

Confidential Client Questionnaire	
Name	Hilton Sinton
Home Address	44 Abbott Rd, Nth Curl Curl
Date of Birth	16/1/2008 (11y)
Phone	0434 071 231
Email	melanie.sinton@bigpond.com
Occupation	
Household situation? Who lives with you?	Family together
Children? Ages?	2 kids 11, 10
Referred By	self

Why have you come to see me today? What are your Presenting Sx/Problems (where, when, frequency, duration, history, assoc Sx, > or <, what happened? What has inspired you to visit me today?

Allergic Rhinitis - Really bad symptoms. poor sleep, fatigue, moody suffers alot.
 Allergies (2017) Canberra - western - (3 years) always but fatigue, less energy.
 Dust mite + grass allergen - SSS - skin prick test. granules.
 goal - get off meds / steroids / anti-histamines

no vac probs.

Nutrific

Past History - Vaccinations, childhood illnesses, accidents		
0-10	10-20	20+
fully. (Age 4) <u>giardiasis</u> - pools <u>diarrhoea</u> AB <u>strong</u> - 4-5 AB (Keftix) not 4-5 years.		
Family History - CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many? <u>uncle</u> (grandmother) <u>Dad</u> not sure X <u>coeliac</u>, <u>hypercholesterolaemia</u> Fillings? X 1? <u>gut</u> <u>BP</u>, <u>cholesterol</u> <u>sure</u> <u>Grandparents</u>		
Sleep - hours/night, trouble getting to sleep? Dreams? wake refreshed? good sleep 8:30 - 6:30 no jaw clench, mouth breathing v. blocked nose not refreshed unless Energy during the day - scale 1-10, slumps? What time? Moods? <u>meds</u>		
Stress levels 1-10 6-7, up + down, is moody. happy kid but go happy - <u>exhausted</u> not stress (4-5)		
Water 2 litres/day Tea/coffee/cola X Alcohol X		
Allergies Allergic Rhinitis. No food allergen but food intolerances. Cravings <u>salt</u> + <u>sugar</u> equal. can't Aversions <u>No</u>. <u>chisel</u>		
Medications and supplements - how long have you been on them? Dymsta (nasal spray) Fluticasone.		
Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction? Rugby, walks, bike ride, not as interested in being active slower sports.		

enlarged Turbinos.



great

GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals

lots cold sores, 3 (holidays)
big farting / alot

Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.

Bristol - V + VI - regular B/L school after
eats - 15 mins - not complete voided

General Health: Headaches, migraines, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/SOB, drug use, smoking

Headaches - head swelling * electrolytes
not many, dizzy w/ headache.

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections

average thirst

Female Repro: When did periods start? How are they now? Pain? When? Experience menstrual problems? Moods? Do they change? Menopause, last period? Menopausal symptoms? How many births? Fertility treatment? How many cycles?

Male Repro: infections, hernias, swellings, impotence, any libido issues? prostate check?

left testicle undescended - operate - OK
(smaller than right)
Bi-lateral germinal hernia

Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising

no vac probs.

fully.
Past History - Vaccinations, childhood illnesses, accidents
0-10 gastro - pools
(Age 4) diarrhoea AB strong - 4-5 AB (Keflex) eczema (baby)
not 4-5 years.

Family History - CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?
uncle (grandmother) Dad not sure
X Fillup coeliac BP cholesterol
X surrounding gut BP/cholesterol
Acne Grandparents

Sleep - hours/night, trouble getting to sleep? Dreams? wake refreshed?
good sleep 8:30 - 6:30 no jaw clench, mouth breathing
v. blocked nose. not refreshed unless
Energy during the day - scale 1-10, slumps? What time? Moods?
meds

Stress levels 1-10 6-7, up + down, is moody.
happy kid but go happy - exhausted
not stress (4-5)

Water 2 litres/day

Tea/coffee/cola X

Alcohol X

Allergies Allergic Rhinitis. No food allergen
But food intolerances.

Cravings salt + sugar equal. can't

Aversions No. cheese

Medications and supplements - how long have you been on them?
Dymsta (nasal spray) Fluticasone.

Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?
rugby, walks, bike ride, not as interested
in being active
slower sports.

enlarged Turbinates.



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Family History - CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?		
mom (grandmother) X Fillup? X!	Dad ↑ BP, ↑ cholesterol not sure	Grandparents ↑ BP / cholesterol
Sleep - hours/night, trouble getting to sleep? Dreams? wake refreshed?		
good sleep 830 - 630	no, jaw clench, v. blocked nose.	mouth breathing not refreshed unless meds.
Energy during the day - scale 1-10, slumps? What time? Moods?		
b-7, up + down, is moody. happy kid but go happy - <u>exhausted</u> not stress (4-5)		
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Tea/coffee/cola X		
Alcohol X		
Allergies Allergic Rhinitis. No food allergen But food intolerances.		
Cravings	Dust mite + grass salt + sugar equal. can't	
Aversions	No. chest	
Medications and supplements - how long have you been on them?		
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Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?		
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Male Repro: infections, hernias, swellings, impotence, any libido issues? prostate check?

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Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

growing pains.

Skin: Acne, eczema, psoriasis, infections, itching

Blackheads / nose
as a baby.

Emotions: Anxiety, depression, mood swings

- tired
Pretty good emotional health - sensitive
Feels deeply, feeling, nervous.

Nails:

good

Eyes (glasses, glare, night vision, swollen, infections, shadows)

itchy eyes.

Tongue: (white, furry, coated)

TBC

BP

Pulse

Height	140 ?	
Weight	40 ?	
BMI (weight/height in m ²) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight		[Weight (kg)/height (cm)/height (cm)] x 10,000 eg [65kg/168cm/168cm] x10,000 =23
Chest (cm)		
Waist (cm)		
Hips (cm)		
Bum (cm)		

LSA, Flax seed.

coconut / almond milk, honey.

Breakfast	Oat porridge + psyllium, blueb. almond milk eggs - onion, capsicum, olives + avo. Smoothies
Lunch	chicken pasta (rice pasta), green beans. Kiwi, blueberries, dates (recess) rice crackers.
Dinner <u>Simple</u>	lamb cutlets, sweet pot, broccoli mince, red meat / beef, clares not much fish? sausages.
Snacks	rice crackers, veggie
Weekends	BBA, Bacon + Egg @ spot. T/a - every 2 weeks.
Treatment Plan	Future Elimination Diet remove gluten remove dairy? CDSA? Bristol Stool chart Diet diary 5-7 days. ↑ veggies during day. Antibiotic / electrolyte.
Supplements	is taking Bioceuticals Pro-Biotic + Allergy formula.

Are you doing other treatments?