

Confidential Client Questionnaire	
Name	Karina Hankinson (Raftery)
Home Address	1/11 Cohen Ave, Fairlight
Date of Birth	23/11/69.
Phone	0419910420
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Occupation	
Household situation? Who lives with you?	3 Boys.
Children? Ages?	14, 13, 10
Referred By	—

Skin breakout

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?

'Giddy', feel like I'll fall over
 fingers pulsing / headache, waking up groggy,
 more than if drinking, make concerted effort to 'correct balance'
 pain in LHS, aches/pain in shoulder particularly bad @ night. Will wake me up, not in sound sleep. Not comf. w/ LHS shoulder. No sound sleep in 18 mths. when had sleeping tabs.

Tried Valerian tea

Weight 80.3kg. - used to hover in 60's.
 (2016 68kg). Ovary removed (L) 2018.

Foggy, memory massively.

2016 knee reop.

L Eye. (Laz-1) 1 year ago.

✓
Past History - Vaccinations, childhood illnesses, accidents

0-10 Bacterial/Virus

Sick ~ 1 week.

meningitis

10-20 gynae

gynae smear /
Cancer cells

③ nerve ci/c2/c3
degenerative
2015 20+

④ Knee RHS Reco 2016

② Endo 2015
metros + Barmah Forest

① Virus 2001

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

Dad - cancer / ~~Endometrial~~ Lung / Adrenal. Heart condition.
TB., T2D., Insulin Resistance, ^{care}

Mum - Oystonia, Breast cancer (removed), hips
nausea Diverticulitis (98), Arthritic.

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

5-6 max, easy to get to sleep, no dreams,
used to dream alot. wake up grossy.
Energy during the day - scale 1-10, slumps? What time? Moods?

AM - 1/2

PM - 5/6

Stress levels 1-10

5

Water 500ml

Tea/coffee/cola 2 black tea, herbal.

Alcohol < 7/week

Allergies Hayfever?

Cravings

Aversions

Pears

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

Pro-Vitalise. Imeno not taking last 2 weeks.

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

once/week walk.

movie - relax, news / phone / SM.

6/10

Full-time
40-50 hrs

8:30 - 9:30 am.
type 3 / type 1 Stool once/day



GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals
no hunger in AM - feel bloated but not eaten anything. nausea every 2nd day, in AM. Fast sometimes. Have to settle stomach. bloating, reflux, fatty foods bother, calamus persian fella / dairy. felt sick.

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

Type 3/1 - once/day, 8:30 - 9:30
blood after bathroom?
haemorrhoid - also when preg

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

Dizzy, tight, headaches.

1/2 year.

gastro but not flue.

mucous - in

chest 2+ mths.

not fully shifted

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections - no.

once

no

not recent anal year / canestan / cream.
6 mths ago.

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?

Age 14/15 periods.

Endometriosis.

Always on pill - 18 - 30

Mirena - recently OK

4-6 mth cramps. period last

cycle clot, mucous.
light brown.

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

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

BP 131/87

Mg.



Base Density ✓
or

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

✓
hands
walk/morn/swim - couldn't do freestyle
after exercise

Skin: Acne, eczema, psoriasis, infections, itching

— allergy
Evo cream / allergy skin cleanser
itchy arms.

Emotions: Anxiety, depression, mood swings

— no.
Emotionally charged.
not anxious.

— wouldn't be bothered.

Nails:

fine.

Zinc. about to eat
lychee
stronger. 'sweeter'
good.

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

✓
upt.

Tongue: (white, furry, coated)

BP

131/87

Pulse

Height	5ft 6
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)	

Breakfast	don't have breakie.
Lunch 2-4pm eating.	2pm start eating Brazil Nuts. salad + egg avo. (left overs) Smoked salmon.
Dinner	eat differently to boys. beef, pork, meals,
Snacks	nuts, some fruit veggies
Weekends	
Treatment Plan	
Supplements	Holy Basil? NAC, mg? melatonin B-Vit/Mito Support, Enzymes.

Are you doing other treatments? mel, Thyroid Hormones, ~~Sex Hormones~~ Oestrogen, Prog.
cortisol, electrolyte, digestive enzyme, NAC.
BP. Chiro?
Adrenal In Tests