

Korean.

Confidential Client Questionnaire	
Name	Grace Kim
Home Address	Unit 211/6 Shout ridge, Lindfield
Date of Birth	29/3/1990. 2070.
Phone	Sarah Kim (Sister) 0423 989 177.
Email	msgracekim@outlook.com.
Occupation	Financial Assist.
Household situation? Who lives with you?	5 Daughter, Stepson 4 50:50.
Children? Ages?	
Referred By	Sarah Kim

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?

Overactive Thyroid, tired, no exercise
 'insane headaches' Jan (always had them)
 fast bloods 2 years ago. tired, ~~with~~
 energy levels
 used to take alot of UTIs - last time 12⁺ mths.
 Depression 2017 / Anxiety
 (Post-natal) 24 African American. U.S.
 36 weeks

D



travelled Vax.

Solomon Islands

Past History – Vaccinations, childhood illnesses, accidents

0-10 chicken Pox (7) 10-20 8/7kg. → 20+
 stomach ulcers (high school / 4/10)
 normal delivery

Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?

Mum stomach cancers, diabetes, thyroid, liver poor
 Dad 2 heart attacks (age 10) gall bladder removed
 blood disorder (anemia)

Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed?

7-11pm 7/8 - exhausted when wake up

Energy during the day – scale 1-10, slumps? What time? Moods?

Am 4/10

Pm 4 →

Stress levels 1-10

Personal 20!!! Blended Family / External
 work life enjoy - not work
 Water 20/day - 1-1.5L

Tea/coffee/cola

instant 1/day.

Alcohol

not really

Allergies

Hayfever / penicillin allergy.
 Asthmatic (gut!)

Cravings

Salt!! Chilli - kumchu

Aversions

nothing.

Medications and supplements – how long have you been on them?

Thyroid 2 x day, mega mg. (biochemical)

Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?

new b/4 this hard exercise (energy)

flatulence
putrid.

since v. young 
Nutrific

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

eat anything, anytime, hungry quickly.
huge appetite
heart burn when v. spicy. coffee/dairy
undigested Bolognese chilli.

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

Type 7/6. - after pregnancy.
constipated as a child 26-31

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

insane headaches / sinus B/4, new LHS of head.
throbbing. - met dear. Jan '21
1 add / year. - flu (18) years ago

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections - 18 inf - not treating UTI

Thrush in past (younger)

gets Thirsty.

~~the~~ Vaginal discharge
funky smell

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?

regular periods

used to dot bleed alot - less clotting
not as heavy.

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

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

low BP.

no.

veins on legs

no mercury filling / crown



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

pins & needles in legs alot
aches: 'hit a bus' in morning.
Sole in morning -

Skin: Acne, eczema, psoriasis, infections, itching

great skin
used to get pimples forehead & jaw line
dry skin/flakely. (6 mths)
skin care company. *Beauty* *DermaViduals Therapies*

Emotions: Anxiety, depression, mood swings

Anti-depressant- stopped taking. (2 years)

Nails:

indent in nail

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

Tongue: (white, furry, coated)

BP

Pulse

Height 159-160

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

64/65kg - (10 55)

Chest (cm)

Waist (cm)

Hips (cm)

Bum (cm)

Breakfast	no breakfast - Black coffee varies
Lunch	Salad - protein (sushi). home made Sausage sticks (salt)
Dinner	Carb loaded - left overs pasta / noodles eat same thing many times
Snacks	no snk.
Weekends	
Treatment Plan	gip / DIP - Thyroid health Brassica family.
Supplements	mg Adrenal Support Calm X Fish oils - Vit D / K2

Are you doing other treatments?

Dr Anna Story / Endo.