

symbols *of* healing

Health Survey

This is a health survey designed to help you assess where you are. Recognition is well on the way to healing.

Please bring this form back with you for every consultation.

I do not diagnose or treat any kind of condition of disease.

Please Note: Always consult your doctor and do not get off any prescription drug without consulting him or her.

If you have any questions and/or concerns, please do not hesitate to call me on my cell phone at 541.207.6098 or my home phone of 541.207.3155.

Mineral Cell Salts, homeopathics, essential oils and flower essences are essentially non-toxic and can be used with prescription medications.

For all health or disease conditions use common sense and consult your doctor or health professional.



General Information

Name _____ Age _____

Birthday _____
(you can lie about your age and name, but please give your correct birthday)

Time of Day Born _____

Occupation _____

Sex (you must be male or female)

- Male
- Female

If female, check all that apply

- Pre-puberty (not menstruating)
- Menstruating If not, why? _____
- PMS
- Heavy bleeding
- Heavy cramping
- Pregnant
- Nursing
- Chemical birth control methods–Type: _____

Menopause

- Hormone replacement therapy–Type: _____
- Hysterectomy
- Partial hysterectomy
- Hot flashes
- Dryness

Note: Hormonal imbalances of all kinds include emotional symptoms such as irritability, mood swings, anxiety, memory problems, concentration, libido changes, crying, etc. Hormonal changes are often ignored by western medicine (post-partum blues, etc.) and erroneously treated with anti-depressants, etc.

Prescription Medications

Drug Name	Reason
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____

Note: Antacids (acid blockers) stop stomach acid needed for proper digestion and are often a cause or contributor of anemia, mineral mal-absorption, and osteoporosis. GERD or heartburn may be a sign of stomach irritation, not too much stomach acid. It just feels that way.

Non Prescribed Medications (over the counter)

Drug Name	Reason
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Sex Information

Sex Drive

- Low
- Medium
- High

Has there been a change in habits or desires over the last few weeks or months?

- Yes
- No
- Less interested in sex
- More interested in sex

Hormones play a huge part in energy, metabolism, brain and emotional health.

Women: When did you have...

your last child? _____

your last miscarriage? _____

any infertility? _____

If you have lost your sex drive, it is often the use of anti-depressant drugs or chemical birth control methods or hormonal shifts due to onset of sex, pregnancy, miscarriage, or other emotional traumas. High blood pressure medications can cause impotence.

A hint to MALES—Women often feel sexier about partners that can express their feelings rather than that “cold grope in the middle of the night.”

Bowel Habits

How many bowel movements are you having...

daily? _____

weekly? _____

- less often
- using laxatives

Do you have...

- hemorrhoids?
- diarrhea?

Do you have other bowel challenges?

- IBS
- Crohn's
- Polyps

Other (specify) _____

Surgeries

Type of Surgery

Date

1. _____
2. _____
3. _____
4. _____

Injuries

Type of Injury

Date

1. _____
2. _____
3. _____

Old traumas that changed your life

I haven't been well since _____ happened to me.

I was a certain way and am now _____

Diseases

What are they and how are they being treated (medications, etc.)

1. _____
2. _____
3. _____

Emotional and Spiritual Health

How much time do you spend each day to commune with your inner self or God?

(These activities can include prayer, meditation, scripture study, etc.)

- Everyday
- Once a week
- Occasionally
- Almost Never

This is a part of your physical health, just as surely as any other part.

Social Circumstances

- Married How long? _____
- Single
- Divorced How long? _____

Conflicts with spouse or relatives? _____

If you have a partner, do you go out on regular dates?

- Yes
- No

If yes, how often?

- More than once a week
- Once a week
- Infrequent
- Almost Never

If less than once a week, do you like your partner?

- Yes
- No

Sometimes people love their partners, but don't particularly like them. A wise man once determined how much you like someone by how much time, energy, and money you spend on them. Are you fooling yourself?

Relationships can make or break your health.

Make a commitment to your partnership to go out at least once a week.

Attitude

(Check the ones that apply)

- Positive
- Negative
- Happy
- Sad
- Depressed
- Fearful
- Angry
- Anxious
- Trust issues
- Shy
- Aggressive
- Joyful

Exercise

How often do you exercise?

- Daily for _____ minutes or _____ times a week
- Occasionally
- Sedentary

Exercise, as well as deep breathing, massages your inner organs.

If you are not regularly exercising, walk 20 minutes a day.

Dietary

Foods can affect all aspects, including physical, mental, emotional, and spiritual health. Check the ones most usual in your eating patterns. (You are what you eat.)

Building Foods

Concentrate your diet with these foods to heal from serious diseases or for more energy. If raw foods give you gas, either steam them or cook them. Use these foods as your main staple.

- Organic foods
- Vegetables
- Raw Foods
- Fresh, ripe fruits
- Green foods
- Raw seeds, raw nuts

Maintaining Foods

These generally don't particularly improve your health. Use them in moderation.

- Breads (use whole grains)
- Cooked foods (few or no enzymes)
- Spicy foods (may affect digestion)
- Meats (use sparingly)
- Legumes (can produce gas)
- Dairy (poorly absorbed, mucus forming, lactose problems)
- Some frozen foods (few or no enzymes)

Foods to eliminate for allergies are wheat, dairy, sweets and soda pop.

Destructive Foods

These can contribute to disease!!

- Tobacco (very hard on your health and pocket book)
- Alcohol (emotional escape, source of sugar)
- Fast foods (very little nutrition and high cost)
- Over the counter drugs (more drugs, less health)
- Prescription drugs (improve your health with the building foods)
- Recreational drugs (is this your emotional escape)
- Peanut butter (most brands are rancid)
- Processed foods (lots of preservatives)
- Stimulants (the more you use, the less energy you have)
- Pork (poorly digested, lots of uric acid)
- Sugar (may be a hormonal problem, contributes to osteoporosis)
- Soda pop (contributes to osteoporosis)
- Margarine (it is a trans fatty acid, use butter instead)
- Canned foods (very little food value and no enzymes)
- Coffee (very acidic and may contribute to gout or kidney problems)
- Fried foods (toxic and may impair memory and concentration)

Food cravings _____

Food sensitivities _____

Foods you avoid _____

Observations

Note: These are observed, arbitrary scales, and not related to medical tests in any way.

Vitality

Tox

PH

Stress

Sensitivity

Shielding

Health Goals: