



Confidential Client Questionnaire

Name	Alex Willis.
Home Address	169 Condamine St Balgobal.
Date of Birth	26/6/95
Phone	04310 35829
Email	willisalex26@gmail.com
Occupation	media / masters of Primary
Household situation? Who lives with you?	2 roommates (friends)
Children? Ages?	-
Referred By	Meg.

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?

Age 18 - funny issues / India - v. sick 6 weeks.
traumatic experiences w/ travelling.
triggered anxiety - think - emotional persa.
Parasite tests all ok.
stools v. green
Naturopath -> suggested anxiety. Teresa Lovell. ex GP.
severe nausea in morn.
first ~~hour~~ hour in morn -
can't eat v. rich food -
lethargy, fatigue
haemorrhoids - bleed a bit.
Really loose 3 x times / day.

2018

Past History – Vaccinations, childhood illnesses, accidents		20+
0-10	10-20	
<p>healthy child glandular fever (16) – lost weight shingles (16) –</p>		
Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?		cosmetic in family
<p>Mum – breast cancer x 2, allergien – (2 subtypes) dust, asthmatic little bit, sensitive skin. Dad – heart atn</p>		
Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed?		✓ Yes. – motivated
<p>9 hrs (no) 10pm.</p>		
Energy during the day – scale 1-10, slumps? What time? Moods?		
<p>Am – 6 work well in <u>noon</u>. pm – slump 2-4 pm foggy.</p>		
Stress levels 1-10		
<p>tightly wound (7)</p>		
Water 2-3 litres / day. <u>thirsty @ night.</u> +		
Tea/coffee/cola 2 coffees, almond leaf. <u>in day</u>		
Alcohol Beer 4-6/week.		
Allergies Hayfever, <u>dust</u> .		
Cravings Fruit. craves. – loved sweet when young.		
+ chocolates. sugar.		
Aversions Eggs? Cheese (excess) fatty foods.		
Medications and supplements – how long have you been on them?		
Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?		
lots of Yoga, Tai x 1		



occasionally morning

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

type 6 stool am, then 3-6
skin - hormonal
can't have rich food
crash. feel awful

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

Sometimes, but loose.
brown
green

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

dizzy in pm & nausea.
run down easily. cold twice/year
Feel ↓ immune system.

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

crave sugar or drop.
susceptible.

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 once / month - heavy 1st day 4-5
9th of month PMS B/4. nephrogenic.

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

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

119/75. 65 BPS.



grandmother

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?
muscle cramps, spasms, glute problems
body pain

Skin: Acne, eczema, psoriasis, infections, itching
hormonal - B4 period
flares

Emotions: Anxiety, depression, mood swings
↳

Nails: pale, no spots

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

Tongue: (white, furry, coated)
red out side purple inside

BP Pulse BGL 8.4. metallic taste

Height	168 cm	
Weight	70 kg	
BMI (weight/height in m2) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight		$[\text{Weight (kg)/height (cm)/height (cm)}] \times 10,000$ eg [65kg/168cm/168cm] x10,000 =23
Chest (cm)		
Waist (cm)		
Hips (cm)		
Bum (cm)		

Breakfast	fruit, greek yogurt, natural coffee or oats
Lunch	Scrambled tofu, tomato, brown rice multigrain, carb, protein + veg tofu, don't eat lots of meat
Dinner	red meat sometimes makes feel unwell, eats duck, love fish. Veg lasagne, Veg wraps
Snacks	fruit, dark choc, Vita wheat hummus, cheese, no veggies as snacks.
Weekends	
Treatment Plan	
Supplements	

Are you doing other treatments?