

Constitutional Intake Form

NAME patient 4 Jim DATE / /

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 2 glasses wine every other night
- ☐ 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 in spring, with pollen release
- ☐ Indigestion after eating

LOWER GI

- ☒ Stools loose with gas
- ☒ Constipation with gas
- ☒ Frequent constipation late
- ☒ 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

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
- ☐ 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 Stoner when young
- ☐ 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 *strong deficiency*
- ☐ 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 *no bounding*
- ☐ Fast, light pulse
- ☒ Frequent physical activity
- ☒ Warm bodied *except feet/hands*
- ☐ 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 *aches joints*
- ☒ Digests fats easily
- ☐ Digests fats poorly

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

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
 - ☐ 1 Blurred vision
 - ☐ 2 Brown spots, bronzing of skin
 - ☐ Bruises easily
 - ☐ Can't gain weight
 - ☐ Can't lose weight
 - ☐ 2 Can't get started without coffee 3 0
 - ☐ Chemical or spray poisoning
 - ☐ 1 Chronic fatigue depression
 - ☐ Cry easily without seeming cause
 - ☐ Depressed for long periods
 - ☐ Earaches
 - ☐ Eat often or else faint/nervous
 - ☐ 1 Eyes often red, inflamed
 - ☐ Face, eyes get puffy
 - ☐ 1 Facial twitches
 - ☐ Gum problems
 - ☐ 1 Headaches
 - ☐ 1 Headaches in morning, wearing off
 - ☐ Heart palpitations when hungry
 - ☐ Heart palpitations after eating
 - ☐ 1 Highly emotional *wife says "2"*
 - ☐ Highly controlled
 - ☐ 1 Impaired hearing
 - ☐ Increase in weight (recent)
 - ☐ Lack of sensation somewhere in the body
 - ☐ 1 Likes depressants *WINE*
 - ☐ Likes stimulants
 - ☐ Lower back pain
 - ☐ 1 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
 - ☐ 1 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

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

Patient 4 Lesson #10
Constitutional intake notes

- previous profession was military nurse.
- morning congestion, allergic and probably genetic in nature
- FYI: iron supplements can cause constipation
- eczema on the outside means a reaction on the inside, inflammation of the intestinal mucosa
- Red wine causes inflammation.
- Client needs lower GI stabilization
- Rhabdomyolysis from statins if you have fibromyalgia. Degrades muscles, can be irreversible. Statins can aggravate slow immune conditions.
- Cholesterol can be brought down with dietary changes and herbs.
- Magnesium, Vitamin C suggested
- Saw Palmetto
- Candida overgrowth goes deeper into the body after antibiotics. No fermented foods with Candida infection.
- Client was on Aristolochia after antibiotics. Take off now because he has a hot condition and is inflamed.
- Skin eruptions due to allergies and liver deficiency.

Suggestions:

- Mineral tea, adding desert willow to the mix. Need an antifungal that is not too extreme.
 - Yellow dock to quiet the membranes of gut- 20 drops, 3x a day. Astringent to the membranes, as is black walnut.
 - Hyptis for lungs and intestinal tract. 20 drops, 3x a day. Anti-inflammatory.
 - Mahonia, to support a liver not up to snuff. 20 drops, 3x a day.
 - Inula, 10 drops, 3x a day.
 - Andrographis. Liver protectant. Useful where there is stuffy nose, head colds, congestion, asthma. 1 cap a day.
 - Ceanothus, red root. Lymph stimulant, increases the blood charge.
- All tinctures in formula