

Constitutional Intake Form

NAME patient 5 Leah DATE ___/___/___

UPPER GI Lesson # 11

- ☐ 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

*prilosec
induces upper
GI 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

deficient

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

deficient

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 *pelvic inflammatory disease in 20's*
- ☐ 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

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

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

Evaluations and Recommendations

NAME patient 5 DATE _____ FILE _____

	Questions	Verbal	Dietary	Therapies	COMMENTS
UPPER GI	⊖				
LOWER GI	⊖				
LIVER	⊖				
KIDNEYS	-				
LOWER URINARY					
REPRODUCTIVE	mixed				
RESPIRATORY					
CARDIOVASC.					
LYMPH SYSTEM	-				
IMMUNOLOGIC					
SKIN					
MUCOSA	⊖				
MUSC/SKLT					
CENTRAL NERV.					
SYMPATHETIC					
PARASYMPATH.					
ADREN. STRESS		✓⊕			self manipulation to pay bills
ANABOL. STRESS					
THYROID STRESS					

INITIAL RECOMMENDATIONS

DATE _____

DIETARY RECOMMENDATIONS

lemon Balm } antiviral/
 Hyssop } Sedative
 Rosemary }

OTHER RECOMMENDATIONS

Centella : strengthen skin
 & connective tissue

Comfrey leaf

Calendula : Stimulate
 regeneration of
 connective tissue

BOTANICAL	FORM	DOSES	TIMES
Angelica	15	}	
Menyanthes	5 drops		
Rumex	15 drops		
Iris	5 drops		
lemon Balm	tincture 20 drops	formula : 60 drops 3x/day	
Rhodiola	tincture	30 drops 2x/day	

SELF MONITORING PARAMETERS

Patient 5 Lesson #11

Constitutional Intake Notes

- Low Thyroid with medication since age 13 with 2 breaks.
- Mononucleosis when in college with enlarged liver and spleen (hospitalized for a week)
- Frequent episodes of food getting stuck in esophagus (no saliva, water, or food could pass). Diagnosed with an esophageal stricture with frequent need for surgical intervention to stretch (1981-2002). Torn esophagus from one of these procedures. (Hospitalized one week)
- Mitral valve prolapse
- Panic/anxiety attacks.
- High stress jobs and family life.

Cholesterol- 208

HDL-74

LDL-119

Surgeries:

Cyst removal from chest, age 5

Tonsillectomy; Pancreatitis resulting in removal of gall bladder.

Hospitalized 5 weeks. Several D and C's for problem menses and one for miscarriage. Leep cnization surgery for Type 11 PAPs/HPV, shoulder surgery (2004) to repair problem of dislocating AC joint.

Drugs taken:

Prilosec 20 mg/day.

Synthroid .112mg/day

Prozac 40mg/day for past 9 years.

Supplements taken:

Solaray multi mineral complex, B-50 complex 2 tabs/day, Vitamin E 400IU/day, Beta Carotene 25,000IU/day, chromium picolinate 200mcg/day, zinc picolinate 50 mg/day, glucosamine 2000mg/day, Vitamin K 200mcg/day, magnesium 250/day.

Michael-

Vitamin K not needed, for bleeding disorders.

Prozac suppresses upper and lower GI, need to stimulate liver.

Synthroid giving her mucous membrane deficiency, but skin is normal.