

Constitutional Intake Form

NAME patient 2 BRIAN DATE 1/1/1

UPPER GI Lesson #10

- ☐ Sometimes nausea in mornings
- ☐ Sometimes nausea in evenings
- ☒ Sometimes excess salivation
- ☐ Mouth frequently too dry
- ☐ Duodenal ulcer
- ☐ Stomach ulcer
- ☒ Sometimes foul burps
- ☐ Butterflies in stomach
- ☐ Seldom eat breakfast
- ☐ Often don't finish meals
- ☐ Often eat to calm down
- ☐ Receding gums
- ☐ Frequent use of alcohol
- ☐ Frequent poor appetite
- ☐ Strong, demanding hunger
- ☐ Bitter taste in morning
- ☐ "Dragon breath" in morning
- ☐ Acid indigestion at night
- ☐ Frequent mouth or cold sores
- ☐ Sometimes difficulty in swallowing
- ☒ Indigestion after eating

*moderate
deficiency*

LOWER GI

- ☐ Stools loose with gas
- ☐ Constipation with gas
- ☐ Frequent constipation
- ☐ Digestion unusually rapid
- ☐ Loose stools when tired/stressed
- ☐ Light colored, hard stools
- ☐ Dark, soft stools
- ☐ Quick defecation after eating
- ☐ Intestines often bloated
- ☐ Constipation with hemorrhoids
- ☐ " w/ painful defecation
- ☐ " w/ hard, marbly stools
- ☐ " w/ fully formed stools
- ☐ " " alternate w/ diarrhea
- ☐ Frequent need for laxatives
- ☒ Tongue often coated

LIVER

- ☐ Dry, even scaly skin
- ☐ Moist, sometimes oily skin
- ☐ Hives from food or drugs
- ☐ Hay fever or asthma
- ☐ Craves proteins, fats
- ☐ Craves fruit or sweets
- ☒ Frequent trouble digesting fats
- ☐ Acne on face AND buttocks
- ☐ Seems to have low blood sugar
- ☐ Had hepatitis in past
- ☐ Frequent use of alcohol
- ☐ Work with solvents
- ☐ Psoriasis, eczema, dermatitis
- ☐ Frequent minor illnesses
- ☐ Fever w/sweat when sick
- ☐ Don't sweat when sick

*Not
clear*

RENAL

- ☐ Standing too quickly makes pulseroar in ears
- ☐ Standing too quickly causes faintness, dizziness
- ☐ Wakes up at night to urinate
- ☐ Frequent flushing or blushing
- ☐ Water retention with change of weather
- ☐ Moderate high blood pressure, craves fats
- ☐ Moderate low blood pressure, craves sweets
- ☒ Frequent thirst
- ☐ Craving for salt
- ☐ Urine always light colored
- ☐ Urine usually darker

*deficient
(verbal,
after
consult)*

LOWER URINARY TRACT

- ☐ Frequent urination, small amounts
- ☐ Infrequent urination, copious
- ☐ Sometimes dribbles urine afterwards
- ☐ Frequent bladder infections
- ☐ Demanding and sudden need to urinate
- ☐ Mucus in urine
- ☐ Benign prostatic hypertrophy (males)
- ☐ Dull ache after urination

REPRODUCTIVE - ALL

- ☐ Sweat freely with strong scent
- ☐ Oily skin, facial acne
- ☐ Dry skin, cold hands and feet

WOMEN

- ☐ Cycle more than 28 days
- ☐ Cycle less than 28 days
- ☐ Water retention before menses, hips, breasts
- ☐ Water retention before menses, feet, hands
- ☐ Craves fats, proteins before menses, usually
- ☐ Craves sweets before menses, usually
- ☐ Sides of breasts tender before menses
- ☐ Miss some periods
- ☐ Menses slow starting with cramps
- ☐ Palpitations before menses
- ☐ Menstruation lengthy, frequent cramps
- ☐ Menstruation short, defined, few cramps
- ☐ Frequent Class II Pap Smears
- ☐ History of PID, cervicitis
- ☐ Miscarriages, problem pregnancy
- ☐ Period early w/altitude change
- ☐ Period late w/altitude change
- ☐ Tried, but couldn't handle birth control pills
- ☐ Frequent candida/type infections.

MEN

- ☐ Frequent cannabis user
- ☐ Pain or ache after orgasm
- ☐ Benign prostatic hypertrophy
- ☐ Difficult maintaining erection even if you feel in the mood

RESPIRATORY

- ☐ Shortness of breath when standing or walking
- ☐ Tobacco smoker
- ☐ Easy coughing of mucus
- ☐ Difficulty swallowing mucus
- ☐ Rapid, shallow breather
- ☐ Sometimes wake up choking or gasping for breath
- ☐ Yawns frequently
- ☐ Sometimes hyperventilates
- ☐ Frequent chest colds

CARDIOVASCULAR

- ☐ Slow, strong pulse
- ☐ Fast, light pulse
- ☐ Frequent physical activity
- ☐ Warm bodied
- ☐ Cold bodied
- ☐ Sometimes dizzy or faint
- ☐ Hands warm, sweaty
- ☒ Hands cold, clammy or dry
- ☐ Palpitations either as an adolescent or before menses
- ☐ Hypertension, responds to diuretics
- ☐ Hypertension, not responding to diuretic

deficient

LYMPHATIC

- ☐ Recuperates quickly if ill
- ☐ Recuperates slowly if ill
- ☐ Injuries heal quickly
- ☐ Injuries heal slowly
- ☐ Eczema, dermatitis
- ☐ Asthma or hay fever
- ☐ Arthritis or rheumatism
- ☐ Digests fats easily
- ☒ Digests fats poorly

Not clear

(a little deficient)

SKIN

- ☐ Skin eruptions superficial, come to a head
- ☐ Skin eruptions deep, not coming to a head
- ☐ Skin on trunk is dry
- ☐ Oily scalp or hair
- ☐ Dry scalp or hair
- ☐ Cracks, fissures on heel, feet, slow healing

MUCUS

- ☐ Sores, cracks, on mouth, anus, vagina
- ☐ Lips often dry, chapped
- ☒ Food often causes intestinal pain passing through
- ☐ Gets sore throat easily

deficient

GENERAL

Mark conditions that are frequent. If it is mild, mark "1"; if it is a dominant condition, Mark "2"

- ☐ Alluminum cooking vessels
- ☐ Awakens, can't go back to sleep
- ☐ Bad dreams
- ☐ Blurred vision
- ☐ Brown spots, bronzing of skin
- ☐ Bruises easily
- ☐ Can't gain weight
- ☐ Can't lose weight
- ☒ Can't get started without coffee
- ☐ Chemical or spray poisoning
- ☐ Chronic fatigue, depression
- ☐ Cry easily without seeming cause
- ☐ Depressed for long periods
- ☐ Earaches
- ☐ Eat often or else faint/nervous
- ☐ Eyes often red, inflamed
- ☐ Face, eyes get puffy
- ☐ Facial twitches
- ☐ Gum problems
- ☐ Headaches
- ☐ Headaches in morning, wearing off
- ☐ Heart palpitations when hungry
- ☐ Heart palpitations after eating
- ☐ Highly emotional
- ☐ Highly controlled
- ☐ Impaired hearing
- ☐ Increase in weight (recent)
- ☐ Lack of sensation somewhere in the body
- ☐ Likes depressants
- ☐ Likes stimulants
- ☐ Lower back pain
- ☐ Frequent muscle cramps
- ☐ Nails split, brittle
- ☐ Nails weak, ridges
- ☐ Nose bleeds frequently
- ☐ Pollution heavy in work or home environment
- ☐ Ringing in ears
- ☐ Pulse speeds up after meals
- ☐ Sensitive to cold weather
- ☐ Sensitive to hot weather
- ☐ Sensitive to high humidity
- ☐ Sensitive to low humidity
- ☐ Sexual desire decreased
- ☐ Sexual desire increased
- ☐ Stuffy nose during the day
- ☐ Stuffy nose in evening, night
- ☐ Tendency, seemingly, to anemia
- ☐ Tremors in hands or neck
- ☐ Varicose veins
- ☐ Weight gain in upper arms, shoulders, back of neck

ADDITIONAL THINGS YOU WISH TO MENTION

- frequent gas, recently an infrequent "chalky" mouth
- infrequent intestinal pain
- lactose intolerant

Evaluations and Recommendations

NAME Brian DATE _____ FILE _____

	Questions	Verbal	Dietary	Therapies	COMMENTS
UPPER GI					
LOWER GI					
LIVER					
KIDNEYS					
LOWER URINARY					
REPRODUCTIVE					
RESPIRATORY					
CARDIOVASC.					
LYMPH SYSTEM					
IMMUNOLOGIC					
SKIN					
MUCOSA					
MUSC/SKLTL					
CENTRAL NERV.					
SYMPATHETIC					
PARASYMPATH.					
ADREN. STRESS					
ANABOL. STRESS					
THYROID STRESS					

INITIAL RECOMMENDATIONS

DATE _____

DIETARY RECOMMENDATIONS

3 gms./day omega 3

BOTANICAL	FORM	DOSES	TIMES
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1 gm. Cucurmin
(95% stand.
extract)

milkthistle

OTHER RECOMMENDATIONS

Suspended cold infusion
of slippery elm

or
1 tsp. chia or psyllium
Seed

licorice

yohimbin

tinct

tinct

60 drops 2X

30 drops 2X

SELF MONITORING PARAMETERS

Patient 2 Lesson #10
Constitutional intake notes

- Gas from fatty foods, greasy French fries, trans fatty acids. Produced in intestinal tract from bacterial fermentation. Swallowing air when you eat does not produce gas.
 - Lactose intolerant, eats yogurt and cheese. Cheddar easier to digest besides goat cheese. No milk or ice cream.
 - When scratched lightly, a red welt is raised.
 - Probably inflamed intestinal tract, a hidden inflammation.
 - No asthma, eczema, psoriasis.
 - Dry scalp, hair. Not prone to nausea. Red tipped tongue.
 - Moist mouth. (Acid indigestion can cause excess saliva). No prescription drugs.
 - Used to take pepto bismol. Used to be prone to diarrhea.
 - Sometimes foul burps. Stomachache lasts a few hours after he eats.
 - Doesn't eat quickly. Pretty good appetite. 3 meals/day.
 - Something is fostering continuing inflammation.
 - Prone to more sugar, controls diet at home.
 - Don't usually see lactose intolerance and celiac in the same person.
 - Takes saw palmetto, used to take a multi. Dad had prostate cancer.
 - Recent salt cravings, distension of the stomach. Too much coffee tires him out and dehydrates him.
 - Irish heritage, from the South.
 - Give things that diminish the stomach and colon inflammation.
 - Condition going on for 10 years, Michael suggests an adaptogen, not a mineral tea. Client consumes about 20 oz of soy milk per day. Soy very allergic, may have soy/wheat allergies. Hyper inflammation. Milk thistle helps inflammation, cools liver, oxidative stress.
- Andrographis stimulating to the gut, not good now, perhaps later.
3 grams, caps, a day of omega 3.
- Anti-inflammatory herbs: licorice and curcumin recommended.
 - Chickweed, cleavers, or plantain would be a good choice.
 - Caffeine from coffee is a frequent allergen