

Constitutional Intake Form

NAME Patient 3 Susan DATE 1/1/11

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

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
- Big player, but not clearly deficient or excess*

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

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 (*month + a half*)
- ☐ 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
- ☒ ** (Frequent herpes outbreaks)*

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
- ✓ Difficultly 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

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

strongly
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

Strongly
deficient

MUCUS

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

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
 - 1 Bruises easily
 - Can't gain weight
 - Can't lose weight
 - Can't get started without coffee
 - Chemical or spray poisoning
 - 1 Chronic fatigue, depression (periodically)
 - Cry easily without seeming cause
 - Depressed for long periods
 - 1 Earaches
 - Eat often or else faint/nervous
 - Eyes often red, inflamed
 - Face, eyes get puffy
 - Facial twitches
 - 2 Gum problems (mucosa deficiency)
 - 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
 - 1 Likes depressants
 - Likes stimulants
 - Lower back pain
 - Frequent muscle cramps
 - 1 Nails split, brittle
 - Nails weak, ridges
 - 1 Nose bleeds frequently
 - Pollution heavy in work or home environment
 - Ringing in ears
 - Pulse speeds up after meals
 - 1 Sensitive to cold weather
 - Sensitive to hot weather
 - Sensitive to high humidity
 - Sensitive to low humidity
 - 2 Sexual desire decreased
 - Sexual desire increased
 - 1 Stuffy nose during the day
 - 2 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

- Primary complaint: eczema on hands
- mild lower pelvic pain, not relieved by urination
- joint pain, sharp, in several areas: pelvis, hips, wrists; shoulders; sternum while sleeping and waking.

Patient 3 Lesson #10
Constitutional Intake Notes

- Diffused pelvic pain, pain in hips and pelvis if walking a lot at work.
- Eczema surfaced after working on a set painting (client is a stage hand); another outbreak after weeding in the garden. Last summer, had a different eczema on pelvis.
- Alcohol relaxes
- Michael sees strong stimulus and depression of liver
- Broke ribs this winter, did vicodin and ibuprofen.
- Did a fair amount of antibiotics in high school.
- 35 to 40 day cycle, major symptoms and duality in reproductive system, as in the liver.
- Palpitations before menses. Cramps get bad and she gets agitated. Does not take anything in this situation.
- Year and a half ago, lower GI problems from eating chilis.
- Periodic chronic fatigue and depression.
- When sleeping and wake up in pain, ears hurt, mild earache for the last couple of months
- bleeding gums when brushing teeth. Michael noted that mild anemia can cause bleeding.
- Eczema with rheumatoid like pain, think psoriatic, and coleus forskolii. (slows and strengthens the pulse)
- if strong excess and deficiency shows, need something in the middle, "amphoteric". Andrographis possible, since it prevents the liver from getting autotoxic. Dandelion and burdock are liver stabilizing. Liver and reproductive energy are interrelated. Estrogen phase is deficient.
- Dong quai appropriate to improve estrogen buildup.
- Possibly mitchella repens, strengthens membranes
- Women who drink moderately frequently present with false reproductive excess.

Other Suggested herbs:

Cotton Root Bark- 10-15 drops every day to help bind oxytocin and stimulate blood supply to the uterine lining that is about to slough off.

Blue Cohosh- strengthen the structure of the uterus. 10 drops during progesterone phase to build up the tone

-Lower urinary from the boggiess in the uterus.

- Estrogen doesn't help with allergies much. Progesterone modifies inflammation, fosters cortisol and is anabolic.

Solanum dulcamara- when there is a starting flare up of eczema

Centella asiatica, (Gotu Kola), not good rejuvenation of connective tissue.
Stimulates quality and strength of tissue-skin, mucosa- fosters improvement of collagen.

Formula-

10 drops cotton root

20 drops dong quai

30 drops mitchella

60 drops/ 2x per day

burdock root- 30 drops fluid extract 2x per day

centella- standardized extract- one cap

coleus- 2 caps per day

solanum dulcamara- 10-15 drops when needed for the pain and discomfort of eczema

blue cohosh- 15 drops 2x per day, 2 weeks before menses

peony for cramps, and to cool the liver

Fish oil, omega 3's, to modify uterine cramps and eczema

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MRSA infection november 2005
Bell's Palsy 2004
Dealing w/ Mucus
Cholesterol : 250 to 198
Avg. BP : 125/80