

**Digestive System / Gastrointestinal:**

- \_\_\_\_\_ Abdominal Pain Where? \_\_\_\_\_
- \_\_\_\_\_ Allergies or wheezing after meals
- \_\_\_\_\_ Belching
- \_\_\_\_\_ Gas / Bloating
- \_\_\_\_\_ Gall Stones
- \_\_\_\_\_ Colitis
- \_\_\_\_\_ Constipation
- \_\_\_\_\_ Diarrhea
- \_\_\_\_\_ Liver Problems
- \_\_\_\_\_ Indigestion
- \_\_\_\_\_ Sleepiness after meals
- \_\_\_\_\_ Ulcers
- Other 1 \_\_\_\_\_
- Other 2 \_\_\_\_\_
- Other 1 \_\_\_\_\_

**Bowel movement frequency**

\_\_\_\_\_

**Quality & Color** \_\_\_\_\_

**Cardiovascular**

- \_\_\_\_\_ High Blood Pressure
- \_\_\_\_\_ Low Blood Pressure
- \_\_\_\_\_ High Cholesterol
- \_\_\_\_\_ Pain in Heart
- \_\_\_\_\_ Poor Circulation / cold extremities
- \_\_\_\_\_ Swelling in ankles / joints
- \_\_\_\_\_ Previous heart stroke/murmur

**Eyes, Ears, Nose, and Throat**

- \_\_\_\_\_ Allergies
- \_\_\_\_\_ Asthma
- \_\_\_\_\_ Ear Aches
- \_\_\_\_\_ Eyes: *Dry Wet Normal*
- \_\_\_\_\_ Vision Concerns \_\_\_\_\_
- \_\_\_\_\_ Gums bleed or tender
- \_\_\_\_\_ Hay Fever
- \_\_\_\_\_ Hearing Loss / Ringing Ears
- \_\_\_\_\_ Ringing in Ears
- \_\_\_\_\_ Sinus Congestion
- \_\_\_\_\_ Sinus Infection
- \_\_\_\_\_ Sore Throat
- \_\_\_\_\_ Tonsilitis
- \_\_\_\_\_ Tonsils removed

**Head and Neurological**

- \_\_\_\_\_ Headaches
- Frequency \_\_\_\_\_
- Duration \_\_\_\_\_
- Quality \_\_\_\_\_
- Triggers \_\_\_\_\_
- \_\_\_\_\_ Numbness or tingling
- Where? \_\_\_\_\_
- \_\_\_\_\_ Seizures
- \_\_\_\_\_ Stiff neck
- \_\_\_\_\_ Tension / Anxiety

**Muscles/Joints**

- \_\_\_\_\_ Arthritis / Bursitis
- \_\_\_\_\_ Backache: *Neck Upper Lower*
- \_\_\_\_\_ Broken Bones Where? \_\_\_\_\_
- \_\_\_\_\_ Mobility Restriction Where? \_\_\_\_\_

**Respiratory**

- \_\_\_\_\_ Chest Pain
- \_\_\_\_\_ Difficulty breathing
- \_\_\_\_\_ Cough
- \_\_\_\_\_ Tuberculosis
- \_\_\_\_\_ Congestion

**Skin**

- \_\_\_\_\_ Boils
- \_\_\_\_\_ Bruises
- \_\_\_\_\_ Dryness
- \_\_\_\_\_ Itching
- \_\_\_\_\_ Varicose Veins
- \_\_\_\_\_ Skin eruptions

Other 1 \_\_\_\_\_

Other 2 \_\_\_\_\_

**Urinary/Kidney**

- \_\_\_\_\_ Excessive Urination
- \_\_\_\_\_ Water Retention
- \_\_\_\_\_ Burning Urine
- \_\_\_\_\_ Kidney Stones
- \_\_\_\_\_ Lower Back Pain
- \_\_\_\_\_ Dark circles under eyes
- \_\_\_\_\_ Itchy Ears/eyes
- \_\_\_\_\_ Emotional Insecurity

Other: \_\_\_\_\_

BP: \_\_\_\_\_

Tongue: \_\_\_\_\_