

Constitutional Intake Form

NAME patient 6 Sarah 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

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 ankles, scalp
- ☐ 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 mild, ankles
- ☐ 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 occasional
 - ☐ 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
 - ☐ Kidney pain + frequent urination with stress
- ## 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 (29 or 30)
- ☐ 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.

WD for 2 1/2 years

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 *formerly - 10 years*
- ☐ 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 */sore throat*

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 *mild*
- ☒ Asthma or hay fever *mild*
- ☐ 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

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 *(long lasting)*
 - ☐ 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 - *migraines*
 - ☐ 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 *occasional*
 - ☒ Frequent muscle cramps *recent*
 - ☐ 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

daily supplements: mono - 1994
fish oil / yellow dock scarlet fever - 1986
mg / chromium / multi discoid lupus - 1996
** Amen or thea - no period for 91 days.*