

Constitutional Intake Form

NAME Patient 1 DATE / /

UPPER GI Lesson # 9

- ☐ 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

Strong 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

moderate deficiency

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

moderate deficiency

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

Strong deficiency

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

deficient

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

deficient

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

not obvious.

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

Ganglia in wrist

Evaluations and Recommendations

NAME _____ DATE _____ FILE _____

	Questions	Verbal	Dietary	Therapies	COMMENTS
UPPER GI	①				
LOWER GI					
LIVER	1				
KIDNEYS	①				
LOWER URINARY					probably prostate
REPRODUCTIVE					
RESPIRATORY	1				
CARDIOVASC.	1				
LYMPH SYSTEM					
IMMUNOLOGIC					
SKIN					
MUCOSA					
MUSC/SKLT					
CENTRAL NERV.					
SYMPATHETIC					
PARASYMPATH.					
ADREN. STRESS					
ANABOL. STRESS					
THYROID STRESS					

INITIAL RECOMMENDATIONS

DATE _____

DIETARY RECOMMENDATIONS

	BOTANICAL	FORM	DOSES	TIMES
	bitter tonic functional stimulation.			
OTHER RECOMMENDATIONS	Inactive: 25 parts ginseng 5 parts cardamom Inactive: licorice		30 drops / 30 drops	
fish oil needs adaptogen; withania for CNS quieting Something caloric in A.M. (yogurt, nuts)				

OTHER RECOMMENDATIONS

- fish oil
- needs adapogen; withania
- for CNS quieting

- Something caloric in A.M.
(yogurt, nuts)

- Chromium, Selenium, SELF MONITORING PARAMETERS
Zinc

300 mg. magnesium

COG10 (cardiovascular deficiency)

Recommended to eat in the morning

Patient 1 Lesson #9
Constitutional intake notes

- Calcium in both wrists and it migrates. Sometimes hurts but not always.
- MM: look for trauma. Any other joint problems?
- Diagnosed with calcium in the ganglia. Michael thinks this is an inaccurate diagnosis.
- Ecstasy can affect nerve bundles
- Conenose insects can produce an accumulative inflammatory response
- Craves chocolate but Michael says that is a human condition, kind of like breathing
- Feet have started cramping at night the last 6 months, on the arch, both at the same time.
- Doesn't have a big appetite, and waits a long time to eat. Ringing in the ears when not eating
- Hypersensitivity, neuroma nerve bundles. Not necessarily calcium in the wrist. Wear a wrist protector.
- Doesn't stay hydrated, sleeps 6 hours a night.
- NO supplements. Eats meat and potatoes-pot pies- one meal in the P.M.
- 54 years old, no medications.
- Doesn't stretch, but gets relief from hanging from the wrist.
- Did Emergen-C for a year, regularly. Glucosamine
- Drinks 6 beers a night, has for the last 3 years.
- Tobacco: 10-20 cigarettes a day.
- Wrists rated a 6 on pain scale. Tender to the touch. Synovial cysts are hereditary.
- Magnesium/calcium deficiency from drinking and lack of nutrition contributes to foot cramps.
- Upper GI strong deficiency.
- Kidneys have become used to nocturnal function and daytime non function.
- Neurologic, not circulatory problems. Cold bodied, adrenalin stress.
- Turmeric and curcumin help with long standing inflammation.
- Panax is a kidney strengthener. Licorice helps with kidney and respiratory deficiency.