

11 S.
water water central palace

Client Intake Form

Date: 16/7/24

Name: Dominique email:

Date of Birth: 28/9/1954 Age: 69. Gender:

Occupation: Marital Status: Children/ How Many?:

Reasons for visit:

Mobility issues since last vaccine 2 1/2 years ago.

Do you have any health conditions/physical symptoms you would like to work on?

- Inflammation
 - osteoarthritis ^{right} ~~left~~ knee
 - broke 5 ribs 2 years ago
- diet - acid / alkaline 80%.
- light + easy. - not a big eater.

Do you have any areas of emotional wellbeing that you would like to work on? For example depression, fear, grief etc?

Do you have particular areas of your life you would like to work on? (for example self confidence, work stress, relationship issues?)

What changes would you like to make in your life right now?

Emotions

If there was one thing you could change, what would it be?

How do you want to feel?

ex husband - after 7 years.
GB removed - woke up during

Head to Toe

Issue	Symptom	Quadrant	Channel	Comment
Headaches	Parietal (side) /vertex (top) - intense	Stag	Lv/ GB	
	Parietal (side) /vertex (top) - dull	Qi/ Yang	Lv/ GB	
	Frontal - intense	Damp	St	
	Frontal - dull	Qi/ Yang	St	
	Occipital - intense	Stag	Bl	
	Occipital - dull	Qi/ Yang	Bl	
Memory	General			
Dizziness	General, on standing	Blood/ Yin	Ht	X.
Nose	Sinus/ Blocked	Qi/ Yang Damp	Sp/ Lu	uses eucalyptus - X.
	Exhale, Asthma. Bronchitis	Qi Yang	Lu	
Hearing	Tinnitus - loud	Stag	Lv/ GB	
	Tinnitus - soft/ poor hearing	Qi/ Yang	Ki	X.
Eyes	Spots/ Blurred vision/ red/ dry	Blood/ Yin	Lv	few floaters.
	Mouth Ulcers	Damp		X.
	Teeth decay	Qi/ Yang	Ki	
	Jaw clenching/ grinding	Stag	Lv/ GB	
	Dry lips	Blood/ Yin	Lv	overnight
Throat	Tonsils			teenage 13-22 years
	Thyroid	Yin def	Ki (hyperthyroid)	X.
Cough	Dry	Blood/ Yin	Lu	
	Wet	Qi/ Yang Damp	Lu	
Heart	Blood pressure normal/ low/ high			
	Palpitations, dysrhythmia	Qi/ Yang	Ht	
	Angina, problems with pump	Qi/ Yang	Ht	
	Chest pain - stabbing, exploding	Qi Yang Stag	Ht	X.
	Chest pain - dull	Qi Yang Blood/ Yin		
Blood signs	Brittle nails, dry eyes, dry lips, hair falling out	Blood/ Yin	Lv	X.
Skin	Dry	Blood/ Yin	Lu	
	Oily, pimples	Damp heat		
	Eczema, Psoriasis, Dermatitis	Blood/ Yin	Lu	X.
Urinary	Water intake			7 glasses a day.
	Frequent, difficult to control	Qi/ Yang	Ki/ Bl	
	Waking for toilet at night	Qi/ Yang	Ki/ Bl	
Pain	Location			
	How long have you had it for? What was happening in your life when this started?			
	Describe the pain: Wandering	Qi Stag		
	Dull, worse with fatigue	Qi/ Yang Blood/ Yin		
	Sharp, knife like pain	Blood Stag	Location	

pain when standing - knee
DOMS - delayed onset muscle soreness.
mobility - slower, balance goes, walk small distance

hump - 2 vaccines - AZs. 3rd Moderna
 self confidence 4D left side
 had been doing 40 mins bed exercise

Issue	Symptom	Quadrant	Channel	Comment
AKK in knee named after OS. (44)	Does the pain refer anywhere else?			weight on weight
	Is the pain better for movement or rest?			pain
	Is the pain worse or better in the mornings/evenings	Stag morn Def even		feels like not holding body
	What makes the pain better/worst?			
	Is it better or worst with palpation?	Stag worst Def better		better.
	Rate the pain 1-10 (10=high)			7-8
Digestion	Bowel movement frequency?			2-3.
	Appetite higher than normal + eat a lot	Stag	St/ Lv	
	Appetite higher than normal + don't feel like eating	Blood/ Yin	St	stress eaters
	No appetite	Qi/ Yang	St	
	Bloated, regurgitation, reflux, intermittent constipation & diarrhoea	Stag	Lv/ Sp	—
	Bloated, heavy. loose stools	Damp	St/ Sp	
	Bloated, diarrhoea, undigested food in stool	Qi/ Yang	Sp/ St	—
	Constipation	Blood/ Yin	LI	
	Food sensitivities			
	Food preferences			
Energy	Rate levels 1-10 (10=high)			8.
	On waking – tired/ refreshed	Stag	Lv	Sometimes
	Mid afternoon	Qi/ Yang	Sp/ St	yes - nap time
Stress	Rate levels 1-10 (10=high)	Lv Qi Stag	Lv	stress + anxiety 11-6.30am.
Sleep	Hours/night			
	Trouble getting to sleep	Blood/ Yin	Lv/ Ht	no problems.
	Trouble staying asleep	Blood/ Yin	Ht/ Ki	psychic activity wakes up.
	What time of the night do you wake up?			
	Hot at night and night sweats	Blood/ Yin	Ki	occasionally
	Dreams – vivid		Lv/ GB	
Bones	Frequent fractures, osteoporosis, osteopenia	Blood/ Yin	Ki	
Menstruation	Absence, or lack of blood	Blood/ Yin	Lv/ Sp	
	In wk before period - pain, distension of breasts, moodiness	Stag	Lv	
	Intense pain with clots up to 2cm, irregular periods	Stag	Lv	
	Stabbing pain with very large clots	Stag	Yin	
	Heavy dull pain during	Damp	Sp	
	Dull pain particularly at end of period	Blood/ Yin	Ki/ Lv	
	Intense pain and pin prick clots or dull pain during	Qi/ Yang	Ki/ Sp	
	Early menopause	Blood/ Yin	Lv/ Sp	
	Endometriosis, polycystic ovaries, uterine cancer	Stag, Damp	Lv/ Yin	
Physical complaint	Any other physical complaints?			
Psychological Conditions				

Siatic nerve pain - both sides
 moving R. and scared of it. OB removed. 30 years ago.

important to have good foundation
 granalpa part away
 2 renovations
 + moved house.

TB at healed self (21)