



**KLUCCHARICH  
WHOLE BODY HEALING**

*The Natural Way to Good Health!*  
843-664-0900

## PERSONAL HEALTH APPRAISAL (P.H.A.)

Name \_\_\_\_\_ Phone (home/cell) \_\_\_\_\_ Address \_\_\_\_\_  
Phone (business) \_\_\_\_\_ Occupation \_\_\_\_\_  
Birthdate \_\_\_\_\_ Referred by \_\_\_\_\_

IMPORTANT The information requested in this form is of vital importance to you and your health. It is designed to help you understand your current state of health. Seeing your complete health picture helps you and your health care professional identify the natural medicines and therapies best suited to the dynamic restoration of YOUR health.

Read the questions carefully and score them on a 0 - 5 scale of intensity, 5 being the strongest.

If a question does not apply to you, score it a 0. If you are not sure and have a doubt about a question, or wish to clarify the answer, describe in the space available.

What priorities do you have for your health? List priorities, concerns, issues: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Score the degree of severity of symptoms in each square below from 0 to 5.  
0 - Never or No; 1 - Very mild or occasional; 2 - Mild; 3 - Moderate; 4 - Severe; 5 - Very severe or Yes

EXAMPLE: 3 Do you have headaches get headaches on an empty stomach.

### ALLERGY

1. \_\_\_\_\_ Do you have any allergies? If yes, please list: \_\_\_\_\_
2. \_\_\_\_\_ Do you live or work in a moldy environment? \_\_\_\_\_
3. \_\_\_\_\_ Are you sensitive to dairy products? \_\_\_\_\_
4. \_\_\_\_\_ Are you sensitive to fragrances or chemical smells? \_\_\_\_\_
5. \_\_\_\_\_ Are you sensitive to animal hair/dander? \_\_\_\_\_
6. \_\_\_\_\_ Do you have any food allergies? If yes, please list: \_\_\_\_\_
7. \_\_\_\_\_ Are your allergies worse in different areas of the country? Where? \_\_\_\_\_
8. \_\_\_\_\_ Do you have hay fever and/or seasonal allergies? \_\_\_\_\_
9. \_\_\_\_\_ Is your nose frequently stuffy? \_\_\_\_\_
10. \_\_\_\_\_ Have you been diagnosed with asthma? \_\_\_\_\_
11. \_\_\_\_\_ Have you been diagnosed with emphysema? \_\_\_\_\_
12. \_\_\_\_\_ Have you been diagnosed with bronchitis or pneumonia? \_\_\_\_\_

13. \_\_\_\_ Do you have chest pain or discomfort? \_\_\_\_\_
14. \_\_\_\_ Do you have post-nasal drip \_\_\_\_\_
15. \_\_\_\_ Do you spit up phlegm? \_\_\_\_\_
16. \_\_\_\_ Do you snore frequently or loudly? \_\_\_\_\_
17. \_\_\_\_ Do you have any other respiratory disorders? Explain: \_\_\_\_\_

### **CANCER SUPPORT**

1. \_\_\_\_ Do have cancer or have you had it in the past? \_\_\_\_\_
2. \_\_\_\_ Do or did any of your immediate family members have cancer? If yes, describe in detail. \_\_\_\_\_  
\_\_\_\_\_

### **CHILDREN**

1. \_\_\_\_ Does your baby have colic? \_\_\_\_\_
2. \_\_\_\_ Does your child have problems with teething? \_\_\_\_\_
3. \_\_\_\_ Does your child wet the bed? \_\_\_\_\_
4. \_\_\_\_ Does your child have jaundice? \_\_\_\_\_
5. \_\_\_\_ Do you or your child have swollen tonsils? \_\_\_\_\_
6. \_\_\_\_ Does your child have swollen glands? Where? \_\_\_\_\_
7. \_\_\_\_ Does your child have attention deficit disorder? \_\_\_\_\_
8. \_\_\_\_ Is your child hyperactive? \_\_\_\_\_
9. \_\_\_\_ Does your child have any other learning disabilities? Explain: \_\_\_\_\_
10. \_\_\_\_ Does your child have recurring fears? \_\_\_\_\_
11. \_\_\_\_ Does your child have recurring fevers? \_\_\_\_\_
12. \_\_\_\_ Does your child have recurring nightmares? \_\_\_\_\_
13. \_\_\_\_ Does your child have recurring tummy aches? \_\_\_\_\_
14. \_\_\_\_ Does your child have abnormal growth patterns? \_\_\_\_\_
15. \_\_\_\_ Are there any other childhood disorders? Explain: \_\_\_\_\_
16. \_\_\_\_ Did or does your child have reactions from vaccinations? Explain: \_\_\_\_\_
17. \_\_\_\_ Does your child suffer from poor appetite? \_\_\_\_\_
18. \_\_\_\_ Does your child have excessive appetite? \_\_\_\_\_
19. \_\_\_\_ Is your child overweight? \_\_\_\_\_

### **CIRCULATION**

1. \_\_\_\_ Do you have slurred or stuttered speech? \_\_\_\_\_
2. \_\_\_\_ Do you have confusion? \_\_\_\_\_
3. \_\_\_\_ Have you been diagnosed with a heart condition? \_\_\_\_\_
4. \_\_\_\_ Do you have low blood pressure? \_\_\_\_\_
5. \_\_\_\_ Do you have high blood pressure? \_\_\_\_\_
6. \_\_\_\_ Do you have circulatory problems? \_\_\_\_\_
7. \_\_\_\_ Are you often dizzy \_\_\_\_\_

8. \_\_\_\_ Do you get light headed when standing quickly? \_\_\_\_\_
9. \_\_\_\_ Do you have cold hands or feet? \_\_\_\_\_
10. \_\_\_\_ Do you experience spells of rapid heart beat? \_\_\_\_\_
11. \_\_\_\_ Are you aware of your heart skipping beats? \_\_\_\_\_
12. \_\_\_\_ What is going on in your life when your heart skips beats? \_\_\_\_\_
13. \_\_\_\_ Do you have nosebleeds? \_\_\_\_\_
14. \_\_\_\_ Do you have varicose or spider veins? \_\_\_\_\_
15. \_\_\_\_ Have you been diagnosed with phlebitis? \_\_\_\_\_
16. \_\_\_\_ Do you have any other circulatory disorders? Explain: \_\_\_\_\_

### **CLEANSING & DETOX**

1. \_\_\_\_ Does acid accumulate in your body? \_\_\_\_\_
2. \_\_\_\_ Do you have any tumors or abnormal growths? \_\_\_\_\_
3. \_\_\_\_ Have you been diagnosed with a liver condition? \_\_\_\_\_
4. \_\_\_\_ Have you ever had chemotherapy or radiation treatment? \_\_\_\_\_
5. \_\_\_\_ Do you have pain or sensitivity in the lower right portion of the abdomen? \_\_\_\_\_
6. \_\_\_\_ Have you worked or lived in any toxic environments that you are aware of? Explain: \_\_\_\_\_
7. \_\_\_\_ Do you have any other toxic condition? Explain: \_\_\_\_\_
8. \_\_\_\_ Have you been exposed to toxic metals (tooth fillings, old plumbing or paint, frequent seafood consumption, etc?) \_\_\_\_\_
9. \_\_\_\_ Do you live in an area of heavy outdoor pollution? \_\_\_\_\_
10. \_\_\_\_ Does breathing the air in your house or workplace aggravate your symptoms? \_\_\_\_\_
11. \_\_\_\_ Are you frequently in contact with household chemicals and/or topical cosmetics? \_\_\_\_\_
12. \_\_\_\_ Do you have food allergies \_\_\_\_\_
13. \_\_\_\_ Do you live/work in a moldy environment? \_\_\_\_\_
14. \_\_\_\_ Are you aware of exposure to pesticides or herbicides? \_\_\_\_\_
15. \_\_\_\_ Are you aware of any reactions to food additives or preservatives? \_\_\_\_\_
16. \_\_\_\_ Do you have excessive thirst? \_\_\_\_\_
17. \_\_\_\_ Have you ever had reactions from vaccinations? Explain: \_\_\_\_\_
18. \_\_\_\_ Do you have frequent earaches or discharge from the ears? \_\_\_\_\_
19. \_\_\_\_ Do you have ringing in the ears or a loss of hearing? \_\_\_\_\_

### **CONSTITUTION**

1. \_\_\_\_ Have you reached a plateau in your progress towards better health? \_\_\_\_\_
2. \_\_\_\_ Please describe any known genetic weaknesses within you or your family. \_\_\_\_\_
3. \_\_\_\_ Do you have any immune system challenges? \_\_\_\_\_
4. \_\_\_\_ Do you have any adverse reactions that are aggravated by cold/damp environments? \_\_\_\_\_
5. \_\_\_\_ Do you have any adverse reactions that are aggravated by cold/dry environments? \_\_\_\_\_
6. \_\_\_\_ Do you have any adverse reactions that are aggravated by hot/humid environments? \_\_\_\_\_
7. \_\_\_\_ Do you have any adverse reactions that are aggravated by hot/dry environments? \_\_\_\_\_

8. \_\_\_\_ Does your health suffer when the weather or seasons change? \_\_\_\_\_

**DIGESTION**

- 1. \_\_\_\_ Do you have problems with constipation? \_\_\_\_\_
- 2. \_\_\_\_ Do you use laxatives? \_\_\_\_\_
- 3. \_\_\_\_ Do you have frequent diarrhea? \_\_\_\_\_
- 4. \_\_\_\_ Do you have colitis \_\_\_\_\_
- 5. \_\_\_\_ Have you been diagnosed with a gall bladder condition? \_\_\_\_\_
- 6. \_\_\_\_ Do you have gall stones \_\_\_\_\_
- 7. \_\_\_\_ Do you have black stools? \_\_\_\_\_
- 8. \_\_\_\_ Do you have red or bloody stools? \_\_\_\_\_
- 9. \_\_\_\_ Do you have problems with heartburn? \_\_\_\_\_
- 10. \_\_\_\_ Do you have problems with hemorrhoids? \_\_\_\_\_
- 11. \_\_\_\_ Do you have problems with rectal fissures or polyps? \_\_\_\_\_
- 12. \_\_\_\_ Do you have indigestion? When \_\_\_\_\_
- 13. \_\_\_\_ Do you have problems with abdominal or lower GI gas? \_\_\_\_\_
- 14. \_\_\_\_ Do you have problems with bloating? \_\_\_\_\_
- 15. \_\_\_\_ Do you experience any pain or tenderness in your abdomen? \_\_\_\_\_
- 16. \_\_\_\_ Have you ever had intestinal worms, itchy nose or rectum? \_\_\_\_\_
- 17. \_\_\_\_ Are you frequently nauseated or vomit easily? \_\_\_\_\_
- 18. \_\_\_\_ Do you suffer from motion sickness? \_\_\_\_\_
- 19. \_\_\_\_ Have you been diagnosed with stomach ulcers? \_\_\_\_\_
- 20. \_\_\_\_ Do you have any other digestive disorders? \_\_\_\_\_
- 21. \_\_\_\_ Do you have frequent foul smelling lower gas? \_\_\_\_\_
- 22. \_\_\_\_ Do you have frequent foul smelling stools? \_\_\_\_\_
- 23. \_\_\_\_ Do you have frequent problems with upper gas, such as belching? \_\_\_\_\_

**EYES**

- 1. \_\_\_\_ Do you wear corrective lenses? \_\_\_\_\_
- 2. \_\_\_\_ Do you experience dry itchy, watery or red eyes? \_\_\_\_\_
- 3. \_\_\_\_ Do you have eye discomforts associated with allergies and hay fever? \_\_\_\_\_
- 4. \_\_\_\_ Are you troubled with conjunctivitis (pink eye)? \_\_\_\_\_
- 5. \_\_\_\_ Do you have styes? \_\_\_\_\_
- 6. \_\_\_\_ Do you have cataracts? \_\_\_\_\_
- 7. \_\_\_\_ Do you have eye stress? \_\_\_\_\_
- 8. \_\_\_\_ Do your eyes fatigue easily? \_\_\_\_\_
- 9. \_\_\_\_ Do you have macular degeneration? \_\_\_\_\_
- 10. \_\_\_\_ Do you have other eye conditions? Explain: \_\_\_\_\_

## IMMUNE

1. \_\_\_\_ Are you bothered with viruses at various times during the year? \_\_\_\_\_
2. \_\_\_\_ Are you sensitive to chemicals? Explain: \_\_\_\_\_
3. \_\_\_\_ Are you oversensitive to the environment? \_\_\_\_\_
4. \_\_\_\_ Do you have recurring infections, virus, bacteria, fungus or other? Explain: \_\_\_\_\_
5. \_\_\_\_ Do you have colds or flu often? How often? \_\_\_\_\_
6. \_\_\_\_ Do you cough frequently \_\_\_\_\_
7. \_\_\_\_ Have you been diagnosed with Lyme disease? \_\_\_\_\_
8. \_\_\_\_ Do you have frequent laryngitis or hoarseness? \_\_\_\_\_
9. \_\_\_\_ Do you have fevers frequently? \_\_\_\_\_
10. \_\_\_\_ Do you have frequent sinusitis? \_\_\_\_\_
11. \_\_\_\_ Do you have frequent sore throats? \_\_\_\_\_
12. \_\_\_\_ Are your glands often swollen? \_\_\_\_\_
13. \_\_\_\_ Are your tonsils often swollen \_\_\_\_\_
14. \_\_\_\_ Do you have sinus headaches? \_\_\_\_\_
15. \_\_\_\_ Do you have yeast or fungal overgrowths and/or candida albicans infections? \_\_\_\_\_
16. \_\_\_\_ Do you have any other immune disorders? \_\_\_\_\_

## MEN/WOMEN

1. \_\_\_\_ Do you have signs of premature aging such as wrinkles, grey hair, and body aches? \_\_\_\_\_
2. \_\_\_\_ Do you have prostate enlargement? \_\_\_\_\_
3. \_\_\_\_ Do you have dribbling after urination? \_\_\_\_\_
4. \_\_\_\_ Do you have an urgency to urinate? \_\_\_\_\_
5. \_\_\_\_ Do you have erectile dysfunction? \_\_\_\_\_
6. \_\_\_\_ Do you have premature ejaculations? \_\_\_\_\_
7. \_\_\_\_ Do you have decreased sexual desire? \_\_\_\_\_
8. \_\_\_\_ Do you have difficulty controlling sexual desire? \_\_\_\_\_
9. \_\_\_\_ Do you have any other male disorders? Explain: \_\_\_\_\_
10. \_\_\_\_ Do you have pre-menstrual syndrome? \_\_\_\_\_
11. \_\_\_\_ Do you retain fluid during your period? \_\_\_\_\_
12. \_\_\_\_ Do you have menstrual pain, cramps or irregularities? \_\_\_\_\_
13. \_\_\_\_ Do you have feminine discharge? \_\_\_\_\_
14. \_\_\_\_ Do you have vaginal pain or discomforts? \_\_\_\_\_
15. \_\_\_\_ Have you been diagnosed with endometriosis? \_\_\_\_\_
16. \_\_\_\_ Do you have breast cysts or lumps? \_\_\_\_\_
17. \_\_\_\_ Do you have breast mastitis? \_\_\_\_\_
18. \_\_\_\_ Do you have tender or sore nipples? \_\_\_\_\_
19. \_\_\_\_ Do you have frequent yeast infections? \_\_\_\_\_
20. \_\_\_\_ Are you going through or have symptoms of menopause? \_\_\_\_\_
21. \_\_\_\_ Do you frequently feel hot or perspire? \_\_\_\_\_

22. \_\_\_\_ Have you had a hysterectomy? \_\_\_\_\_
23. \_\_\_\_ Are you pregnant? \_\_\_\_\_
24. \_\_\_\_ Do you experience morning sickness with pregnancy? \_\_\_\_\_
25. \_\_\_\_ Have you had a miscarriage or are you prone to miscarry? \_\_\_\_\_
26. \_\_\_\_ Do you have problems with fertility? \_\_\_\_\_
27. \_\_\_\_ Is intercourse painful for you? \_\_\_\_\_
28. \_\_\_\_ Do you have diminished sexual desire? \_\_\_\_\_
29. \_\_\_\_ Do you have difficulty controlling sexual desire? \_\_\_\_\_
30. \_\_\_\_ Do you have any other female disorders? Explain: \_\_\_\_\_
31. \_\_\_\_ Have you been diagnosed with osteoporosis or weakened bones? \_\_\_\_\_
32. \_\_\_\_ Do you have heel spurs? \_\_\_\_\_
33. \_\_\_\_ Do you feel shaky when hungry? \_\_\_\_\_
34. \_\_\_\_ Are you a diabetic? What type? \_\_\_\_\_
35. \_\_\_\_ Have you ever been diagnosed with low blood sugar problems? \_\_\_\_\_
36. \_\_\_\_ Do you have increased urination and constipation associated with sugar consumption? \_\_\_\_\_

#### **ORAL HEALTH**

1. \_\_\_\_ Do your jaws pop or ache when eating? \_\_\_\_\_
2. \_\_\_\_ Do you have halitosis/bad breath? \_\_\_\_\_
3. \_\_\_\_ Do you have bleeding gums? \_\_\_\_\_
4. \_\_\_\_ Describe any dental work you've had: \_\_\_\_\_
5. \_\_\_\_ Do you have excessive plaque and tartar build-up on your teeth? \_\_\_\_\_
6. \_\_\_\_ Do you have teeth and/or gum problems? Describe: \_\_\_\_\_
7. \_\_\_\_ Do you have amalgam/metal fillings? How many? \_\_\_\_\_

#### **PAIN**

1. \_\_\_\_ Have you been diagnosed with rheumatoid arthritis? \_\_\_\_\_
2. \_\_\_\_ Have you been diagnosed with osteoarthritis? \_\_\_\_\_
3. \_\_\_\_ Does any part of your body experience numbness or tingling? Where? \_\_\_\_\_
4. \_\_\_\_ Do you have back or neck problems? Where? \_\_\_\_\_
5. \_\_\_\_ Do you have a spinal curvature? \_\_\_\_\_
6. \_\_\_\_ Do you suffer from muscle cramps? \_\_\_\_\_
7. \_\_\_\_ Do you suffer from muscle spasms? \_\_\_\_\_
8. \_\_\_\_ Are your muscles frequently sore? \_\_\_\_\_
9. \_\_\_\_ Do you have muscle weakness? \_\_\_\_\_
10. \_\_\_\_ Are your joints stiff in the morning? \_\_\_\_\_
11. \_\_\_\_ Do you suffer from painful feet? \_\_\_\_\_
12. \_\_\_\_ Have you been diagnosed with gout? \_\_\_\_\_
13. \_\_\_\_ Do you have headaches? Explain: \_\_\_\_\_
14. \_\_\_\_ Do you have migraine headaches? Explain: \_\_\_\_\_

15. \_\_\_\_ Do you have sciatica? \_\_\_\_\_
16. \_\_\_\_ Do you bruise easily \_\_\_\_\_
17. \_\_\_\_ Have you been diagnosed with neurological disease? \_\_\_\_\_
18. \_\_\_\_ Do you have any other pain or injuries? Explain: \_\_\_\_\_
19. \_\_\_\_ Do you have tremors? \_\_\_\_\_
20. \_\_\_\_ Do you have tics (twitching)? \_\_\_\_\_
21. \_\_\_\_ Do you have ringing in the ears, hearing loss, or acute sensitivity to sounds? \_\_\_\_\_
22. \_\_\_\_ Do you suffer from restless leg syndrome? \_\_\_\_\_
23. \_\_\_\_ Do you suffer from leg cramps? \_\_\_\_\_

## SKIN

1. \_\_\_\_ Do you have teenage acne? \_\_\_\_\_
2. \_\_\_\_ Do you have adult acne? \_\_\_\_\_
3. \_\_\_\_ Is your skin generally unhealthy and dry? \_\_\_\_\_
4. \_\_\_\_ Do you have any abnormal skin growths or discolorations? \_\_\_\_\_
5. \_\_\_\_ Do you have athlete's foot? \_\_\_\_\_
6. \_\_\_\_ Do you have insect bite reactions or allergies? \_\_\_\_\_
7. \_\_\_\_ Are insects attracted to you? \_\_\_\_\_
8. \_\_\_\_ Do you scar easily? \_\_\_\_\_
9. \_\_\_\_ Do you have any pain or discomfort in or around any scars? \_\_\_\_\_
10. \_\_\_\_ Do you have adhesions? Explain: \_\_\_\_\_
11. \_\_\_\_ Do you get cold sores \_\_\_\_\_
12. \_\_\_\_ Do you have warts? \_\_\_\_\_
13. \_\_\_\_ Do you have excess body perspiration? \_\_\_\_\_
14. \_\_\_\_ Do you have excess body odor? \_\_\_\_\_
15. \_\_\_\_ Do you have reactions to poison ivy, oak, or sumac? \_\_\_\_\_
16. \_\_\_\_ Do you have hair growth abnormalities? \_\_\_\_\_
17. \_\_\_\_ Do you have nail growth abnormalities? \_\_\_\_\_

## SLEEP

1. \_\_\_\_ Do you feel weakness or exhaustion? \_\_\_\_\_
2. \_\_\_\_ Do you experience jet lag or problems with shift changes? \_\_\_\_\_
3. \_\_\_\_ Do you have insomnia? \_\_\_\_\_
4. \_\_\_\_ Do you have any abnormal sleep patterns? Describe: \_\_\_\_\_

## SPORTS

1. \_\_\_\_ Are you interested in increasing muscular strength and/or bodybuilding? \_\_\_\_\_
2. \_\_\_\_ Do you have sports injuries? Explain: \_\_\_\_\_
3. \_\_\_\_ Do you have soreness, bruises, tightness and stiffness after sports activities? \_\_\_\_\_
4. \_\_\_\_ Are you interested in any sports enhancements? Explain: \_\_\_\_\_

**URINARY**

- 1. \_\_\_\_ Do you have frequent urination? \_\_\_\_\_
- 2. \_\_\_\_ Do you ever lose control of your bladder or dribble when sneezing or laughing? \_\_\_\_\_
- 3. \_\_\_\_ Do you have painful urination \_\_\_\_\_
- 4. \_\_\_\_ Do you have difficulty in starting the stream? \_\_\_\_\_
- 5. \_\_\_\_ Do you have frequent kidney or bladder infections? \_\_\_\_\_
- 6. \_\_\_\_ Do you have or have you ever had kidney stones? \_\_\_\_\_
- 7. \_\_\_\_ Do you have any other urinary tract disorders? \_\_\_\_\_

**WEIGHT**

- 1. \_\_\_\_ Are you overweight? Estimated lbs. overweight \_\_\_\_\_
- 2. \_\_\_\_ Are you underweight? Estimated lbs underweight \_\_\_\_\_
- 3. \_\_\_\_ How often do you exercise?  Once a week  Twice a week  Three times a week  Five times a week  
\_\_\_\_ More than 5 times a week
- 4. \_\_\_\_ What type of exercise do you do?  Walking  Running  Jogging  Aerobics  Swimming  
\_\_\_\_ Other \_\_\_\_\_
- 5. \_\_\_\_ How much water do you drink daily?  Less than 4 cups  4 - 8 cups  More than 8 cups
- 6. \_\_\_\_ Do you crave sweets? \_\_\_\_\_
- 7. \_\_\_\_ Do you have an excessive appetite? \_\_\_\_\_
- 8. \_\_\_\_ Do you have a poor appetite? \_\_\_\_\_
- 9. \_\_\_\_ Do you desire to vomit after eating? \_\_\_\_\_
- 10. \_\_\_\_ Do you have an eating disorder? \_\_\_\_\_
- 11. \_\_\_\_ Do you eat when nervous \_\_\_\_\_
- 12. \_\_\_\_ Do you have edema or water retention? Where? \_\_\_\_\_
- 13. \_\_\_\_ Do you have any other weight disorders? Explain: \_\_\_\_\_

Please continue to the next page for your Mind & Body appraisal.



# MIND & BODY

*Please Follow These Instructions Carefully*

**IMPORTANT:** The information requested in this form is of vital importance for your health facilitation. It is designed to help you understand your current state of health. This information is completely confidential and will be shared only between you and your doctor. Filling out your Mind & Body Health Appraisal with total honesty will allow your doctor to accurately identify the natural medicines and therapies best suited to the dynamic restoration of YOUR health.

Read each product question carefully and score only those questions which pertain to you on a 0-5 scale of intensity, 5 being the strongest. You do not have to have all the conditions listed, if there are specific conditions under a list that pertain to you please underline and score in the box.

Score the degree of severity of symptoms in each square below from 0 to 5.  
0 - Never or No; 1 - Very mild or occasional; 2 - Mild; 3 - Moderate; 4 - Severe; 5 - Very severe

EXAMPLE: 3 Do you have tendencies of ADHD, hyperactivity, excitability, impulsiveness, or restlessness?

## **Addictaplex**

\_\_\_ Do you have strong cravings or desires, general addictive tendencies, or experience the negative effects of substance abuse?

## **Alcoholism**

\_\_\_ Do you suffer from any emotional and physical effects of alcoholism, alcoholic tendencies or a predisposition to desire alcohol, associated with feelings of discontent and irritability?

## **Apathy**

\_\_\_ Do you often experience feelings of indifference, apathy, lethargy, and/or lack of willpower?

## **Aversion to Change**

\_\_\_ Do you have a fear of change, resistance to change, aversion to change, inflexible ideas, apprehension or dogmatic tendencies, or are you obstinate about change?

## **Aversion to Exertion**

\_\_\_ Do you experience aversion to work, aversion to mental and/or physical exertion, languor, lack of will power, or despondency about business?

## **Burnout**

\_\_\_ Are you currently experiencing physical, mental, emotional burnout from: overwork, long-term stress, lack of sleep, illness and nervousness, exhaustion, indifference, muscle weakness, and/or blood sugar imbalances?

## **Calloused**

\_\_\_ Do you often feel hard-headed, have fear of losing control, feelings of indifference, or have coldness toward others?

## **Chagrined**

\_\_\_ Do you often feel discouraged, disappointed, humiliated, bitter, or intolerant of criticism, rejection, or contradiction?

## **Claustrophobia**

\_\_\_ Do you have claustrophobic tendencies, episodes of panic and nervous tension?

## **Complaining**

\_\_\_ Do you have tendencies to complain, grumble, mutter, whine, or spread negativity?

**Criticize & Contradict**

\_\_\_ Do you have tendencies to criticize and contradict, be fault-finding, insulting, censorious, and complain about others?

**Deceitful**

\_\_\_ Do you have difficulty with speaking the truth, or are you deceitful, sly, mistrustful, mischievous, or do you have hidden or irrational motives?

**Easily Angered**

\_\_\_ Are you often impatient, irritable, discontent, or easy to anger?

**Egotistical**

\_\_\_ Do you have tendencies toward excessive pride, arrogance, boasting, bragging, or vanity?

**Envious**

\_\_\_ Do you often feel jealous, envious, selfish, or greedy?

**Expressed Sexual Issues**

\_\_\_ Do you experience tendencies toward lewdness and lasciviousness, sexual compulsiveness, exhibitionism, or inappropriate sexual excitement?

**Extravagant**

\_\_\_ Do you have tendencies to shop habitually, spend money excessively, live beyond your means, dress and act extravagantly, or display extreme eccentric behavior?

**Fears & Nightmares**

\_\_\_ Do you experience frightening dreams, night terrors, and/or restless tossing?

**Fear & Phobia**

\_\_\_ Do you often experience apprehension, fears or phobias of: heights, crowds, animals, people, places, being alone, public speaking, death, misfortune, ghosts, or the unknown?

**First Aid for Mind & Body**

\_\_\_ Have you recently experienced physical, mental, emotional stress and trauma such as: abrasions, bites, burns, bruises, strains, sprains, surgical procedures, tension, or shock?

**Gambling**

\_\_\_ Do you experience compulsive gambling and/or stealing, have a lottery or stock market obsession, or have reckless, impulsive, and extreme risk-taking behaviors?

**Good Mood Enhancer**

\_\_\_ Do you have mild depression or melancholy or display disinterest or discontent in daily life?

**Gossipy**

\_\_\_ Do you have tendencies to gossip, talk incessantly, be hasty, indiscreet, meddlesome, or feel uneasy during silence?

**Grief**

\_\_\_ Do you often feel grief, despair, hopelessness, worry, or despondency?

**Guilt**

\_\_\_ Do you often have feelings of guilt, remorse, heavy conscience, or tormenting thoughts?

**Heart Ache**

\_\_\_ Do you feel disappointed from lost love, have a heavy heart and grief, or feel discouraged, sad, dejected, or overly-sympathetic?

**Hyperactive**

\_\_\_ Have you been diagnosed with ADHD, hyperactivity, excitability, impulsiveness, or restless tendencies?

**Hypochondria**

\_\_\_ Do you often experience anxieties, worry, and apprehension regarding your health?

**Immature**

\_\_\_ Do you often act out childish behaviors, or fantasies, .have temper tantrums, or feel awkward?

**Indecision**

\_\_\_ Do you have tendencies of indecisiveness, irresolution, dissatisfaction, aversion to responsibility, and avoidance of high-pressure situations?

**Insecurity**

\_\_\_ Do you have feelings of inadequacy, nervousness, or apprehension?

**Intense Anxiety**

\_\_\_ Do you experience anxiety attacks, hysteria, anguish, apprehension, fear, or despair?

**Lonely**

\_\_\_ Do you have feelings of loneliness, tearfulness, despondency, desire for sympathy and/or company?

**Melancholic**

\_\_\_ Do you often experience feelings of depression, melancholy, discontent, ill-humor, or gloominess?

**Mental Alertness for Seniors**

\_\_\_ Are you experiencing age-related confusion, forgetfulness, depressed vitality, or loss of confidence?

**Mood Changes**

\_\_\_ Do you often experience mood changes from extreme joy to sadness. and/or have manic-depressive, or bipolar tendencies?

**Neglectful**

\_\_\_ Do you ever experience self-neglect, untidiness, aversion toward domestic duties, or indifference toward home matters or personal appearance?

**Nostalgia**

\_\_\_ Do you often feel homesick, nostalgic, have excessive sentimentality, sadness, or feelings of isolation?

**Obsessions/Compulsions**

\_\_\_ Do you often have anxiety, compulsive behaviors, obsessive thoughts, or peculiar mental impulses?

**Overly-Sensitive**

\_\_\_ Do you have tendencies to be overly sensitive. take offense, feel vulnerable, or cry easily?

**Paranoid**

\_\_\_ Are you often distrustful, have unfounded anxiety, skepticism, suspiciousness, or paranoia?

**Perfectionism**

\_\_\_ Do you have perfectionist tendencies, fear of failure, worry, inquietude, overly-cautious and conscientious tendencies?

**Personality Changes**

\_\_\_ Do you experience confusion over your identity, or have maniacal impulses, or an impulsive desire to harm oneself or others?

**Physical Anger**

\_\_\_\_\_ Do you often experience feelings of rage, have violent tendencies, or a volatile temper?

**Prejudiced**

\_\_\_\_\_ Do you have feelings of separateness, repressed fears, bias, or arrogant tendencies?

**Procrastination**

\_\_\_\_\_ Do you have tendencies to procrastinate, leave tasks incomplete, avoid responsibility, and lose track of time?

**Religious Issues**

\_\_\_\_\_ Do you ever experience religious melancholy, mania, alienation and/or fanaticism, feelings of unworthiness for salvation, selfcondemnation, or deprivation?

**Repressed Sexual Issues**

\_\_\_\_\_ Do you often feel sexually repressed or have negativity toward sexual matters, guilt over sexual issues or guilt over the effects of sexual abuse?

**Reserved**

\_\_\_\_\_ Do you tend to avoid social interaction, have a mild and reserved disposition, have sensitivity to noise or sensory overload, or tend to be verbally timid?

**Restless Mind**

\_\_\_\_\_ Do you have ADHD, a hyperactive mind, difficulty concentrating, forgetfulness, and/or difficulty reading and writing?

**Seasonal Affective Disorder**

\_\_\_\_\_ During extended rainy seasons or winter time - do you experience mild depression, drowsiness, fatigue, sugar cravings, irritability, difficulty concentrating, or avoidance of social situations?

**Self-Abuse**

\_\_\_\_\_ Do you often internalize anger, feel self-contempt or dissatisfaction with life, and/or have violent thoughts or actions, or consider self-inflicted violence?

**Self-Pity**

\_\_\_\_\_ Do you experience tendencies to pity yourself, feel unfortunate, discontented, or desire sympathy or consolation?

**Serious**

\_\_\_\_\_ Do you often feel serious, firm, stoic, and/or have an aversion to laughter and amusement?

**Sexual Identity**

\_\_\_\_\_ Do you ever feel confusion about your sexual identity, have sexual guilt or depression, or deny your sexuality?

**Shy**

\_\_\_\_\_ Do you have tendencies towards timidity, shyness, lack of self-confidence, passivity, embarrass easily, or have feelings of inferiority and inadequacy, or susceptibility to peer pressure?

**Sluggish Mind**

\_\_\_\_\_ Do you experience absent-mindedness, confusion, forgetfulness, slow perception or comprehension?

**Smoke Control**

\_\_\_\_\_ Do you often crave tobacco in any form such as cigarettes, cigars, or chew?

**Spaced-Out**

\_\_\_\_\_ Do you have a tendency to daydream, reminisce, be absentminded, or be unobservant?

**Stubborn & Contentious**

\_\_\_\_\_ Do you have tendencies toward defiance, irritability, or stubbornness?

**Stress Control**

\_\_\_\_\_ Do you generally feel stress-induced states including: nervous tension, minor anxiety, fearfulness, or oversensitivity?

**Verbal Anger**

\_\_\_\_\_ Do you often curse, swear, use violent language, scold, insult, yell and scream, become rude and/or derogatory?

**Vindictive**

\_\_\_\_\_ Do you often experience feelings of vindictiveness, resentment, contempt, excessive irritability, or cruelty?

Please continue to the next page.

**OTHER**

1. List all nutritional supplements, home remedies, etc. you have tried and their results. Mark what you are now taking.

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2. Have you taken many over-the-counter (OTC) medicines over the years? \_\_\_\_\_

3. List any prescription drugs you have taken in the past: \_\_\_\_\_

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4. List any prescription drug(s) you are taking now, how long you've taken them, and the condition you are taking them for: \_\_\_\_\_

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5. Please feel free to write any personal information that you feel to be important to your health and well-being. This information is necessary for us to provide you with the highest quality health care possible. \_\_\_\_\_

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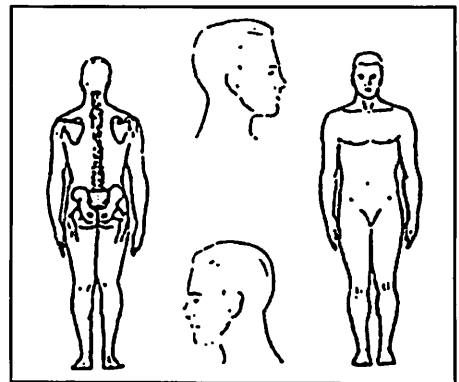
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6. Knowing the major health problems of your immediate family will assist us in understanding your health pattern. Report diseases, reasons for hospitalization, and/or cause of death.

1. \_\_\_\_\_ Please mark your areas of pain on the figures at right.

2. Describe the pain: \_\_\_\_\_

The information I have provided is to the best of my knowledge, accurate and true.

Signature of Patient or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE