

Name \_\_\_\_\_

Doctor's Name \_\_\_\_\_

**Your Health History – please check all current and past conditions:**

**Muscles/Joints/Nerves**

- tension headaches
- migraine headaches
- neck pain/injury/whiplash
- carpal tunnel syndrome
- arm pain/weakness/tingling
- tooth/jaw/ear pain
- vision problems/dizziness
- head trauma/concussion
- loss of co-ordination
- multiple sclerosis
- back pain/injury
- strain/sprain
- degenerating discs
- sciatica/hip pain
- osteo/rheumatoid arthritis
- scoliosis
- leg pain/weakness/tingling
- tendinitis/fibromyalgia/bursitis
- fractures/bone disease
- muscle or nerve disease
- sports injury
- work-related injury
- poor posture/rounded shoulders
- lupus
- shingles

**Skin**

- open sores/cuts/warts
- rashes/athlete's foot
- dry skin
- contagious skin disease

**Heart/Circulation**

- high blood pressure
- low blood pressure
- heart attack/stroke
- chest pain/angina
- varicose veins/phlebitis
- cold hands & feet
- swelling
- diabetes/heart disease
- light-headed/chronic fatigue
- poor healing/bruising
- blood clots
- night sweats
- gout

**Genitourinary/Reproductive**

- painful urination
- unusual colour/odour
- hip or flank pain
- pre-menstrual syndrome
- crave sweets
- breast tenderness
- pain
- increased menstrual flow
- irritability
- bloating (abdominal)
- approx. length of period \_\_\_\_\_
- prostate enlargement
- no. of pregnancies \_\_\_\_\_
- bladder infection
- endometriosis/fibroids
- kidney stones

**Digestion**

- nausea
- constipation
- rapid weight loss
- lack of appetite
- gall stones
- diarrhea
- bad taste in mouth
- vomiting
- ulcers
- poor nutrition
- jaundice
- gas/bloating
- irritable bowel syndrome
- diverticulitis

**Lungs/Respiration**

- asthma/bronchitis
- chronic cough/smoking
- shortness of breath
- allergies/sinus problems
- frequent colds

**Other**

- insomnia, sleep disorders
- hormone imbalance \_\_\_\_\_
- eating disorders
- cancer/tumors \_\_\_\_\_
- depression
- alcohol/drug addiction
- candida
- sinus problems

Use this space to elaborate on any of the conditions checked above: \_\_\_\_\_

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