

Confidential Client Questionnaire				
Name	Claire Pavesteijn			
Home Address	Claire Ravesteijn 58 Alexander St Manly 2095.			
Date of Birth	10/5/75			
Phone	0406996556			
Email	calderdice@gmail.com			
Occupation	WBC - Banking + France.			
Household situation? Who lives with you?	2 kids + husband.			
Children? Ages?	12,10			
Referred By	me!			

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?

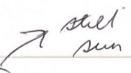
Weight loss - tried lots of times of haven't lost weight.

Want to fell lighter

Menage stress better - avoid alcohole better.

Needs consistency.

()	,	ga	2 100
15 alt) - (4 x year x 3	
10		Receiving	Nutri
		61 000 160	ed sore
	/	9 touselleten + 60	
	tions, childhood illnesses, accid	ents 10-20 Glanduler	20+
0-10 Clucker		Fever 15	Rance
Eczena		hild had	
until tee	es.	ant-bashin	(Sensite
earing	10-12	and vaccus.	preserv
Family History – CVD.	ancer, diabetes, chronic diseas	e. Dental Amalgams? How many?	Quamel
no diabete	, CVD, can	cer - bone marne	en cano
	ary disease.		rostali
-/		4 .	
In Caram	disease - La	as side Brother	Asthma
Sleep – hours/night, tr	ouble getting to sleep? Dreams	? wake refreshed? - hatwal	ly 630
8 hrs	sometimes ha	le 4-5 am.	
Energy during the day	- scale 1-10, slumps? What tim	ne? Moods?	
exercisi	1	/ day .	
	6-0 /10	1 secy	
Stress levels 1-10	and a second second and arrive	named views are really forther six of the	
3-8	Pluctuake		
4/	0 / 0	Vegation 1	1
Water /	l/Ley.		
Tea/coffee/cola	Coffee V Black	k lge 750 ml	
Alashal	soffice & gate	i ege	
Alcohol	glasses / my	of - 1 bottle.	
Allergies	enicilli	D-1	
-		TO CASTAGE SI	
Cravings Wi	enicilli ne + Chocola chovier	te.	
1			
Aversions Au	hove		
Medications and supple	ements – how long have you be	en on them?	Part I
Lifestyle: Do you, have I	xercise routine? How do you re	elax? Do you work? job satisfaction?	
4-5 /these	MBJ- Swenn	uy / gym / runs	un
1.51	ch swim 3 Ar	nes/ help.	2





GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods,
skipping meals /
never burngry. Whers - stress.
wile's Missi
never beingry. aarbs bloating
act block
Clear BS South
All the control of th
Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour?
blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.
- 1-1 10-161
Tan 1-3- la stranted most of
19pe 1-3 - Consignal -
Type 1-3- Constipated mostly not every day 2-3 days.
1 of property days 7-3 days.
not eval add a
General Health: Headaches, migranes, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands,
colds/flu per year, recovery, asthma/SOB, drug use, smoking
colds/ fild per year, recovery, astrilla/300, drug use, smoking
1-2/year-
1-2/400
Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections
. If
Que l'yeur.
occasionary -
occasionally ence/year AlB.
7,110
Formala Banga, Whan did naviade start? How are they now? Bain? Whan? Everying a manatural and a
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?
treatment: now many cycles:
1 wear
Mircha - 15 years.
Male Repro: infections, hernias, swellings, impotence, any libido issues? prostrate check?
refuter
regularly.
Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising



Musculo-skeletal: Cramps, pain, pins and needles, weak/num	b, arthritis?
Back tightness.	STEPHEN STATE
Skin: Acne, eczema, psoriasis, infections, itching	
young / Ros	sacla.
Emotions: Anxiety, depression, mood swings	AND STATE
orage, unartas, hay 'ever, alles gies, sirus, carillers prouts or smallens.	
	- Bay Town
Nails: healthy / slow gr	enij. han thing
	The state of the s
Eyes (glasses, glare, night vision, swollen, infections, shadows)	
Reading	glasse.
Tongue: (white, furry, coated)	0
	Provide the group offered old personal sector of two and
BP Pulse	Sample from such recommend
Height 169 cm.	
Weight 78 kg.	
BMI (weight/height in m2)	[Weight (kg)/height (cm)/height (cm)] x
Range: 18-20 = underweight, 20-25 healthy, 25+ overweight	10,000 eg [65kg/168cm/168cm] x10,000 =23
Chest (cm)	
Waist (cm)	
Hips (cm)	the state of the second st
Bum (cm)	



Dunalifant	
Breakfast	dicken, over roasted veg.
Lunch	5 Dpm.
Dinner	dumpling Bok choy.
Snacks	
Weekends	Burito Bowl.
Treatment Plan	? grams carbs/dley.
Supplements	Fish Oils tumeros Armaforce.

Are you doing other treatments?