

Health Assessment



Name: _____ Date: _____

Sex: M F DOB: _____

Referring Physician/Primary Care Doctor: _____

Please list your four major health concerns in order of importance:

1. _____
2. _____
3. _____
4. _____

Directions:

Please read each description and darken the number which best describes the frequency of your symptoms within the past year. If you do not understand a symptom, put a “?” before the symptoms number.

Key: 0=Never 1=Mild 2=moderate 3=severe
 (once a month or less) (several times a month) (almost always)

Digestive Problems

- 1 Bad Breath..... 0 1 2 3
- 2 Loss of appetite for high-protein foods (meat, etc.)..... 0 1 2 3
- 3 Eating relieves an acid stomach..... 0 1 2 3
- 4 Gas shortly after eating..... 0 1 2 3
- 5 Indigestion 1/2-1 hr after eating..... 0 1 2 3
- 6 Difficulty digesting fruits & veggies; undigested food in stool..... 0 1 2 3
- 7 Acid or spicy foods upset stomach..... 0 1 2 3

Liver/Gall Bladder

- 8 Lower bowel gas and/or bloating several hours after eating..... 0 1 2 3
- 9 Feet burn..... 0 1 2 3
- 10 Whites of eyes (sclera) yellow..... 0 1 2 3
- 11 Dry skin; itchy skin; skin peels on feet..... 0 1 2 3
- 12 Brown spots or bronzing of skin..... 0 1 2 3
- 13 Bitter metallic taste in mouth..... 0 1 2 3
- 14 Blurred vision..... 0 1 2 3
- 15 Headache over eyes..... 0 1 2 3
- 16 Feel nauseous, get queasy and/or gag easily..... 0 1 2 3
- 17 Color of stools light brown or yellow..... 0 1 2 3
- 18 Greasy or high-fat foods cause distress..... 0 1 2 3
- 19 Pain between shoulder blades..... 0 1 2 3
- 20 Dark circles under eyes..... 0 1 2 3
- 21 Acid breath..... 0 1 2 3
- 22 History of gall bladder attacks or gall bladder removed..... 0 1 2 3
- 23 Appetite reduced..... 0 1 2 3

Large Intestine

- 24 Coated tongue or fuzzy debris on tongue..... 0 1 2 3
- 25 Pass large amounts of foul-smelling gas..... 0 1 2 3
- 26 Irritable bowel or mucous colitis..... 0 1 2 3
- 27 Alternating constipation and diarrhea..... 0 1 2 3
- 28 Bowel movements painful or difficult; constipation..... 0 1 2 3
- 29 Burning or itching anus..... 0 1 2 3

Circle if you eat, drink or use any of the following:

- | | |
|--------------------------------|-----------------------|
| alcohol | luncheon meats |
| candy | margarine |
| carbonated beverages | refined sugars |
| cigarettes | milk products |
| coffee | artificial sweeteners |
| distilled water | non-herbal teas |
| flouridated/chlorinated water | chew tobacco |
| fast food regularly | vitamins & minerals |
| fried foods | other: _____ |
| refined (white) flour products | other: _____ |

Circle if you:

- | | |
|-----------------------------------|----------------------------------|
| diet often | are under excessive stress |
| salt food without tasting | are exposed to chemicals at work |
| exercise less than 3 times weekly | are exposed to cigarette smoke |

Allergies

- 30 Head congestion/sinus fullness..... 0 1 2 3
- 31 Sneezing attacks..... 0 1 2 3
- 32 Nightmares and bad dreams..... 0 1 2 3
- 33 Milk products and/or wheat products cause distress..... 0 1 2 3
- 34 Eyes and nose watery..... 0 1 2 3
- 35 Eyes swollen and puffy..... 0 1 2 3
- 36 Pulse speeds after meals and/or heart pounds after retiring..... 0 1 2 3

Immune System

- 37 Chronic or recurrent infections..... 0 1 2 3
- 38 Constant lung congestion..... 0 1 2 3
- 39 Heal slowly from infections..... 0 1 2 3
- 40 Autoimmune disease (rheumatoid arthritis, MS, etc.)..... 0 1 2 3
- 41 Chronic fatigue syndrome and/or fibromyalgia syndrome..... 0 1 2 3

Blood Sugar Problems

- 42 Crave sugar, sodas, or coffee in mid-morning or early afternoon..... 0 1 2 3
- 43 Hungry between meals, excessive appetite, or always hungry..... 0 1 2 3
- 44 Eating sweets upsets..... 0 1 2 3
- 45 Eat compulsively when nervous, anxious, or stressed..... 0 1 2 3
- 46 Irritable before meals..... 0 1 2 3
- 47 Shaky, weak, irritable, or light-headed between meals..... 0 1 2 3
- 48 Fatigue; eating relieves..... 0 1 2 3
- 49 Heart palpitates if meals are missed/delayed..... 0 1 2 3
- 50 Wake at night; hard to get back to sleep..... 0 1 2 3
- 51 Frequent unrealistic fears or worries..... 0 1 2 3
- 52 Often have to eat in the middle of the night..... 0 1 2 3
- 53 Often hard to concentrate or have trouble remembering things..... 0 1 2 3
- 54 Become anxious without reason..... 0 1 2 3
- 55 Excessively weak for no apparent reason..... 0 1 2 3
- 56 Often moody or depressed..... 0 1 2 3
- 57 Frequently feel drowsy..... 0 1 2 3
- 58 Difficulty making decisions..... 0 1 2 3
- 59 Often have blurred vision..... 0 1 2 3
- 60 Feel you lack sex drive..... 0 1 2 3
- 61 Often have muscle twitching or jerking..... 0 1 2 3
- 62 Feel better after eating..... 0 1 2 3
- 63 Get sleepy/drowsy after lunch..... 0 1 2 3

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Vitamin B Deficiency

- 64 Enlarged heart and/or heart failure..... 0 1 2 3
- 65 Pulse slow (below 65) or irregular pulse..... 0 1 2 3
- 66 Low blood pressure..... 0 1 2 3
- 67 Varicose veins (spider veins) and/or hemorrhoids..... 0 1 2 3
- 68 Slow reflexes..... 0 1 2 3
- 69 Irregular heart beat..... 0 1 2 3
- 70 Worry, anxiety, insecurity, or highly emotional state..... 0 1 2 3
- 71 Sensitive to noises and/or smells..... 0 1 2 3
- 72 Have trouble with concentration (foggy-headed)..... 0 1 2 3
- 73 Weak digestion (gas, bloating, indigestion)..... 0 1 2 3
- 74 Feel drowsy after eating..... 0 1 2 3
- 75 Sore and achy muscles after little exercise..... 0 1 2 3
- 76 Constantly fatigued..... 0 1 2 3
- 77 Wake up at night to urinate..... 0 1 2 3
- 78 Wake up at night and can't get back to sleep..... 0 1 2 3
- 79 Back pain when in one position (i.e., in bed at night)..... 0 1 2 3
- 80 Headband-like headache (like a tight band around head)..... 0 1 2 3
- 81 Itchy skin..... 0 1 2 3
- 82 Sensitive to insect bites..... 0 1 2 3
- 83 Shortness of breath (can't hold breath very long)..... 0 1 2 3
- 84 No stamina (get winded easily)..... 0 1 2 3
- 85 Frequently yawn..... 0 1 2 3
- 86 Low body temperature..... 0 1 2 3
- 87 Muscles feel weak (body feels heavy)..... 0 1 2 3

Vitamin G Deficiency

- 88 High blood pressure..... 0 1 2 3
- 89 Fast heart rate (pulse)..... 0 1 2 3
- 90 Muscles feel tense & tight..... 0 1 2 3
- 91 Tic-tac rhythm to heart beat (no rest between heart beats)..... 0 1 2 3
- 92 Worry excessively (mind races)..... 0 1 2 3
- 93 Always tense can't relax..... 0 1 2 3
- 94 Tend to be suspicious by nature..... 0 1 2 3
- 95 Moody..... 0 1 2 3
- 96 Depressed..... 0 1 2 3
- 97 Tend to have cold hands and feet..... 0 1 2 3
- 98 Weak digestion (gas, bloating, indigestion)..... 0 1 2 3
- 99 Muscles restless always moving..... 0 1 2 3
- 100 Body jerks when falling asleep..... 0 1 2 3
- 101 Aware of muscle twitching..... 0 1 2 3
- 102 Feel tight; not flexible..... 0 1 2 3
- 103 Trouble digesting fats (indigestion after eating fatty foods)..... 0 1 2 3
- 104 Can hear heartbeat in ears (especially lying in bed at night)..... 0 1 2 3
- 105 Cracking at the corners of mouth (cheilosis)..... 0 1 2 3
- 106 Friable, easily irritated skin (especially after shaving)..... 0 1 2 3
- 107 Red, irritated tongue (sometimes purple color to tongue)..... 0 1 2 3
- 108 Irritated mucous membranes (sinus, lungs, rectum, etc.)..... 0 1 2 3
- 109 Loss of upper lip (thin upper lip)..... 0 1 2 3
- 110 Burning or itching or eyes..... 0 1 2 3
- 111 Bloodshot eyes..... 0 1 2 3
- 112 Eyes sensitive..... 0 1 2 3
- 113 See only part of printed words (like looking through a fishbowl)..... 0 1 2 3

Fatty Acids Deficiency

- 114 Joint or muscle pain..... 0 1 2 3
- 115 Glaucoma..... 0 1 2 3
- 116 Autoimmune disease (of any kind)..... 0 1 2 3
- 117 Cold-sensitive; always feel cold..... 0 1 2 3
- 118 Chronic headaches..... 0 1 2 3
- 119 Parasthesias (abnormal sensations in body) or neuralgia..... 0 1 2 3
- 120 Muscle cramping..... 0 1 2 3
- 121 Abrupt changes in visual acuity..... 0 1 2 3
- 122 Popping or cracking in ears or tinnitus..... 0 1 2 3
- 123 Problems swallowing..... 0 1 2 3
- 124 Depression and/or anxiety..... 0 1 2 3
- 125 Learning disabilities (ADD, ADHD, etc.)..... 0 1 2 3
- 126 Epilepsy or narcolepsy..... 0 1 2 3

- 127 Dry or scaling skin (elbows, knees, forearms, shins)..... 0 1 2 3
- 128 Phrynoderma (roughness of upper arms, thighs, buttocks)..... 0 1 2 3
- 129 Dandruff or flaking skin, in general..... 0 1 2 3
- 130 Psoriasis or eczema..... 0 1 2 3
- 131 Dyspigmentation (aging spots, vitiligo)..... 0 1 2 3
- 132 Dry or brittle hair..... 0 1 2 3
- 133 Acne..... 0 1 2 3

High Autonomic

- 134 High blood pressure..... 0 1 2 3
- 135 Fast heart rate (pulse)..... 0 1 2 3
- 136 Dilated pupils..... 0 1 2 3
- 137 Tend toward dry mouth (may have difficulty swallowing)..... 0 1 2 3
- 138 Cold, clammy hands and feet..... 0 1 2 3
- 139 Excess muscle tension..... 0 1 2 3
- 140 Quick reflexes..... 0 1 2 3
- 141 Anxious, mind races, and can't relax..... 0 1 2 3
- 142 Excessive sweating..... 0 1 2 3
- 143 Lots of energy, but poor stamina or nervous exhaustion..... 0 1 2 3
- 144 Tendency toward constipation..... 0 1 2 3
- 145 Feel like food sits in stomach; queasiness or nausea..... 0 1 2 3
- 146 Tendency toward a strong body odor..... 0 1 2 3
- 147 Women: Difficult to become sexually aroused..... 0 1 2 3
- 148 Men: Difficulty getting an erection or weak erections..... 0 1 2 3

Low Autonomic

- 149 Low blood pressure..... 0 1 2 3
- 150 Slow heart rate (pulse)..... 0 1 2 3
- 151 Constricted pupils..... 0 1 2 3
- 152 Tendency toward increased saliva..... 0 1 2 3
- 153 Warm, dry skin (warm hands and feet)..... 0 1 2 3
- 154 Family history of diabetes or low thyroid..... 0 1 2 3
- 155 Slow reflexes..... 0 1 2 3
- 156 Unmotivated or lackadaisical..... 0 1 2 3
- 157 Calm, even disposition..... 0 1 2 3
- 158 Low energy but good endurance..... 0 1 2 3
- 159 Get stiff/achy after being in one position (sleeping/sitting)..... 0 1 2 3
- 160 Tendency toward laziness or undisciplined behavior..... 0 1 2 3
- 161 Women: Strong sex drive; easily aroused..... 0 1 2 3
- 162 Men: Easily achieve strong erections; strong sex drive..... 0 1 2 3

High Pituitary

- 163 Increased sex drive..... 0 1 2 3
- 164 Splitting headaches..... 0 1 2 3
- 165 Failing memory..... 0 1 2 3
- 166 Working excessively until exhausted..... 0 1 2 3
- 167 Feeling keyed up; unable to relax..... 0 1 2 3
- 168 Reduced tolerance for sugar..... 0 1 2 3

Low Pituitary

- 169 Reduced or absent sex drive..... 0 1 2 3
- 170 Abnormal thirst..... 0 1 2 3
- 171 Weight gain around hips or waist..... 0 1 2 3
- 172 Tendency toward ulcers or colitis..... 0 1 2 3
- 173 Ability to eat sugar without symptoms..... 0 1 2 3
- 174 Menstrual disorders (women)..... 0 1 2 3
- 175 Lack of menstruation (teenage girls)..... 0 1 2 3

High Thyroid

- 176 Hard to gain weight despite large appetite..... 0 1 2 3
- 177 Heart palpitations..... 0 1 2 3
- 178 Nervous, emotional and/or can't work under pressure..... 0 1 2 3
- 179 Insomnia..... 0 1 2 3
- 180 Inward trembling..... 0 1 2 3
- 181 Night sweats..... 0 1 2 3
- 182 Fast pulse at rest..... 0 1 2 3
- 183 Intolerant of high temperatures..... 0 1 2 3
- 184 Easily flushed..... 0 1 2 3

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Low Thyroid

- 185 Difficulty losing weight..... 1 2 3
- 186 Reduced initiative and/or mental sluggishness..... 1 2 3
- 187 Easily fatigued; sleepy during the day..... 1 2 3
- 188 Sensitive to cold, poor circulation, cold hands and feet..... 1 2 3
- 189 Dry or scaly skin..... 1 2 3
- 190 Ringing in ears or noises in head..... 1 2 3
- 191 Hearing impaired..... 1 2 3
- 192 Constipation..... 1 2 3
- 193 Excessive hair loss and/or coarse hair..... 1 2 3
- 194 Headache upon waking; wears off during day..... 1 2 3

High Adrenal

- 195 Elevated blood pressure..... 1 2 3
- 196 Headaches..... 1 2 3
- 197 Hot flashes..... 1 2 3
- 198 Hair growth on face or body (females)..... 1 2 3
- 199 Masculine tendencies (females)..... 1 2 3

Low Adrenal

- 200 Low blood pressure..... 1 2 3
- 201 Crave salt..... 1 2 3
- 202 Chronic fatigue or drowsiness..... 1 2 3
- 203 Afternoon yawning..... 1 2 3
- 204 Feeling tired upon waking..... 1 2 3
- 205 Weakness or dizziness..... 1 2 3
- 206 Weakness after colds or slow recovery..... 1 2 3
- 207 Poor circulation..... 1 2 3
- 208 Muscular and nervous exhaustion..... 1 2 3
- 209 Susceptible to colds, asthma, or bronchitis..... 1 2 3
- 210 Allergies and/or hives..... 1 2 3
- 211 Difficulty holding chiropractic adjustments..... 1 2 3
- 212 Arthritic tendencies..... 1 2 3
- 213 Nails weak and/or ridged..... 1 2 3
- 214 Perspire easily..... 1 2 3
- 215 Slow starter in the morning..... 1 2 3
- 216 Afternoon headaches..... 1 2 3

Nutritional Deficiency

- 217 Frequent skin rashes and/or hives..... 1 2 3
- 218 Muscle cramping of leg or foot when at rest or sleeping..... 1 2 3
- 219 Fevers easily raised or frequent..... 1 2 3
- 220 Crave chocolate..... 1 2 3
- 221 Feet have bad odor..... 1 2 3
- 222 Frequent hoarseness..... 1 2 3
- 223 Difficulty swallowing..... 1 2 3
- 224 Joint stiffness upon rising..... 1 2 3
- 225 Frequent vomiting..... 1 2 3
- 226 Tendency to anemia..... 1 2 3
- 227 Whites of eyes (sclera) blue..... 1 2 3
- 228 Lump in throat..... 1 2 3
- 229 Dryness of eyes, mouth and/or nose..... 1 2 3
- 230 White spots on fingernails..... 1 2 3
- 231 Cuts heal slowly and/or scar easily..... 1 2 3
- 232 Reduced/lost sense of taste, and/or smell..... 1 2 3
- 233 Susceptible to colds, fevers, and/or infections..... 1 2 3
- 234 Strong light irritates eyes..... 1 2 3
- 235 Noises in head or ringing in ears..... 1 2 3
- 236 Burning sensations in mouth..... 1 2 3
- 237 Numbness in hands and feet..... 1 2 3
- 238 Intolerant to MSG..... 1 2 3
- 239 Cannot recall dreams..... 1 2 3
- 240 Frequent nosebleeds..... 1 2 3
- 241 Bruise easily..... 1 2 3
- 242 Muscle cramping; worse with exercise..... 1 2 3

Heart Function

- 243 Aware of heavy and/or irregular breathing..... 1 2 3
- 244 Discomfort at high altitude..... 1 2 3
- 245 "Air hunger"; sigh frequently..... 1 2 3
- 246 Swollen ankles, worse at night..... 1 2 3
- 247 Shortness of breath with exertion..... 1 2 3
- 248 Dull pain in chest or radiating into arm, worse with exertion..... 1 2 3

Female Hormonal

- 249 Premenstrual tension..... 1 2 3
- 250 Painful menses (cramping, etc.)..... 1 2 3
- 251 Menstration excessive or prolonged..... 1 2 3
- 252 Painful or tender breasts..... 1 2 3
- 253 Menstrate too frequently..... 1 2 3
- 254 Acne, worse at menses..... 1 2 3
- 255 Depressed feeling before menstration..... 1 2 3
- 256 Vaginal discharge..... 1 2 3
- 257 Menses scanty or missed..... 1 2 3
- 258 Hysterectomy or ovaries removed..... 1 2 3
- 259 Menopausal hot flashes..... 1 2 3
- 260 Depression..... 1 2 3

Male Hormonal

- 261 Prostate trouble..... 1 2 3
- 262 Urination difficult or dribbling..... 1 2 3
- 263 Frequent night urination..... 1 2 3
- 264 Pain on inside of legs or heels..... 1 2 3
- 265 Feeling of incomplete bowel movement..... 1 2 3
- 266 Leg nervousness at night..... 1 2 3
- 267 Tire easily; avoid activity..... 1 2 3
- 268 Reduced sex drive..... 1 2 3
- 269 Depression..... 1 2 3
- 270 Migrating aches and pains..... 1 2 3