

Patient Name: \_\_\_\_\_

Telephone #: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_ Age: \_\_\_\_\_

As you read a word or phrase, answer with your first impulse.

### 1 PHYSICAL

- headaches
- low back pain
- mid back pain
- migraines
- neck pain
- neurological
- symptoms
- wellness care
- other pain: \_\_\_\_\_

### 2 RULE OUT PARASITES

- 398 (blood),
- 401H (stool)
- bloating
- constipation
- diarrhea
- various GI symptoms
- rectal itching
- no symptoms

### 3 RULE OUT H. PYLORI

401H, 418 (stool), 383 (blood)

- acid reflux
- acid reflux
- acne
- bad breath
- belching
- burping
- cancer
- constipation
- depression
- fatigue
- gastritis
- headaches
- indigestion or nausea
- intense hunger
- malabsorption
- migraines
- morning, painful, or foul smelling gas
- overweight/cannot lose weight
- poor sleep
- rosacea
- ulcers
- upper abdominal pain
- heartburn

### 4 RULE OUT GLUTEN INTOLERANCE

230 (blood & saliva), 296 (blood)

- ADD/ADHD
- Addison's Disease
- Alternating diarrhea/
- constipation
- asthma
- autism
- autoimmune growth
- retardation
- bone diseases
- celiac disease
- Crohn's Disease
- colitis
- dark circles under eyes
- dental enamel lesions
- depression
- diarrhea
- Down's Syndrome
- dyslexia
- epilepsy
- esophageal symptoms
- failure to thrive
- fibromyalgia
- food sensitivity  
(ex: soymilk, cows milk)
- headaches
- IBS
- infertility
- learning disabilities
- liver disorders
- malabsorption
- nausea
- otitis media
- pernicious anemia
- postpartum depression
- psychiatric & brain disorders
- RA
- skin diseases
- sleep & behavior disorders
- suicidal thoughts (or attempts)
- thyroid & eating disorders
- undigested food in stool
- vitamin & mineral deficiencies
- vomiting
- weight loss
- gynecological disorders
- fatigue

### 5 LOW ADRENAL FUNCTION

201, 205 (saliva)

- allergies
- bacterial, fungus or
- mold infection
- blood sugar imbalance
- chronic illness
- depression
- digestive disorder
- dizziness upon
- standing
- dry or thin skin
- excessive hunger
- hair loss
- headaches
- heart palpitations
- immune deficiency
- inflammation
- liver disorders
- low blood pressure
- low body temperature
- low sex drive
- mood swings
- parasite infection
- PMS
- poor concentration
- poor memory
- shoulder pain
- sleep disorder
- sweet craving
- thyroid disorder
- weakness
- weight gain/loss

### 6 HIGH ESTROGENS

205 (post/hysterectomy),  
208 (pre, peri)(saliva)

- blood sugar imbalance
- bone repair-interference
- breast tenderness
- depression
- endometriosis
- excessive blood clotting
- headaches
- increased risk for breast cancer
- increased body fat
- infertility
- interference with thyroid hormone
- loss of zinc retention of copper
- low sex drive
- reduced oxygen in all cells
- risk for endometrial cancer
- salt & fluid retention
- uterine cramping

### 7 LOW ESTROGENS

205 (post/hysterectomy),  
208 (pre, peri)(saliva)

- accelerated aging
- depression
- dry hair, skin, and nails
- fear
- headaches
- heart palpitations
- hot flashes
- mental fogginess
- migraines
- poor sleep
- vaginal dryness
- worry

### 8 IMMUNITY

205S, 302, 310 (saliva)

\_\_\_\_\_

\_\_\_\_\_

### 9 TOXIC LIVER

280, 290 (blood)

- abdominal pain
- altered smell or taste
- ascites (fluid that fills and distends the abdomen)
- autoimmune disorders
- aversion to certain foods
- dark circles under eyes
- fatigue
- fever
- hemochromatosis (too much iron)
- infections (especially viral)
- itching of the skin
- jaundice (yellowness of skin and whites of eyes)
- loss of appetite
- muscle aches
- nausea
- progressive weight loss
- weakness headache
- Wilson's Disease

### 12 HYPOTHYROID

282, 290 (blood)

- |   |  |
|---|--|
| <input type="checkbox"/> abnormal menstrual cycles  | <input type="checkbox"/> high cholesterol  |
| <input type="checkbox"/> depression                 | <input type="checkbox"/> iodine deficiency |
| <input type="checkbox"/> dry & coarse skin and hair | <input type="checkbox"/> iodine increase   |
| <input type="checkbox"/> fatigue                    | <input type="checkbox"/> weight gain       |
| <input type="checkbox"/> forgetfulness              |  |

### 13 HYPERTHYROID

282, 290 (blood)

- |  |  |
|--|--|
| <input type="checkbox"/> breathlessness  | <input type="checkbox"/> increased appetite                |
| <input type="checkbox"/> bulging eyes, "spacy" gaze                                | <input type="checkbox"/> light or absent menstrual         |
| <input type="checkbox"/> chest pain  | <input type="checkbox"/> periods, infertility              |
| <input type="checkbox"/> diarrhea or GI upset                                      | <input type="checkbox"/> muscle deterioration              |
| <input type="checkbox"/> feeling of being too warm all the time                    | <input type="checkbox"/> nervousness or trembling          |
| <input type="checkbox"/> hair loss   | <input type="checkbox"/> poor sleep, yet exhausted         |
| <input type="checkbox"/> heart palpitations/ accelerated heart rate                | <input type="checkbox"/> vision problems or eye irritation |
| <input type="checkbox"/> warm or moist skin  | <input type="checkbox"/> weight loss                       |
| <input type="checkbox"/> heightened anxiety, irritability, moodiness or depression |  |

### 10 HIGH PROGESTERONE

205 (post/hysterectomy),  
208 (pre, peri)(saliva)

- bloating
- breast tenderness
- decreasing insulin sensitivity
- depression
- raising insulin levels
- reducing libido
- weight gain

### 10 LOW PROGESTERONE

205 (post/hysterectomy),  
208 (pre, peri)(saliva)

- anxiety, can't shut down
- endometriosis and uterine fibroids
- heavy menstrual bleeding
- irregular menstrual cycles
- irritability and mood swings
- poor sleep
- tender breasts
- unable to get pregnant
- unable to maintain a pregnancy

### 14 HIGH TESTOSTERONE/ANDROGENS

- agitated, aggression
- irritability
- angry
- depression
- increased facial hair
- increased body hair
- loss of scalp hair
- acne
- oily skin
- deepening of voice
- clitoral enlargement
- elevated triglycerides
- low HDLs
- insulin resistance
- unable to lose weight
- PCOS
- anovulatory cycle

### 15 LOW TESTOSTERONE

- inhibition of physical, sexual and cognitive function
- increased abdominal fat
- shrinking of muscle mass
- loss of feeling of well-being
- depression
- fatigue
- decreased libido
- erectile dysfunction
- loss of ability to concentrate
- moody & emotional
- memory failure

### 16 BIOTOXINS, LUPUS, LYME, MOLD, OR MS

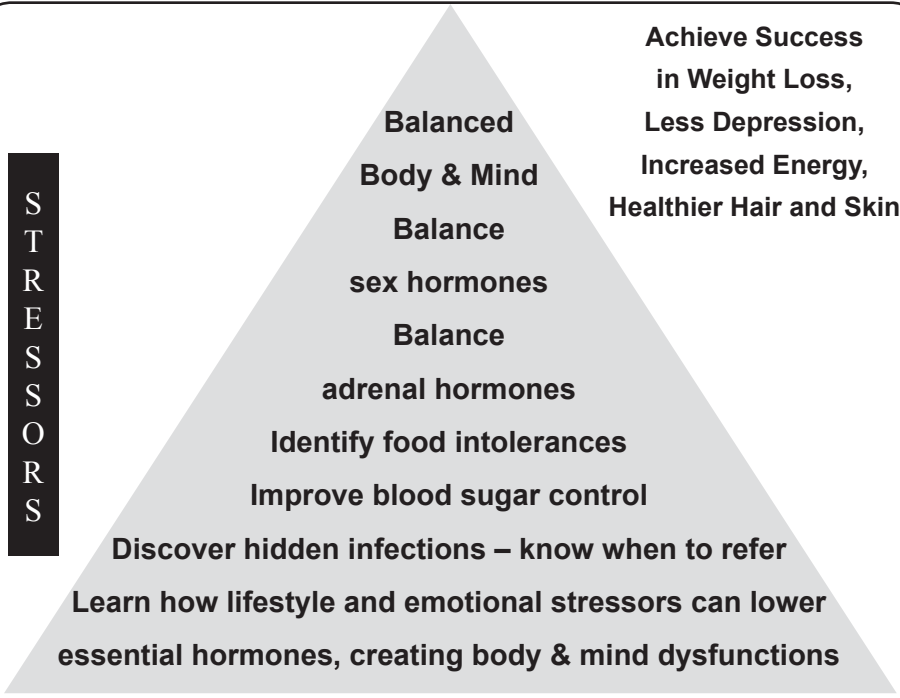
- persistent swollen glands
- sore throat
- fevers
- sore soles, esp. in the a.m.
- joint pain
  - fingers, toes
  - ankles, wrists
  - knees, elbows
  - hips, shoulders
- joint swelling
  - fingers, toes
  - ankles, wrists
  - knees, elbows
  - hips, shoulders
- unexplained back pain
- stiffness of the joints or back
- muscle pains or cramps
- obvious muscle weakness
- twitching of the face or other muscles
- confusion, difficulty thinking
- difficulty with concentration, reading, problem absorbing new information
- word search, name block
- forgetfulness, poor short-term memory, poor attention
- disorientation: getting lost, going to wrong places
- speech errors: wrong word, misspeaking
- mood swings, irritability, depression
- anxiety, panic attacks
- psychosis: hallucinations, delusions, paranoia, bipolar
- tremor
- seizures
- headache
- light sensitivity
- sound sensitivity
- vision: double, blurry, floaters
- ear pain
- hearing: buzzing, ringing, decreased hearing
- increased motion sickness, vertigo, spinning
- off balance, "tippy" feeling
- lightheadedness, wooziness, unavoidable need to sit or lie
- Tingling, numbness, burning or stabbing sensations, shooting pains, skin hypersensitivity
- facial paralysis - Bell's Palsy
- dental pain
- neck creaks and cracks, stiffness, neck pain
- fatigue, tired, poor stamina
- Insomnia, fractionated sleep, early awakening
- excessive night-time sleep
- napping during the day
- unexplained weight gain
- unexplained weight loss
- unexplained hair loss
- pain in genital area
- unexplained menstrual irregularity
- unexplained milk production; breast pain
- irritable bladder or bladder dysfunction
- erectile dysfunction
- loss of libido
- queasy stomach or nausea
- heartburn, stomach pain
- constipation
- diarrhea
- low abdominal pain, cramps
- heart murmur or valve prolapse
- heart palpitations or skips
- "heart block" on EKG
- chest wall pain or ribs sore
- head congestion
- breathlessness, "air hunger," unexplained chronic cough
- night sweats
- exaggerated symptoms or worse hangover from alcohol
- symptom flares every 4 wks.
- degree of disability

Patient Name: \_\_\_\_\_

Age \_\_\_\_\_

**Female hormone questions:**

1. List hormone driven pathologies, i.e., endometriosis, breast cancer.  
\_\_\_\_\_
2. What is your purpose for this evaluation?  
\_\_\_\_\_
3. When was your last menses/bleeding? \_\_\_\_\_
4. Hysterectomy? Yes No At what age? \_\_\_\_\_
5. What was the length of your cycle when you were in your 20s? (i.e., 27, 28, 29 days) \_\_\_\_\_
6. What has been the length of your last 3 cycles? \_\_\_\_\_
7. List symptoms related to your cycle, i.e., monthly migraines.  
\_\_\_\_\_
8. Characteristics of your cycle, shorter, longer, missed, abnormal pain or bleeding etc.  
\_\_\_\_\_
9. Do you have heart palpitations? Yes No
10. What type of hormones have you been taking? Natural or synthetic? What form, i.e., drops under tongue, patch, oral pills, creams, etc.? (DHEA, Pregnenolone, Progesterone, Estrogens, Testosterone)  
\_\_\_\_\_  
\_\_\_\_\_
11. If you did a saliva test how long prior to doing the test did you stop taking hormones? \_\_\_\_\_ Did you take hormones during saliva testing? Yes No
12. How is your sex drive? \_\_\_\_\_
13. Moodiness or emotionality? Yes No  
Depression? Yes No
14. Increased abdominal fat? Yes No



**Patients: please list any other health concerns here and on the back of form, if needed:**

---

---

---

---

---

---

---

---

---

---

---

---

**Suggested Labs for Diagnostic Testing**

- Hair testing/metals: Doctors Data Inc.: <http://www.doctorsdata.com/home.asp>
- Immunity testing: NeuroScience: <http://www.neurorelief.com>
- Ion panel: Metamatrix Clinical Laboratory: <http://www.metamatrix.com>
- Lyme disease testing: IGeneX Inc.: <http://www.igenex.com/>
- Mold testing (blood): IBT Laboratories: [http://www.ibtreflab.com/diagnostic\\_testing\\_services/test\\_directory.asp?q=mold](http://www.ibtreflab.com/diagnostic_testing_services/test_directory.asp?q=mold)
- Urinary neurotransmitter testing: DBS Labs: [http://www.labdbs.com/home\\_page.htm](http://www.labdbs.com/home_page.htm)

**Miscellaneous Resources**

- Acne, sinus. Healthwise Nasal Sinus Bath: <http://www.letsgethealthwise.com/>
- Mold home/office testing/eradication referrals: OC Inspectors (David Gilbert MS, Orange County, CA): <http://www.ocinspectors.com/>
- Sole Footbeds: <http://www2.yoursole.com/>