

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