



Comprehensive Patient History Intake Form Analysis

Functional Medicine
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Report Date: 01-16-2015
Date Completed by Patient: 01-16-2015
Patient: John Doe
Date of Birth: 1-1-1980
Address: 1212 Main Street City State 12345
Home Phone: 222-333-4444
Work Phone: 222-333-4444
Cell Phone: 222-333-4444
Fax Number: 222-333-4444
Email: email@emailaddress
Preferred mode of contact: Cell
Emergency Contact: 222-333-4444
Marital Status: Married
Age: 35
Gender: Male
Number of Children: 3
Present Occupation: Truck driver
Present Job Duties: truck driver
Past Occupation(s): cook at fast food restaurant, insurance agent, security guard, airport luggage handler
Referred by: my neighbor



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Chief Complaints

- 1: I'm having a lot of stomach pain and problems with my bowels for about 5 months.
- 2: My back aches all the time. However, it is eased somewhat with rest and using a heating pad.
- 3: I have get up to urinate 2 - 3 times per night.

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Pain Location/Quality

Location	Aching	Burning	Numbness	Sharp	Shooting	Stabbing	Tingling
1. Head	✓	✓					
16. Abdomen Rt. Upper	✓						
20. Hip Rt.	✓						
21. Hip Lt.	✓						
30. Between shoulder blades	✓	✓					
31. Lower back	✓	✓		✓	✓		

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Clinicians consulted for chief complaints listed:

- 1: Dr. John Smith
- 2: Dr. Jane Smith

Integrative medicine received for chief complaints listed:

- 1: Chiropractic
- 2: Acupuncture
- 3: Massage
- 4: Homeopathy
- 5: Meditation

Diagnostic test(s) in past five years:

- 1: Chest X-ray
- 2: EKG
- 3: MRI
- 4: X-rays
- 5: Blood tests

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Past Illnesses	When
Chicken Pox	childhood
Measles	childhood
Mumps	childhood

Immunizations	When
DPT or Tetanus	childhood
Polio immunization	childhood
Mumps immunizations	childhood
Measles immunizations	childhood

Surgeries	When
Tonsillectomy	childhood
Appendectomy	childhood
Gall Bladder	35 years old

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Current Medications	Duration
1: Pravastatin - drug's generic name	on and off for 5 years
2: Aleve(Naproxen)	on and off for years
3: Aspirin - drug's generic name	several years

Medication Allergies: codeine

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Current Supplementation	Duration
fatty acids	3 years
B12	2 years
multivitamin	2 years

Supplementation Adverse Reaction(s): none

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History of Head Trauma: None

Alcohol Consumption: no

Smoker: No

Patient's recorded weight: 250 lbs.

Patient's recorded height: 5'9"

Exercise (days of the week): I don't exercise

Exercise Type:

Primary Care Provider: Dr. John Smith

Date of last physical examination: about a year ago

Date of last blood test: about a year ago

Blood type: A

Rh Factor: Positive

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Family History

Mother: Deceased, Uterine fibroids, Cancer, Emphysema, Arthritis, Diabetes, Osteoporosis, Glaucoma, Breast Cancer, High blood pressure, Smoking addiction, Asthma, Thyroid Disease, Headache, High cholesterol

Father: Deceased, Heart Attack, Emphysema, Diabetes, Glaucoma, High blood pressure, Smoking addiction, High cholesterol

Sister: Emphysema, Diabetes, High blood pressure, Depression, Smoking addiction, Asthma, Obesity, Thyroid Disease, Headache, High cholesterol

Brother: Emphysema, Diabetes, High blood pressure, Smoking addiction, Obesity, High cholesterol

Maternal Grandmother:

Maternal Grandfather:

Paternal Grandmother:

Paternal Grandfather:

Mother died from: cancer

Father died from: heart attack

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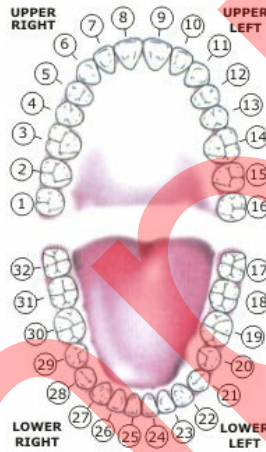
Male Medical History

Discharge, growths or lesions (sores) on the penis : No
Scrotal/testicular pain, swelling or growths : No
Difficulty achieving or maintaining an erection (Erectile dysfunction) : Yes
Difficulty with ejaculation : Yes
Have you had a PSA test (prostate blood test)? : Yes
Date of last PSA test (prostate blood test) : last year
PSA test results was reported as: Normal
History of hernia : Yes
Infertility : No
Changes in urinary function (flow and/or frequency) : Yes
Rectal bleeding : No
Hemorrhoids : Yes

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Dental History



Teeth selected: 03, 17, 18, 19, 20

I had several root canals.

Note: Inquire about root canals, amalgam fillings, missing teeth, infections, cavities, broken teeth, impacted teeth, crowns, and abscessed teeth in the area(s) selected. In addition, inquire about gum disease.

Clinicians's Notes:



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Chronological Past History as Recorded by the Patient

Birth to age 10: Aside from the typical childhood illnesses, no other health problem I recall.

Age 11- 20: Injured my back several time riding my motorcycle. Had my spleen removed after one of the accidents.

Age 21 - 30: Increase weight. Eating lots of junk food.

Age 31- 40: tired, fatigued, overworked, low libido.

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Patient Readiness

Willingness to make lifestyle changes: Yes
Patient expectations: Help me feel better.
Limitations recorded by patient: exercise, intimacy due to back pain and low libido, don't sleep well
Immediate concerns: stop getting up to urinate, fix my back, weight loss.
Future goals: exercise, enjoy my family, help others

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Signs and Symptoms

The patient reported the following present and past symptoms:

Symptom	Present	Past
Abdominal pain/cramps	✓	✓
Acid reflux/GERD	✓	
Acne	✓	✓
Anxiety	✓	
Backaches	✓	✓
Bad breath	✓	
Bloating	✓	
Bloating 1 to 2 hours after eating	✓	
Body odor	✓	✓
Bowel urgency	✓	
Bruising easily	✓	
Bumps on the back of arms	✓	
Burning mouth and lips	✓	✓
Burning or pain with urination	✓	
Burning, stinging eyes	✓	✓
Burping/Belching	✓	✓
Canker Sores (mouth sores)	✓	✓
Coated tongue	✓	✓
Constipation	✓	✓
Cracks in corner of mouth	✓	✓
Dark circles under eyes	✓	
Diarrhea	✓	✓
Difficult time concentrating	✓	
Diminished Sex drive	✓	
Dry eyes	✓	

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Signs and Symptoms

The patient reported the following present and past symptoms:

Symptom	Present	Past
Dry mouth	✓	
Dry, rough, flaky skin	✓	
Easily intoxicated by alcohol	✓	
Eczema		✓
Erectile dysfunction/impotence	✓	
Excessive gas and bloating	✓	✓
Excessive thirst	✓	
Excessive urination	✓	
Fatigue	✓	
Fatigued in morning/difficulty getting out of bed	✓	
Food allergies	✓	
Foul-smelling stools	✓	
Frequent infections	✓	
Frequent stuffy, runny nose	✓	
Frequent use of antibiotics (past and present)	✓	
Frequent use of laxatives	✓	
Generalized aches, sharp pains	✓	
Have amalgam fillings	✓	
Headaches	✓	
Heartburn	✓	
Hemorrhoids	✓	✓
History of anemia		✓
Hives		✓
Insomnia	✓	✓
Itching	✓	✓

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Signs and Symptoms

The patient reported the following present and past symptoms:

Symptom	Present	Past
Leg cramps	✓	✓
Light-colored stool		✓
Loss of taste for meat	✓	
Low body temperature	✓	
Low exercise tolerance	✓	
Lower bowel gas	✓	
Lower bowel gas several hours after eating	✓	
Mucus in stool	✓	
Muscle stiffness in morning	✓	
Nails tend to be loose and lift easily	✓	
Need for antacids	✓	
Nervous Stomach	✓	
Pain between shoulders	✓	✓
Pale, anemic, or yellowish skin	✓	
Past stomach (peptic/duodenal) ulcer and/or gastritis		✓
Poor concentration	✓	
Post nasal drip	✓	
Premature graying of hair	✓	
Rectal/anal itching	✓	
Sensitivity to perfumes/gasoline fumes/chemicals	✓	
Skin eruptions, boils	✓	
Stomach upset by taking vitamins/supplements	✓	
Strong-smelling urine	✓	
Undigested food in stools	✓	
Varicose veins	✓	

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Signs and Symptoms

The patient reported the following present and past symptoms:

Symptom	Present	Past
Wake up at night with heartburn and/or regurgitation	✓	
Waking up with sore heels	✓	
Weight gain	✓	
White spots on the nails	✓	
Wounds are slow in healing	✓	

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Environmental Toxin Exposure Assessment

Item(s) Selected:

- Exposure to pesticides
- Use antiperspirants
- Do old home renovations
- Use antacids
- Around or use herbicides
- Paint thinners
- Spray paints
- Aerosols
- Household cleaners that contain toxic chemicals
- Eat foods with food additives
- Eat non-organic citrus fruits
- Worked or work with color printing

Household Member(s) Working with and/or Around Environmental Toxins: Yes

Have a whole house water filtration system: No

Home water supply: Well water

Clinicians's Notes:

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Emotional/Psychological Assessment

Emotion(s) Selected:

- Powerlessness
- Moodswings
- Worry
- Negative outlook
- Overwhelmed
- Depression
- Anxiety
- Nervousness
- Lack of confidence
- Lack of joy
- Feeling stuck in life
- Guilt
- Feeling lost
- Low self-esteem
- Frustration
- Hopelessness

Prior and/or present treatment for emotional symptom(s) listed:

I have not been treated for any emotional problems.

Clinicians's Notes:

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Reported Allergies

- Birch Pollen
- Grass
- Latex (rubber)
- MSG
- Ragweed
- Shellfish
- Soy
- Sulfite

Other food/substances: garlic

Clinicians's Notes:

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Dietary History Analysis

Foods consumed by patient three or more times per week.

Aged cheese

- **Food/Substance Description:** Cheese is a good source of tryptophan, calcium, iodine, phosphorus, selenium, and protein. Cow and goat cheese contain lactose, however the content is considerably lower than cow's milk or goat's milk. The amount of lactose present in cheese depends upon the age and hardness of the cheese. The more aged and harder cheeses contain lower amounts of lactose. Inquire about which type and variety of cheese is consumed (i.e. milk, goat, soy – natural or processed).
- **Other Considerations:** Tyramine (vasoamine) containing food. Phenylethylamine containing food.

Almonds

- **Food/Substance Description:** Almonds are a significant source of essential fatty acids, fiber, phytosterols, manganese, vitamin E, magnesium, and copper. One ounce of almonds contains about 34 mg of phytosterol. Regular consumption of almonds is associated with reduced LDL cholesterol, and therefore may reduce the risk of cardiovascular disease. Almonds may also reduce the risk of colon cancer.
- **Other Considerations:** (Note: Check for oxalate bioavailability) Source of oxalate.

Apples

- **Food/Substance Description:** Apples are an excellent source of vitamin C, fiber, and a variety of phytochemicals, which include: quercetin, catechin, phloridzin, and chlorogenic acid. Studies have linked apple consumption with reduced risk of certain cancers, cardiovascular disease, asthma, and diabetes. The phytochemicals are found mainly in the peel of the apple, and therefore it is recommended to only consume organic apples.
- **Other Considerations:** Conventional source is high in pesticide residue. Moderate cross-reactivity with latex allergy. Potential cross-reactivity with birch allergy.

Artificial Sweeteners

- **Food/Substance Description:** Inquire about which type(s) is being consumed, and investigate its health effects.

Avocado

- **Food/Substance Description:** Avocado appears to serve as a functional food by containing substances that can decrease inflammation, lower blood cholesterol, decrease intestinal glucose absorption (antihyperglycemic effects), and alleviate symptoms of benign prostatic hypertrophy.
- **Other Considerations:** Potential cross-reactivity in individuals with latex allergy. Conventional source is low in pesticide residue.

Baked Goods (pastries, deserts etc.)

- **Food/Substance Description:**
- **Other Considerations:** May contain sulfites.

Bananas

- **Food/Substance Description:** Bananas are an excellent source of potassium and vitamin B6. Other significant nutrients include: vitamin C, fiber, magnesium, biotin, and vitamin B2. Banana peels are a rich source of antioxidant flavonoids which include; gallic catechin, catechin, and epicatechin. The soluble and insoluble components of the fiber in banana can participate in a hypocholesterolemia effect, as well as normalize bowel function. It is recommended to use organic bananas if the peels are being consumed.
- **Other Considerations:** Conventional source contains a low to moderate amount of pesticide residue. High cross-reactivity with latex allergy. Potential cross-reactivity with ragweed allergy.

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Black Pepper

- **Food/Substance Description:** Black pepper contains several bioactive constituents, one of which is called piperine. Some authorities have classified piperine as a thermotolerant and an herbal bioavailability enhancer. Both of these effects enhance absorption of nutrients in the body, some of which include: CoQ10, selenium, vitamin C, and beta carotene. Piperine may also have anti-inflammatory, antinociceptive, and antiarthritic effects. Black pepper stimulates HCl production in the stomach, supports detoxification, and can act as a carminative agent.

Breakfast Cereals

- **Food/Substance Description:**
- **Other Considerations:** [Inquire about which type is being consumed.](#)

Broccoli

- **Food/Substance Description:** Compounds found in broccoli demonstrate remarkable anticancer effects. Indole-3-carbinol and sulforaphane increase the excretion of a form of estrogen known as 2-hydroxyestrone, which has been linked to breast cancer. Many antioxidants in broccoli include: carotenoids (lutein and zeaxanthin), tocopherols, ascorbic acid, and flavonoids (quercetin and kaempferol).
- **Other Considerations:** [Goitrogen \(May interfere with thyroid function.\) Conventional source contains a low to moderate amount of pesticide residue.](#)

Butter (Dairy)

- **Food/Substance Description:** Butter is a good source of vitamins A, D, and E. Persistent organic pollutants (POPs) concentrate in dairy fats. Organic sources of dairy products are recommended.
- **Other Considerations:** [Non-Organic is high in pesticides and other toxins, including DDT and PCBs.](#)

Cabbage

- **Food/Substance Description:** Cabbage is an excellent source of vitamin C and glucosinolates (esp. indole-3-carbinol I-3-C). I-3-C has been shown to improve estrogen detoxification. Cabbage also contains vitamin U (S-methyl methionine) and glutamine which has been used in the treatment of stomach ulcers and other gastrointestinal conditions.
- **Other Considerations:** [Goitrogen \(May interfere with thyroid function.\) Conventional source is low in pesticide residue.](#)

Caffeinated Coffee

- **Food/Substance Description:** Aside from its caffeine content, coffee contains certain phytochemicals that are known for their chemoprotective qualities against certain cancers.
- **Other Considerations:** [Caffeine can interfere with certain medication.](#)

Candy

- **Food/Substance Description:** Most candy is high in refined sugar and saturated fats. Check for trans-fat content.

Carrots

- **Food/Substance Description:** Carrots are an excellent source of pro-vitamin A carotenoids, as well as rich source of vitamins A, K, and C, potassium and fiber. Carrots also contain many bioactive compounds, one of which is called falcarinol, which is a potent skin sensitizer and irritant. High concentration of falcarinol can cause neurotoxic effects. (Note: Inquire about juicing carrots.)
- **Other Considerations:** [Moderate cross-reactivity with latex allergy.](#)

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Cashews

- **Food/Substance Description:** Cashews are a significant source of copper, magnesium, iron, and zinc. Cashews are also a rich source of phytosterols, which can help lower cholesterol.
- **Other Considerations:** (Note: Check for oxalate bioavailability) Source of oxalate. Source of food allergy.

Cheese

- **Food/Substance Description:** Cheese is a good source of tryptophan, calcium, iodine, phosphorous, selenium, and protein. Cow and goat cheese contain lactose, however the content is considerably lower than cow's milk or goat's milk. The amount of lactose present in cheese depends upon the age and hardness of the cheese. The more aged and harder cheeses contain lower amounts of lactose. Inquire about which type and variety of cheese is consumed (i.e. milk, goat, soy – natural or processed).
- **Other Considerations:** Common food allergen. Non-Organic is high in pesticides and other toxins, including DDT and PCBs. Contains low amounts of lactose.

Chicken

- **Food/Substance Description:** Chicken is a good source of protein, niacin, selenium, pyridoxine, and phosphorous.
- **Other Considerations:** Moderate purine content. May contain arsenic. Non-organic sources may contain antibiotics and/or growth hormones.

Chocolate

- **Food/Substance Description:** Chocolate contains fats, protein, carbohydrates, caffeine, magnesium, calcium, iron and B2. In addition, chocolate contains a significant amount of phytochemicals called flavonoids. These flavonoids are potent antioxidants and protect against LDL oxidation. Chocolate also provides a significant amount of arginine which is required for the production of nitric oxide, a vasodilator. (Note: Dark semisweet chocolate is recommended due to its high flavonoid content). Chocolate consumption will raise urinary oxalate excretion and can lead to stone formation.
- **Other Considerations:** Significant dietary source of increasing urinary oxalate. Contains phenylethylamine. Potential migraine inducer.

Cinnamon

- **Food/Substance Description:** A compound found in cinnamon has been shown to mimic insulin by triggering glucose uptake and glycogen synthesis. In addition, cinnamon oil has been shown to be an effective treatment for Candida infections.

Cream

- **Food/Substance Description:** Persistent organic pollutants (POPs) concentrate in dairy fats. Organic sources of dairy products are recommended.
- **Other Considerations:** Common food allergen. Non-Organic is high in pesticides and other toxins, including DDT and PCBs.

Diet Soda

- **Food/Substance Description:** These beverages contain artificial sweeteners. The additives present in diet soda may be associated with hives, asthma, and/or skin rash.
- **Other Considerations:** May contain: benzoic acid or sodium benzoate. May contain tartrazine and/or FD&C yellow number 5.

Eggs

- **Food/Substance Description:** Eggs are considered one of the highest quality sources of complete protein, as well as a significant source of tryptophan, selenium, iodine and riboflavin. Eggs are a rich source of betaine and choline, both of which are involved in homocysteine metabolism. Conventional eggs generally contain pesticides and other toxins, including DDT and PCBs. Inquire about your patient's source of eggs.
- **Other Considerations:** Common food allergen.

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Energy Drinks

- **Food/Substance Description:** One of the main active ingredients in energy drinks is caffeine. Inquire about which type, how much, how often, and the time of day this product is consumed.

Fast Food

- **Food/Substance Description:**
- **Other Considerations:** Inquire about which type is being consumed.

Fried Foods

- **Food/Substance Description:** Frying modifies the foods and the oil used during cooking. The oil will deteriorate through oxidation and hydrogenation, especially when reused. This process causes a loss of unsaturated fats and an increase of trans fats. In addition, the food will absorb the degraded oil products which can cause adverse health effects. It is recommended to use olive or sunflower oil for frying, if you must, and not to reuse the oil. These oils are less prone to oxidation.

Grapefruit

- **Food/Substance Description:** Grapefruit is an excellent source of vitamin C, and a good source of flavonoids, water soluble fiber, potassium, and folic acid. A flavonoid found in grapefruit, called naringin, has been demonstrated to lower an elevated hematocrit by removing old red blood cells from the body. Naringin can interfere with the metabolism of certain medications.
- **Other Considerations:** Potential nutrient-drug interaction. Conventional source is low in pesticide residue.

Honey

- **Food/Substance Description:** Aside from its carbohydrate content, honey contains vitamins B2 and B6, as well as iron and manganese. The processing of honey reduces the phytochemical content, and therefore reduces a majority of the health benefits. Raw honey provides significant antioxidants. Inquire about the consumption of other bee-producing products such as bee pollen, propolis, and royal jelly.

Instant Breakfast Foods

- **Food/Substance Description:** Instant breakfast foods may contain artificial flavors, high amount of refined sugar, and other additives deleterious to health.

Kiwifruit

- **Food/Substance Description:** Kiwi fruit contains high amounts of vitamin C, vitamin E and polyphenols may be beneficial in cardiovascular disease. Consuming two or three kiwi fruit per day for several weeks is known to reduce platelet aggregation and lowered blood triglycerides levels.
- **Other Considerations:** High cross-reactivity with latex allergy. Conventional source is low in pesticide residue.

Lemon/Limes

- **Food/Substance Description:** Lemons and limes are a rich source of vitamin C and contain the flavonoids, hesperitin, quercetin, and naringenin, as well as the phytochemical, limonene. Limonene is a powerful antioxidant found in the skin. Hesperidin, found in the white pithy part, has cholesterol lowering properties. Choose un-waxed lemons and limes, and organic whenever possible.
- **Other Considerations:** Inquire about conventional or organic source.

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Mayonnaise

- **Food/Substance Description:**
- **Other Considerations:** Inquire about which type is being consumed.

Milk (cow)

- **Food/Substance Description:** Milk is a good source of iodine, calcium, vitamin D, tryptophan, and vitamin B2. However, the content of iodine in cow's milk is influenced by the animals' diet. Conventional sources may contain recombinant bovine growth hormone (rBGH). Milk is a common food allergen and contains a sugar called lactose, which cannot be digested in individuals with lactose intolerance.
- **Other Considerations:** Lactose containing food. Common food allergen.

Nutritional Shakes/Drinks/Bars

- **Food/Substance Description:**
- **Other Considerations:** Inquire about which type is being consumed.

Oatmeal

- **Food/Substance Description:** Oat bran is a source of beta-glucans which can bind bile acids in the gastrointestinal tract and thereby lower total cholesterol. About 3 grams per may help to lower total cholesterol by 8 to 23 percent. In addition, whole oats contain dietary polyphenols which have anti-inflammatory and anti-proliferative properties. Oats are a good source of manganese and selenium. Oats are not safe for all individuals with celiac disease. Oats are often grown or processed with other cereals leading to cross-contamination with wheat, barley or rye. Currently, there are also very few known producers of pure gluten-free oats in North America. Although oats appear to be safe in the vast majority of individuals with celiac disease, there is evidence that, in some individuals, the protein in oats (avenins) can trigger an immune response similar to gluten. Oats are not safe for all individuals with celiac disease.
- **Other Considerations:** Gluten containing food.

Onions

- **Food/Substance Description:** Onions are a good source of chromium, fiber, biotin, and a flavonoid called quercetin. The health benefits of regular ingestion of onions includes: anti-asthmatic, antithrombotic, antihypertensive, anti-hyperglycemic, anti-hyperlipidemic, and antitumor effects.
- **Other Considerations:** Conventional source is low in pesticide residue.

Oranges

- **Food/Substance Description:** Oranges contain vitamin C, flavonoids and carotenoids. Hesperetin is a cholesterol lowering flavanoid is found in a number of citrus juices. It appears to reduce cholesteryl ester mass and inhibit apoB secretion by up to 80%. Hesperetin may have antioxidant, anti-inflammatory, anti-allergic, hypolipidemic, vasoprotective and anticarcinogenic action.

Pasta (gluten containing)

- **Food/Substance Description:**
- **Other Considerations:** Gluten containing food.

Peanuts

- **Food/Substance Description:** Peanuts are a good source of protein, tocopherols, magnesium, phosphorous, manganese, folic acid, biotin, thiamine and niacin. The fungus, *Aspergillus flavus*, can grow on peanuts. This fungus produces a carcinogenic substance called aflatoxin. Proper storage of peanuts is required to prevent the growth of this fungus.
- **Other Considerations:** (Note: Check for oxalate bioavailability) Goitrogen (May interfere with thyroid function.) Common food allergen.

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Pineapple

- **Food/Substance Description:** Pineapple is an excellent source of vitamin C and manganese. Pineapple contains bromelain which acts as a proteolytic enzyme and an anti-inflammatory agent.
- **Other Considerations:** Conventional source is low in pesticide residue.

Powdered Drink Mixes (instant iced tea, artificially powdered drinks)

- **Food/Substance Description:** Inquire about which type of powdered drink mix is being consumed. These drinks may contain artificial sweeteners, a high amount of refined sugar, and other additives deleterious to health.

Pre-mixed Baked Goods (cake mixes, pancake mixes, etc)

- **Food/Substance Description:**
- **Other Considerations:** May contain sulfites. May contain gluten.

Raisins

- **Food/Substance Description:** Raisins are a high fiber food and promotes bowel and bone health. Raisins are a significant source of boron.
- **Other Considerations:** May contain sulfites.

Red Meat

- **Food/Substance Description:** Beef is an excellent source of protein (especially tryptophan), vitamin B12, iron (heme form - which is well absorbed by the body), zinc, and selenium. Non-organic grain-fed and non-organic grass-fed may contain the following substances: antibiotics, hormones, pesticides, and dioxin and dioxin-like compounds. (Dioxin and related chemical compounds are toxic industrial pollutants which are ubiquitous and persistent in the environment. These toxins accumulate in the fat tissue of animals and humans. Choice grass-fed beef that is organically raised.)
- **Other Considerations:** Non-organic sources may contain antibiotics and/or growth hormones. Non-organic source may contain pesticides and other toxins. Moderate purine content.

Salad Dressings (commercial/bottled)

- **Food/Substance Description:** This product generally contain a host of additives.
- **Other Considerations:** Inquire about which type is being consumed.

Salmon

- **Food/Substance Description:** Salmon is an excellent source of omega-3 fatty acids, selenium, protein, niacin, and vitamin B12.
- **Other Considerations:** Low level of mercury. The level of persistent organic pollutants is a concern. Moderate purine content.

Strawberries

- **Food/Substance Description:** Strawberries are a good source of vitamins C and K, dietary fiber, flavonoids, iodine, biotin and folic acid. Ellagic acid is a phytochemical found in raspberries, strawberries, cranberries, walnuts, pecans, pomegranates, and other plant foods. Ellagic acid may slow the growth of some tumors caused by certain carcinogens. Strawberry extracts have been shown to inhibit/lesson COX (cyclooxygenase) enzymes, in vitro.
- **Other Considerations:** Goitrogen (May interfere with thyroid function.) Conventional source is high in pesticide residue. Common food allergen. Contains a significant amount of oxalates . (Note: Check for oxalate bioavailability)

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Date of Birth: 1-1-1980

Dietary History Analysis

Foods consumed by patient three or more times per week.

Sweet Potatoes

- **Food/Substance Description:** Sweet potatoes are a good source of carotenoids (alpha-carotene and beta-carotene). Packed with important vitamins like A, C and B6, sweet potatoes have good antioxidant properties. They're also an excellent source of dietary fiber, potassium and iron. Sweet potatoes may help stabilize blood sugar. Hemoglobin A1c may improve after three to five months of regular ingestion. (Note: Sweet potatoes do not belong to the nightshade family of vegetables.)

- **Other Considerations:** Conventional source is low in pesticide residue. Contains a significant amount of oxalates. (Note: Check for oxalate bioavailability)

Tomato Juice

- **Food/Substance Description:** Tomatoes are a good source of vitamins A, C, and K, carotenoids, flavonoids, and phytosterols. As a functional food, tomato extract may have a role in primary prevention of cardiovascular disease by reducing platelet activation, which could contribute to a reduction in thrombotic events. The consumption of tomatoes is associated with a reduced risk of prostate cancer, due to its lycopene content.

- **Other Considerations:** Food allergen. Potential cross-reactivity with birch allergy. Nightshade (solanine/chaonine containing food) Potential cross-reactivity with grass allergy. Moderate cross-reactivity with latex allergy. Potential cross-reactivity with ragweed allergy.

Tomatoes

- **Food/Substance Description:** Tomatoes are a good source of vitamins A, C, and K, carotenoids, flavonoids, and phytosterols. As a functional food, tomato extract may have a role in primary prevention of cardiovascular disease by reducing platelet activation, which could contribute to a reduction in thrombotic events. The consumption of tomatoes is associated with a reduced risk of prostate cancer, due to its lycopene content.

- **Other Considerations:** Nightshade (solanine/chaonine containing food) Food allergen. Potential cross-reactivity in individuals with latex allergy. Conventional source contains moderate pesticide residue. Potential cross-reactivity with birch allergy. Potential cross-reactivity with ragweed allergy. Potential cross-reactivity with grass allergy.

Tuna

- **Food/Substance Description:** Tuna is an excellent source of protein, selenium, and vitamins B1, B3, and B6. Tuna is also a good source of essential fatty acids. The mercury content found in tuna can range from moderate to very high depending on the species.

- **Other Considerations:** Moderate to high mercury content. Moderate purine content.

White Potatoes

- **Food/Substance Description:** Potatoes are a good source of vitamins C and B6, potassium, and dietary fiber. Most of the nutrients, fiber, and protein are found in the skins. (Note: Avoid any potato that has a discoloration, in particular a green tint.)

- **Other Considerations:** Nightshade (solanine/chaonine containing food) Conventional source is high in pesticide residue. Potential cross-reactivity in individuals with latex allergy.

White Rice

- **Food/Substance Description:** White rice is put through a milling and polishing process resulting in a loss of the bran, germ, and most of the nutrients. It is estimated that the processing of rice results in a 70-90% loss of B vitamins, as well as a loss of phosphorous, iron and manganese.

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Dietary History Analysis

Foods consumed by patient three or more times per week.

Yogurt

- **Food/Substance Description:** Yogurt is a good source of calcium, protein, phosphorous, iodine, and vitamins B2 and B12. The health benefits from consuming yogurt include: enhancing immune function, improved milk tolerance, enhanced gastrointestinal function, and cholesterol lowering. Regular intake of yogurt (with certain probiotics) can effectively suppress H. pylori infection.
- **Other Considerations:** Lactose containing food. Common food allergen.

Other Foods: mangos

Sample

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Patient History Triphasic Analysis Summary

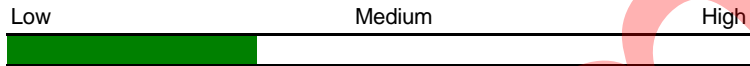
PHASE 1 – Suspected Compromised Organ System(s) in Order of Priority

- Liver
- Large Intestine
- Kidney
- Pancreas
- Small Intestine

Note: More organ systems may be compromised

PHASE 2A – Suspected Environmental Toxin Exposure(s)

Suspected Environmental Illness



Inquire about household members working with and/or around environmental toxins.

Clinician's Notes:

Inquire about well water quality. (Esp. heavy metals and bacteria)

Clinician's Notes:

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PHASE 2B –Suspected Environmental Toxin Exposure Analysis Based on Symptom Survey

Biotoxin Symptom Analysis

(Biotoxins are natural toxic substances produced by organism. e.g. mold)

Low Medium High



Phthalates/Parabens Exposure

Low Medium High



Chlorinated Pesticides

Low Medium High



PCBs

Low Medium High



Volatile Organic Compounds

Low Medium High



Organophosphates

Low Medium High



Bisphenol A

Low Medium High



Heavy Metal Toxicity

Low Medium High



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PHASE 3A – Suspected Nutritional Deficiency(s) Based on Signs and Symptoms

- Biotin
- Calcium
- Essential Fatty Acids
- Folate
- Iron
- Magnesium
- Niacin
- Potassium
- Protein
- Vitamin A
- Vitamin B1
- Vitamin B12
- Vitamin B2
- Vitamin B6
- Vitamin C
- Vitamin E
- Zinc

PHASE 3B – Drug Induced Nutrient Depletion

- Coenzyme Q-10
- Folic Acid
- Iron
- Potassium
- Sodium
- Vitamin C

Sample

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PHASE 3C – Possible Adverse Food Reaction(s) (see Reported Allergy section)

Food Selected	Allergen Selected
Apples	Birch Pollen, Latex (rubber)
Avocado	Latex (rubber)
Baked Goods (pastries, deserts etc.)	Sulfite
Bananas	Latex (rubber), Ragweed
Carrots	Latex (rubber)
Instant Breakfast Foods	Soy
Kiwifruit	Latex (rubber)
Mayonnaise	Soy
Nutritional Shakes/Drinks/Bars	Soy
Pre-mixed Baked Goods (cake mixes, pancake mixes, etc)	Soy, Sulfite
Raisins	Sulfite
Salad Dressings (commercial/bottled)	Soy
Tomato Juice	Birch Pollen, Grass, Latex (rubber), Ragweed
Tomatoes	Birch Pollen, Grass, Latex (rubber), Ragweed
White Potatoes	Latex (rubber)

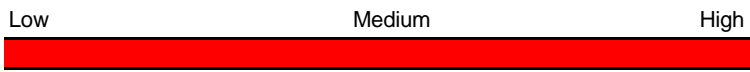
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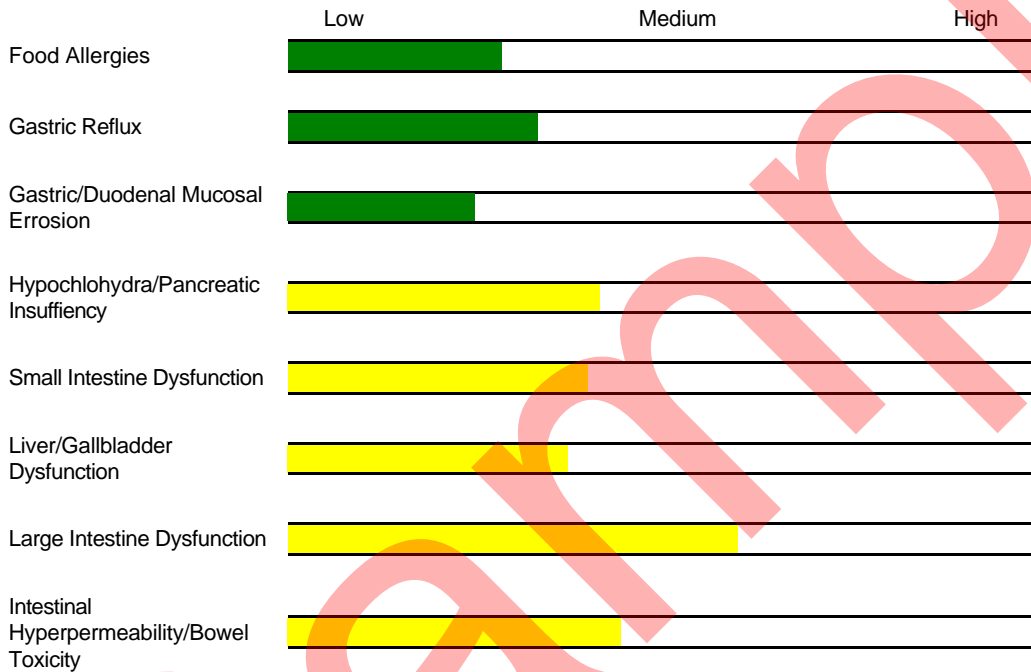
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PHASE 3D – Suspected Gluten Sensitivity/Celiac Disease



Phase 3E – Digestive System Assessment



Comprehensive Patient History Intake Form Analysis

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PHASE 3F: Systems Dysfunction Assessment

Sign/Symptom	Dietary Factors	Nutritional Deficiency	Anemia	Food Allergy	Liver/Gall Dysfunction	Digestive Enzyme Insufficiency	Small/Large Intestine Dysfunction	Kidney Dysfunction	Thyroid Dysfunction	Adrenal Dysfunction	Blood Sugar Dysregulation	Other Endocrine Dysfunction	Immune System Dysfunction	Inflammation	Infection	Cardiovascular Disease	Environmental Toxin Exposure	Psychological Disorder	Additional Medical Considerations
Abdominal pain/cramps	1	0	0	0	1	1	1	0	0	0	0	0	0	0	0	1	0	0	Medications/Acute abdominal pain needs immediate attention.
Acid reflux/GERD	1	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	Obesity/H.pylori/hiatal hernia
Acne	0	1	0	0	1	0	1	0	0	0	1	1	0	1	0	0	1	0	Medications/cosmetics/non-food allergies
Anxiety	1	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	1	Substance abuse
Backaches	1	0	0	0	0	0	0	1	0	0	0	1	0	1	1	0	0	0	Neuromusculoskeletal disease/abdominal aortic aneurysm/endometriosis/vitamin D
Bad breath	0	0	0	0	1	1	1	0	0	0	1	0	0	0	0	0	0	0	Dental disease/ smoking/cancer
Bloating	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	Stomach cancer
Bloating 1 to 2 hours after eating	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	Indicates a need for digestive enzymes replacement. Check for a zinc deficiency.
Body odor	1	0	0	0	1	1	1	1	0	0	0	0	0	0	0	0	1	0	Fungal infections
Bowel urgency	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	IBS, IBD, laxative abuse, diarrhea
Bruising easily	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	Autoimmune disease, certain medications, thrombocytopenia, loss of collagen, illness that affect blood coagulation

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PHASE 3F: Systems Dysfunction Assessment

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Bumps on the back of arms	1	0	0	0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	Malabsorption
Burning mouth and lips	1	0	0	0	0	0	0	0	1	0	1	1	0	0	0	0	0	1	Certain medications, type of toothpaste/mouthwash/ candidiasis, GERD, poor fitting dentures, allergies
Burning or pain with urination	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	
Burning, stinging eyes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	Allergies
Burping/Belching	1	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	Ulcer, hiatal hernia, Candidiasis
Canker Sores (mouth sores)	1	0	0	1	0	0	0	0	0	0	0	1	0	0	0	0	0	1	Viral infection
Coated tongue	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	Intestinal dysbiosis, high level of toxins
Constipation	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	1	Lack of physical activity, colon cancer, certain medication, nervous system disorders
Cracks in corner of mouth	0	1	0	0	0	0	1	0	0	0	0	0	1	0	1	0	0	0	Poor fitting dentures, herpes virus, immune deficiency, Candidiasis
Dark circles under eyes	0	1	0	1	1	1	1	0	0	1	0	0	0	0	0	0	0	0	Nasal congestion, hereditary factors, sun exposure, thinning skin
Diarrhea	0	0	0	1	0	0	0	0	0	0	0	0	0	1	1	0	0	0	Certain medications

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Difficult time concentrating	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	1	1	Stress, sleep apnea, head trauma
Diminished Sex drive	0	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	1	Certain medications, substance abuse, relationship issues
Dry eyes	0	1	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	Certain medications, autoimmune disease, structural eye problems
Dry mouth	1	1	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	Certain medications, disease that affect the salivary glands
Dry, rough, flaky skin	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
Easily intoxicated by alcohol	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	Phase I and phase II liver detoxification may be compromised. There may also be several nutrients depleted such as zinc and molybdenum.
Erectile dysfunction/impotence	0	0	0	0	0	0	0	0	0	0	1	1	0	1	0	1	1	1	Certain medications
Excessive gas and bloating	1	1	0	0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	IBS, adhesions, colcon cancer, intestinal obstruction
Excessive thirst	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	0	Loss of fluids, excessive exercise, burns, infections, heart disease, liver disease, kidney disease, diabetes mellitus, diabetes insipidus
Excessive urination	0	0	0	0	0	0	0	1	0	0	1	0	0	0	0	0	0	1	Diabetes mellitus, diabetes insipidus, certain medications, sickle cell anemia, caffeine, alcohol
Fatigue	0	1	1	0	0	1	0	1	1	1	1	1	0	0	0	0	1	1	Sleep disorders, cancer, certain medications

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Fatigued in morning/difficulty getting out of bed	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	1	0	
Food allergies	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Foul-smelling stools	0	0	0	0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	
Frequent infections	0	0	0	0	1	0	1	0	0	1	0	0	1	0	0	0	1	0	Frequent colds or flu indicate an immune systems dysfunction due to excessive body burden of toxins, gastrointestinal dysfunction, adrenal dysfunction and/or liver dysfunction.
Frequent stuffy, runny nose	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	Chronic sinusitis
Frequent use of antibiotics (past and present)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Assess for intestinal dysbiosis
Frequent use of laxatives	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Assess for bowel dysfunction
Generalized aches, sharp pains	0	1	0	0	0	0	0	0	0	0	0	1	0	0	0	0	1	0	Certain medications, strenuous exercise, viral/bacterial infections
Have amalgam fillings	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	Mercury toxicity
Headaches	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	Qualify headache cause [i.e. primary or secondary]
Heartburn	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	H. pylori infections, gastritis

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Sign/Symptom	Dietary Factors	Nutritional Deficiency	Anemia	Food Allergy	Liver/Gall Dysfunction	Digestive Enzyme Insufficiency	Small/Large Intestine Dysfunction	Kidney Dysfunction	Thyroid Dysfunction	Adrenal Dysfunction	Blood Sugar Dysregulation	Other Endocrine Dysfunction	Immune System Dysfunction	Inflammation	Infection	Cardiovascular Disease	Environmental Toxin Exposure	Psychological Disorder	Additional Medical Considerations
Hemorrhoids	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	Constipation, liver congestion
Insomnia	1	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	1	Hormonal imbalance, certain medications, pre-existing conditions
Itching	0	0	0	0	1	0	0	0	0	0	0	0	1	0	0	0	1	0	
Leg cramps	1	1	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	Dehydration, nutritional deficiencies, blood sugar dysregulation, electrolyte imbalance
Loss of taste for meat	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
Low body temperature	0	1	0	0	0	0	0	0	1	1	1	0	0	0	0	0	0	0	Malnutrition, alcohol use, certain medications, disorders of the hypothalamus
Low exercise tolerance	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	1	0	High oxidative stress, pulmonary conditions, mitochondrial dysfunction, high body burden of environmental toxins
Lower bowel gas	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	Excessive lower bowel gas is an indicator of intestinal dysbiosis and malabsorption due to hypochlorhydria and digestive enzyme insufficiency.
Lower bowel gas several hours after eating	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	Excessive lower bowel gas is an indicator of intestinal dysbiosis and malabsorption due to hypochlorhydria and digestive enzyme insufficiency.
Muscle stiffness in morning	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	1	0	Inflammatory conditions, physical inactivity, fluid accumulation, high level of environmental toxins in the body
Nails tend to be loose and lift easily	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Trauma, nutritional deficiencies, thyroid disease, certain medications, fungal infection

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Need for antacids	1	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	A need to take antacids may indicate hypochlorhydria. Long term use of antacids can lead to multiple nutritional deficiencies and set the stage for and H. pylori infection.
Nervous Stomach	0	0	0	0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	
Pain between shoulders	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Referred pain from the stomach, heart, or thoracic spine
Pale, anemic, or yellowish skin	0	1	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Poor concentration	1	1	0	0	0	0	0	0	0	0	1	0	0	0	0	1	1	1	0	Mold, oxidative stress, blood sugar dysregulation, environmental toxins
Post nasal drip	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	Colds and flu, certain medications, deviated septum, environmental toxins, certain foods, GERD
Premature graying of hair	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Rectal/anal itching	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	Parasitic infection, candidiasis, chemical irritants from soaps, hemorrhoids, chronic diarrhea, need for digestive enzymes
Sensitivity to perfumes/gasoline fumes/chemicals	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	
Skin eruptions, boils	0	0	0	0	1	0	1	0	0	0	0	0	1	0	0	0	1	0	0	Immune system dysfunction, high environmental toxin body burden, allergies, liver/gallbladder disease
Stomach upset by taking vitamins/supplements	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	Sign of hypochlorhydria. Consider HCl supplementation.

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PHASE 3F: Systems Dysfunction Assessment

Sign/Symptom	Dietary Factors	Nutritional Deficiency	Anemia	Food Allergy	Liver/Gall Dysfunction	Digestive Enzyme Insufficiency	Small/Large Intestine Dysfunction	Kidney Dysfunction	Thyroid Dysfunction	Adrenal Dysfunction	Blood Sugar Dysregulation	Other Endocrine Dysfunction	Immune System Dysfunction	Inflammation	Infection	Cardiovascular Disease	Environmental Toxin Exposure	Psychological Disorder	Additional Medical Considerations
Strong-smelling urine	1	0	0	0	1	0	0	1	0	0	1	0	0	0	0	0	0	0	UTI, diabetes, dehydration, high level of toxins in the liver
Undigested food in stools	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	The following conditions are associated with undigested food in the stool: a need to digestive support (HCl and/or pancreatic enzyme) and not chewing food well.
Varicose veins	1	0	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0	0	Obesity, inflammatory disease, heavy lifting, pregnancy, constipation, prolonges standing, lower fiber diet
Wake up at night with heartburn and/or regurgitation	1	0	0	0	0	1	0	0	0	0	0	0	1	0	0	1	0	1	Conditions that lead to nighttime heartburn include: GERD, certain medications (anti-anxiety in particular), overweight, carbonated drinks, asthma, high blood pressure, and sleeping disorders.
Waking up with sore heels	0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	Structural foot problem, mineral deficiencies, heel spur, plantar faciitis
Weight gain	0	0	0	0	0	0	0	0	1	1	1	0	0	0	0	0	0	0	Fluid retention, diabetes, thyroid disease, adrenal gland disease, certain medications
White spots on the nails	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
Wounds are slow in healing	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Totals	20	20	2	5	24	24	21	6	11	9	14	9	8	8	5	4	17	12	

Total Symptom Burden Score: 219

Clinician's Notes:

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Date of Birth: 1-1-1980

PHASE 3G: Dental Energetic/Meridian Analysis

Tooth	Organs	Joints	Vertebrae	Endocrine	Systems	Sensory	Muscles	Sinus
03	Esophagus, Pancreas, Stomach	Anterior Hip, Anterior Knee, Jaw, Medial Ankle	C1, C2, T11, T12, L1	Thyroid	Breast	Larynx, Oropharynx, Tongue	Latissimus	Maxillary
17	Heart, Ileum, Jejunum	Hand and Elbow, Plantar side of Foot, Sacroiliac, Toes, Ulnar side of the Shoulder	C1, C2, C7, T1, T5, T6, T7, S1, S2		Energy Exchange, Peripheral Nerves	Middle/External Ear, Tongue	Psoas	
18	Large Intestine, Lung	Big Toe, Foot, Hand and Elbow, Radial side of Shoulder	C1, C2, C5, C6, C7, T2, T3, T4, L4, L5		Arteries	Nose	Quadriceps	Ethmoid
19	Large Intestine, Lung	Big Toe, Foot, Hand and Elbow, Radial side of Shoulder	C1, C2, C5, C6, C7, T2, T3, T4, L4, L5		Veins	Nose	Gracilis, Sartorius	Ethmoid
20	Esophagus, Spleen, Stomach	Anterior Hip, Jaw, Medial Ankle, Medial Ankle	C1, C2, T11, T12, L1		Breast, Lymph	Tongue	Hamstrings, Pectoralis Major, Sternal	Maxillary

Patient's Notes:

Clinician's Notes:

Signature: _____

Date: _____