



Wellness 1st Integrative Medical Center, LLC

Please fill out the application ENTIRELY and LEGIBLY. All this information is needed.

Name _____ Nickname _____

Address _____

Phone (Cell) _____ Email _____ both are needed for communication

Date of Birth _____ Age _____ On a scale of 1-10, how badly you want to get rid of your problem/s _____

Spouse's Name _____ Phone _____ Occupation _____

Your Prior Occupation _____ Present Occupation _____ Retired? __ Yes __ No

Review of Symptoms

Please check all that apply

- | | | | | |
|---|--|--|---|---|
| <input type="checkbox"/> Foot Pain | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Spinal Stenosis | <input type="checkbox"/> Cancer | <input type="checkbox"/> Pinched Nerve |
| <input type="checkbox"/> Hand Pain | <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Degenerative Disc | <input type="checkbox"/> Chemotherapy | <input type="checkbox"/> Poor Circulation |
| <input type="checkbox"/> Low Back Pain | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Vascular Problems | <input type="checkbox"/> Arthritis in Hands | <input type="checkbox"/> Joint Replacement |
| <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Pacemaker/Defibrillator | <input type="checkbox"/> Leg Pain | <input type="checkbox"/> Arthritis in Feet | <input type="checkbox"/> Foot Surgery |
| <input type="checkbox"/> Foot Numbness | <input type="checkbox"/> Herniated/Bulging Disc | <input type="checkbox"/> Plantar Fasciitis | <input type="checkbox"/> Implanted Cord | <input type="checkbox"/> Bladder Stimulator |
| <input type="checkbox"/> Poor Wound Healing | <input type="checkbox"/> Hand Numbness | <input type="checkbox"/> Morton's Neuroma | <input type="checkbox"/> Excessive Thirst/Urination | <input type="checkbox"/> Sciatica |

Present Health Condition

In order of importance, list the health problems you are most interested in getting corrected:

List approximately how long you have noticed these problems:

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

Is there a certain time of day any of these problems are better/worse?

List the things you have used for these problems:

Gabapentin Neurontin Lyrica Cymbalta
Physical Therapy Pain Medications Aleve Tylenol
Ibuprofen Motrin Chiropractic Massage
Injection Creams _____

Is your balance/ walking ability affected? If yes, describe:

What do you think is causing your problem?

Name all of doctors you have seen for these problems and treatments you received:

Have your symptoms: _____ Improved _____ Worsened _____ Stayed the same _____ Temporary Relief Only

List anything that makes your condition worse: _____

List anything that makes your condition better: _____

How would you describe the symptoms? Please check ALL that apply

- | | | | | |
|---------------------------------------|---|--|--|--|
| <input type="checkbox"/> Aching Pain | <input type="checkbox"/> Numbness | <input type="checkbox"/> Hot Sensation | <input type="checkbox"/> Cramping | <input type="checkbox"/> Stabbing/Electric Shock |
| <input type="checkbox"/> Tingling | <input type="checkbox"/> Throbbing Pain | <input type="checkbox"/> Swelling | <input type="checkbox"/> Sharp Pain | <input type="checkbox"/> Pins & Needles Pain |
| <input type="checkbox"/> Dead Feeling | <input type="checkbox"/> Burning | <input type="checkbox"/> Tiredness | <input type="checkbox"/> Heavy Feeling | <input type="checkbox"/> Cold Sensation |

Is this condition interfering with any of the following?

- Sleep Work Daily Activities Recreational Activities Walking Standing _____

Social History & Current Pain Levels

Do you smoke? Yes No How many daily? _____ Do you drink? Yes No How many weekly _____

Do you exercise regularly? Yes No Describe how often and what type: _____

How would you rate your pain in the last week?

No Pain 1 2 3 4 5 6 7 8 9 10 Worst Pain Possible

If you had to accept some level of pain after completion of treatment, what would be an acceptable level?

No Pain 1 2 3 4 5 6 7 8 9 10 Worst Pain Possible

Previous Health History

This is a confidential record of your medical history and pertinent personal information. The doctor reserves the right to discuss this information with medical and allied health professionals per the informed consent. Copies of this record can only be released by your written authorization, unless you sign here indicating that we can release copies by your verbal request.

Name _____ Signature _____ Date _____

Please give name, address and office number of your primary care physician.

Name _____ Phone _____ Fax _____

When were you last seen there? _____

May we send them updates on your treatment/condition? Yes No

List ALL allergies/ sensitivities to medications, foods, and other items here:

Items you react to:	Reactions:
_____	_____
_____	_____

List the prescription drugs you are currently taking (or you may attach a list):

Name	What do you take it for	Dose	Times Daily
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

List all nutritional supplements (vitamins, herbs, homeopathic remedies, etc.) as above:

Patient Quality of Life Survey

Name: _____ Age: _____ Date: _____

Please answer these questions regarding your NEUROPATHY so we can help you get better. (Check all that apply)

1. How have you taken care of your health in the past?

- | | | |
|--|--|--|
| <input type="checkbox"/> Medication | <input type="checkbox"/> Exercise Nutrition/Diet | <input type="checkbox"/> Chiropractic Care |
| <input type="checkbox"/> Emergency Room | <input type="checkbox"/> Holistic Care | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Routine Medical | <input type="checkbox"/> Vitamins | <input type="checkbox"/> Other: _____ |

2. How have the previous method(s) worked for you?

- Bad results Some results Great results No Change Worse Didn't work long
 Still trying/ searching Other: _____

3. How have others been affected by your health condition?

- No one is affected They tell me to do something People avoid me Other: _____

4. What are you afraid this might be affecting/ or beginning to affect/ or will be affecting?

- | | | | | |
|---|--|--------------------------------------|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Job | <input type="checkbox"/> Marriage/Relationship | <input type="checkbox"/> Kids | <input type="checkbox"/> Freedom | <input type="checkbox"/> Finances |
| <input type="checkbox"/> Future abilities | <input type="checkbox"/> TimeSleep | <input type="checkbox"/> Self Esteem | <input type="checkbox"/> Other: _____ | |

5. Are there health conditions you are afraid this might turn into?

- Family health problems Heart disease Cancer Diabetes Arthritis Weigh gain
 Amputation Depression Chronic fatigue Need for surgery Fibromyalgia Wheel chair

Please give examples:

6. How has your health condition affected your Job, Relationship, Finances, Family, or Other Activities?

7. What has that cost you so far?(Time, Money, Relationship, Stress, Happiness, Freedom, Sleep, Promotion, etc.)?

8. If you leave your condition alone, it will get worst. How much money will it cost you approximately? (Loss of income, extra doctor visits, medications, strain on relationship, emergency room visits, equipment purchases, etc.)

8. What are you most concerned with regarding your problem/s?

9. Where do you picture yourself being in the next 3-5 years if this problem is not taken care of?

10. What would be different/better without this problem?

11. What would that mean to you?

12. How long do you estimate it will take to get you better?

- 3 months 6 months 1 year 2 years Other: _____

Metabolic Assessment Form™

Name: _____ Age: _____ Sex: _____ Date: _____

PART I

Please list your 5 major health concerns in order of importance:

1. _____ 4. _____
 2. _____ 5. _____
 3. _____

PART II

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

<p>Category I</p> <p>Feeling that bowels do not empty completely 0 1 2 3</p> <p>Lower abdominal pain relieved by passing stool or gas 0 1 2 3</p> <p>Alternating constipation and diarrhea 0 1 2 3</p> <p>Diarrhea 0 1 2 3</p> <p>Constipation 0 1 2 3</p> <p>Hard, dry, or small stool 0 1 2 3</p> <p>Coated tongue or “fuzzy” debris on tongue 0 1 2 3</p> <p>Pass large amount of foul-smelling gas 0 1 2 3</p> <p>More than 3 bowel movements daily 0 1 2 3</p> <p>Use laxatives frequently 0 1 2 3</p> <p>Category II</p> <p>Increasing frequency of food reactions 0 1 2 3</p> <p>Unpredictable food reactions 0 1 2 3</p> <p>Aches, pains, and swelling throughout the body 0 1 2 3</p> <p>Unpredictable abdominal swelling 0 1 2 3</p> <p>Frequent bloating and distention after eating 0 1 2 3</p> <p>Category III</p> <p>Intolerance to smells 0 1 2 3</p> <p>Intolerance to jewelry 0 1 2 3</p> <p>Intolerance to shampoo, lotion, detergents, etc 0 1 2 3</p> <p>Multiple smell and chemical sensitivities 0 1 2 3</p> <p>Constant skin outbreaks 0 1 2 3</p> <p>Category IV</p> <p>Excessive belching, burping, or bloating 0 1 2 3</p> <p>Gas immediately following a meal 0 1 2 3</p> <p>Offensive breath 0 1 2 3</p> <p>Difficult bowel movements 0 1 2 3</p> <p>Sense of fullness during and after meals 0 1 2 3</p> <p>Difficulty digesting proteins and meats; undigested food found in stools 0 1 2 3</p> <p>Category V</p> <p>Stomach pain, burning, or aching 1-4 hours after eating 0 1 2 3</p> <p>Use of antacids 0 1 2 3</p> <p>Feel hungry an hour or two after eating 0 1 2 3</p> <p>Heartburn when lying down or bending forward 0 1 2 3</p> <p>Temporary relief by using antacids, food, milk, or carbonated beverages 0 1 2 3</p> <p>Digestive problems subside with rest and relaxation 0 1 2 3</p> <p>Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol, and caffeine 0 1 2 3</p> <p>Category VI</p> <p>Difficulty digesting roughage and fiber 0 1 2 3</p> <p>Indigestion and fullness last 2-4 hours after eating 0 1 2 3</p> <p>Pain, tenderness, soreness on left side under rib cage 0 1 2 3</p> <p>Excessive passage of gas 0 1 2 3</p> <p>Nausea and/or vomiting 0 1 2 3</p> <p>Stool undigested, foul smelling, mucus like, greasy, or poorly formed 0 1 2 3</p> <p>Frequent loss of appetite 0 1 2 3</p>	<p>Category VII</p> <p>Abdominal distention after consumption of fiber, starches, and sugar 0 1 2 3</p> <p>Abdominal distention after certain probiotic or natural supplements 0 1 2 3</p> <p>Decreased gastrointestinal motility, constipation 0 1 2 3</p> <p>Increased gastrointestinal motility, diarrhea 0 1 2 3</p> <p>Alternating constipation and diarrhea 0 1 2 3</p> <p>Suspicion of nutritional malabsorption 0 1 2 3</p> <p>Frequent use of antacid medication 0 1 2 3</p> <p>Have you been diagnosed with Celiac Disease, Irritable Bowel Syndrome, Diverticulosis/Diverticulitis, or Leaky Gut Syndrome? Yes No</p> <p>Category VIII</p> <p>Greasy or high-fat foods cause distress 0 1 2 3</p> <p>Lower bowel gas and/or bloating several hours after eating 0 1 2 3</p> <p>Bitter metallic taste in mouth, especially in the morning 0 1 2 3</p> <p>Burpy, fishy taste after consuming fish oils 0 1 2 3</p> <p>Unexplained itchy skin 0 1 2 3</p> <p>Yellowish cast to eyes 0 1 2 3</p> <p>Stool color alternates from clay colored to normal brown 0 1 2 3</p> <p>Reddened skin, especially palms 0 1 2 3</p> <p>Dry or flaky skin and/or hair 0 1 2 3</p> <p>History of gallbladder attacks or stones 0 1 2 3</p> <p>Have you had your gallbladder removed? Yes No</p> <p>Category IX</p> <p>Acne and unhealthy skin 0 1 2 3</p> <p>Excessive hair loss 0 1 2 3</p> <p>Overall sense of bloating 0 1 2 3</p> <p>Bodily swelling for no reason 0 1 2 3</p> <p>Hormone imbalances 0 1 2 3</p> <p>Weight gain 0 1 2 3</p> <p>Poor bowel function 0 1 2 3</p> <p>Excessively foul-smelling sweat 0 1 2 3</p> <p>Category X</p> <p>Crave sweets during the day 0 1 2 3</p> <p>Irritable if meals are missed 0 1 2 3</p> <p>Depend on coffee to keep going/get started 0 1 2 3</p> <p>Get light-headed if meals are missed 0 1 2 3</p> <p>Eating relieves fatigue 0 1 2 3</p> <p>Feel shaky, jittery, or have tremors 0 1 2 3</p> <p>Agitated, easily upset, nervous 0 1 2 3</p> <p>Poor memory, forgetful between meals 0 1 2 3</p> <p>Blurred vision 0 1 2 3</p> <p>Category XI</p> <p>Fatigue after meals 0 1 2 3</p> <p>Crave sweets during the day 0 1 2 3</p> <p>Eating sweets does not relieve cravings for sugar 0 1 2 3</p> <p>Must have sweets after meals 0 1 2 3</p> <p>Waist girth is equal or larger than hip girth 0 1 2 3</p> <p>Frequent urination 0 1 2 3</p> <p>Increased thirst and appetite 0 1 2 3</p> <p>Difficulty losing weight 0 1 2 3</p>
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Category XII				
Cannot stay asleep	0	1	2	3
Crave salt	0	1	2	3
Slow starter in the morning	0	1	2	3
Afternoon fatigue	0	1	2	3
Dizziness when standing up quickly	0	1	2	3
Afternoon headaches	0	1	2	3
Headaches with exertion or stress	0	1	2	3
Weak nails	0	1	2	3
Category XIII				
Cannot fall asleep	0	1	2	3
Perspire easily	0	1	2	3
Under a high amount of stress	0	1	2	3
Weight gain when under stress	0	1	2	3
Wake up tired even after 6 or more hours of sleep	0	1	2	3
Excessive perspiration or perspiration with little or no activity	0	1	2	3
Category XIV				
Edema and swelling in ankles and wrists	0	1	2	3
Muscle cramping	0	1	2	3
Poor muscle endurance	0	1	2	3
Frequent urination	0	1	2	3
Frequent thirst	0	1	2	3
Crave salt	0	1	2	3
Abnormal sweating from minimal activity	0	1	2	3
Alteration in bowel regularity	0	1	2	3
Inability to hold breath for long periods	0	1	2	3
Shallow, rapid breathing	0	1	2	3
Category XV				
Tired/sluggish	0	1	2	3
Feel cold—hands, feet, all over	0	1	2	3
Require excessive amounts of sleep to function properly	0	1	2	3
Increase in weight even with low-calorie diet	0	1	2	3
Gain weight easily	0	1	2	3
Difficult, infrequent bowel movements	0	1	2	3
Depression/lack of motivation	0	1	2	3
Morning headaches that wear off as the day progresses	0	1	2	3
Outer third of eyebrow thins	0	1	2	3
Thinning of hair on scalp, face, or genitals, or excessive hair loss	0	1	2	3
Dryness of skin and/or scalp	0	1	2	3
Mental sluggishness	0	1	2	3
Category XVI				
Heart palpitations	0	1	2	3
Inward trembling	0	1	2	3
Increased pulse even at rest	0	1	2	3
Nervous and emotional	0	1	2	3
Insomnia	0	1	2	3

Category XVI (Cont.)				
Night sweats	0	1	2	3
Difficulty gaining weight	0	1	2	3
Category XVII (Males Only)				
Urination difficulty or dribbling	0	1	2	3
Frequent urination	0	1	2	3
Pain inside of legs or heels	0	1	2	3
Feeling of incomplete bowel emptying	0	1	2	3
Leg twitching at night	0	1	2	3
Category XVIII (Males Only)				
Decreased libido	0	1	2	3
Decreased number of spontaneous morning erections	0	1	2	3
Decreased fullness of erections	0	1	2	3
Difficulty maintaining morning erections	0	1	2	3
Spells of mental fatigue	0	1	2	3
Inability to concentrate	0	1	2	3
Episodes of depression	0	1	2	3
Muscle soreness	0	1	2	3
Decreased physical stamina	0	1	2	3
Unexplained weight gain	0	1	2	3
Increase in fat distribution around chest and hips	0	1	2	3
Sweating attacks	0	1	2	3
More emotional than in the past	0	1	2	3
Category XIX (Menstruating Females Only)				
Perimenopausal	Yes	No		
Alternating menstrual cycle lengths	Yes	No		
Extended menstrual cycle (greater than 32 days)	Yes	No		
Shortened menstrual cycle (less than 24 days)	Yes	No		
Pain and cramping during periods	0	1	2	3
Scanty blood flow	0	1	2	3
Heavy blood flow	0	1	2	3
Breast pain and swelling during menses	0	1	2	3
Pelvic pain during menses	0	1	2	3
Irritable and depressed during menses	0	1	2	3
Acne	0	1	2	3
Facial hair growth	0	1	2	3
Hair loss/thinning	0	1	2	3
Category XX (Menopausal Females Only)				
How many years have you been menopausal?				_____ years
Since menopause, do you ever have uterine bleeding?	Yes	No		
Hot flashes	0	1	2	3
Mental foginess	0	1	2	3
Disinterest in sex	0	1	2	3
Mood swings	0	1	2	3
Depression	0	1	2	3
Painful intercourse	0	1	2	3
Shrinking breasts	0	1	2	3
Facial hair growth	0	1	2	3
Acne	0	1	2	3
Increased vaginal pain, dryness, or itching	0	1	2	3

PART III

How many alcoholic beverages do you consume per week? _____

Rate your stress level on a scale of 1-10 during the average week: _____

How many caffeinated beverages do you consume per day? _____

How many times do you eat fish per week? _____

How many times do you eat out per week? _____

How many times do you work out per week? _____

How many times do you eat raw nuts or seeds per week? _____

List the three worst foods you eat during the average week: _____

List the three healthiest foods you eat during the average week: _____

PART IV

Please list any medications you currently take and for what conditions:

Please list any natural supplements you currently take and for what conditions: