

Confidential Client Questionnaire

Name	Sam Evans.
Home Address	211/54 W. Esplanade Manly.
Date of Birth	13/8/70
Phone	0414274171
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Occupation	Lawyer
Household situation? Who lives with you?	12 year old + hubbie
Children? Ages?	1 (12)
Referred By	Claire Rev.

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?

Psoriasis since 7/8. - only 11.
 no alcohol - once/3 months, lots of exercise
 reflux & heartburn., tomato, garlic.
 cholesterol ↑ finished menopause 1 1/2 years.
 'O-lift' herb. Chinese

Focus: Psoriasis → g/f + o/f

Past History – Vaccinations, childhood illnesses, accidents 0-10 <i>South Wales -</i> 10-20 <i>thank from uni.</i> 20+		
<i>secondary - have cooked food.</i> <i>grandmother died 7/8.</i>		
Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many? <i>mom. ↑ cholesterol, thyroid stroke (grandmother) obese. grandfather Diabetes T2.</i> <i>Dad - all good</i>		
Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed? <i>7-8. 9³⁰ - 4³⁰</i>		
Energy during the day – scale 1-10, slumps? What time? Moods? <i>10 v. energetic. morning need / ocean. / endorphins.</i>		
Stress levels 1-10 <i>5-8. high performing. / adrenal glands.</i>		
Water Tea/coffee/cola <i>almond milk, unsweetened.</i> Alcohol <i>no.</i>		
Allergies <i>X</i>		
Cravings <i>chocolate / ice-cream / sweet things.</i>		
Aversions <i>X</i>		
Medications and supplements – how long have you been on them? <i>0-lift. / glucosamine / cod liver oil /</i>		
Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction? <i>Swim every day. movies, reading</i> <i>massage once/week dance.</i>		

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

reflux
flatulence - stand more

of sitting
trapped

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

every morning. / type 1 / type 3 → them
haemorrhoids last year / pregnant

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

1/2 year - nothing

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

all the time once/twice @ night.

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?

① 1-1/2 miscarriage
8-9 weeks

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

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

105/68

65 BPM

98.1 °C

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

✓

Skin: Acne, eczema, psoriasis, infections, itching

Emotions: Anxiety, depression, mood swings

high / happy

Nails:

✓

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

contacts

Tongue: (white, furry, coated)

BP

Pulse

Height	
Weight	
BMI (weight/height in m2) 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)	

hate cooking



Breakfast	coconut yoghurt / Coyo - toasted, muesli - / fruit toast lavo. / egg - 9-9 ³⁰ .
Lunch	Poke / fish Bowl / Salad - Smashed avo / toast - / tuna. eggs.
Dinner	roast, fish, baked potato, curry, Salad mango chutney, <u>bread</u> .
Snacks	rice crackers <u>str</u> , gatz biscuits. bananas <u>ok</u> , no <u>drus</u> - cheese nuts - , chips.
Weekends	similar.
Treatment Plan	
Supplements	

Are you doing other treatments?