Name:      Date:

***Your Health History***

XI/XII

Do you:

[ ]  Bruise easily

[ ]  Feel bloated after eating

[ ]  Get motion sickness when riding

[ ]  Eat to calm down

[ ]  Want to lie down after eating

Do you have:

[ ]  Excessive belching

[ ]  Excessive gas

[ ]  A poor appetite

[ ]  Heartburn or reflux

[ ]  Nausea

[ ]  A tendency to be too cold

[ ]  A tendency to be too hot

[ ]  Heaviness in your limbs

[ ]  Eczema or dermatitis

Do you have:

[ ]  Any skin problems

[ ]  Trouble digesting fats

[ ]  Trouble stopping a small cut from bleeding

[ ]  Swollen feet or ankles

[ ]  Other swellings or edema

[ ]  Discomfort in the pit of your stomach

[ ]  Itchy or burning skin

In the last 6 months, have you:

[ ]  Gained more than 10 pounds

[ ]  Lost more than 10 pounds

[ ]  Lost your interest in eating

Are you:

[ ]  More thirsty than usual

[ ]  Always hungry

VII/VIII

Do you have:

[ ]  Dizziness or vertigo

[ ]  Headaches more than once a week

[ ]  Frequent nosebleeds

[ ]  Tingling or numbness

[ ]  A bitter or metallic taste in your mouth

[ ]  A stiff neck

[ ]  A tic or tremor

[ ]  Blurry eyesight

[ ]  Seizures or convulsions

[ ]  Other eye trouble\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you:

[ ]  Ever faint or feel faint

[ ]  Tend to shake or tremble

[ ]  Often feel irritable or angry

[ ]  See floaters (little dark dots in your field of vision)

[ ]  Has your handwriting changed lately

V/VI

Are you:

[ ]  Disturbed by work problems

[ ]  Disturbed by family problems

[ ]  Having any sexual difficulties

[ ]  Troubled by frightening dreams

[ ]  Troubled by frightening thoughts

[ ]  Nervous around strangers

[ ]  Annoyed by little things

[ ]  Shy or sensitive

Is it:

[ ]  Hard to remember

[ ]  Hard to concentrate

[ ]  Hard to make decisions

[ ]  Hard to relax

Do you:

[ ]  Strongly dislike criticism

[ ]  Tend to worry

[ ]  Lose your temper often

[ ]  Cry often

[ ]  Usually feel lonely or depressed

Do you have:

[ ]  A hopeless outlook

[ ]  A heart murmur

[ ]  High blood pressure

[ ]  Low blood pressure

[ ]  Have you ever had psychiatric help

IX/X

Do you:

[ ]  Up a lot of phlegm (thick spit)

[ ]  Cough up blood

[ ]  Ever have sneezing spells

[ ]  Get colds more than once a month

[ ]  Wheeze or have to gasp to breathe

[ ]  Yawn frequently

[ ]  Experience painful bowel movements

Do you have:

[ ]  Shortness of breath

[ ]  Coughing spells

[ ]  A runny nose and no cold

[ ]  A stuffy nose and no cold

[ ]  Black or bloody bowel movements

[ ]  Loose bowels for more than a day

[ ]  Constipation more than twice a month

[ ]  Bleeding from your rectum

III/IV

Are you:

[ ]  Anxious often

[ ]  Fearful often

[ ]  Exhausted or fatigued a lot

Do you:

[ ]  Feel cold in general

[ ]  Frequently get up at night to urinate

[ ]  Urinate more than 5 or 6 times a day

[ ]  Wet your pants or wet your bed

Do you have:

[ ]  Difficulty hearing

[ ]  Ringing in the ears

[ ]  Burning or pain when you urinate

[ ]  Earaches lately

[ ]  Frequent urinary tract infections

[ ]  Frequent water retention

[ ]  Low back pain

[ ]  Trouble with your teeth

[ ]  Weak knees

[ ]  Have your taste senses changed lately

I/II

Are you:

[ ]  Sweating more than usual

[ ]  Tired when you wake up

[ ]  Use sleeping pills regularly

Do you have:

[ ]  Palpitations

[ ]  Night sweats

[ ]  Difficulty staying asleep

[ ]  Difficulty falling asleep

[ ]  Cold hands

[ ]  Cold feet

[ ]  Sweaty hands

[ ]  Sweaty feet

**Men**

Do you:

[ ]  Urine stream weak and slow

[ ]  Prostate trouble

[ ]  Any burning or discharge from your penis

[ ]  Swellings or lumps on your testicles

[ ]  Are you sexually active?

[ ]  Are you sexually fulfilled and satisfied?

**Women**

Is your last menstrual period normal?

[ ]  Yes [ ]  No

Are you:

[ ]  Pre-menopausal or menopausal

[ ]  Sexually active

[ ]  Sexually fulfilled and satisfied

Do you:

[ ]  Have a hysterectomy

[ ]  Have heavy bleeding during periods

[ ]  Have excessive cramping

[ ]  Use contraception and/or condoms?

[ ]  Have a good sex drive

[ ]  Have a C-section