

Constitutional Intake Form

NAME _____ DATE ____/____/____

UPPER GI

- ___ 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
- ___ 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

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

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
