\_\_\_

Patient's Name: \_\_\_\_\_

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_