



Pervious Medical History: (include illnesses, name and dates), surgeries, trauma and childhood illnesses

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Allergies:

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Family History of Health Problems:

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Current Medications (include Drug Name, Strength, Frequency Taken, Reason and How Long

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Current Supplements (include Drug Name, Strength, Frequency Taken, Reason and How Long.

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Living Environment \_\_\_ Dry \_\_\_ Damp

Favourite Food and Drink Type: \_\_\_ Sour \_\_\_ Sweet \_\_\_ Salty \_\_\_ Greasy \_\_\_ Spicy \_\_\_

Do you drink: \_\_\_ Coffee. (No. \_\_\_ cups) \_\_\_ Cold drinks \_\_\_ Warm Drinks

Do you use any of the following? \_\_\_ Cigarettes \_\_\_ Alcohol \_\_\_ Recreational Drugs

What are your major sources of stress?

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\_\_\_ Are you recently in a state of \_\_\_ Fear \_\_\_ Worry \_\_\_ Anger \_\_\_ Sadness \_\_\_ Anxiety \_\_\_ Joy

Please comment on your level of physical exercise: (Type & Frequency)

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