

Constitutional Intake Form

NAME Patient 7 Miami 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
- ☐ 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 *Strong deficiency*
- ☐ 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
- ☐ Pain or ache after orgasm
- ☐ Benign prostatic hypertrophy
- ☐ Difficult maintaining erection even if you feel in the mood