Holistic Life Delaware LLC
a natural approach to wellness

Adult Health History

Please answer all applicable questions to the best of your knowledge. We look forward to working with you.

Client Name:_____ Age:_____ Date of Birth:_____

Occupation:_____ Employer:_____ Work Hours/Week:_____

Marital Status: ❑ Single ❑ Married ❑ Separated ❑ Divorced ❑ With Partner ❑ Widower

Do you have children? ❑ Y ❑ N If 'yes,' how many?_____

Highest Level of Education: ❑ High School ❑ Some College ❑ College Graduate ❑ Graduate School

Insurance Company:_____ Policy:_____ Group #:_____

Name of Insured: _____ Relation to Insured:_____

Person to call in case of Emergency:_____ Relationship:_____

Emergency Contact Phone Number:_____

Regular Physician:_____ Phone Number: _____

How Did You Hear About Us? ❑ Referral ❑ Web Search ❑ Email ❑ Facebook ❑ Advertisement ❑ Event

Other - _____

CURRENT HEALTH PICTURE

What are your main health concerns/reasons for your visit? (Please List in Order of Importance)

1. _____ Date First Noticed or Diagnosed:_____
2. _____ Date First Noticed or Diagnosed:_____
3. _____ Date First Noticed or Diagnosed:_____
4. _____ Date First Noticed or Diagnosed:_____
5. _____ Date First Noticed or Diagnosed:_____

Please list any Additional Questions or Expectations of the appointment today.

_____

_____

_____

_____

_____

The general state of your health is (please circle one): ❑ Excellent ❑ Good ❑ Average ❑ Fair ❑ Poor

Are you currently seeing (a) medical specialist (s)? ❑ Y ❑ N If yes, for what reason? _____

_____

When was the last time you had blood work or other lab testing performed? (month/year):_____

_____

What type of testing was performed?_____

Is this your first time working with a Holistic Nutritionist for any of your main health concerns? ❑ Y ❑ N

Family History	Father		Mother		Siblings		Grandparents		Spouse		Children	
Age if living	_____		_____		_____		_____		_____		_____	
Age when died	_____		_____		_____		_____		_____		_____	
Reason for death	_____		_____		_____		_____		_____		_____	
Cancer (any type)	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
High Blood Pressure	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Heart Attack/Stroke	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Heart Disease	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Asthma/Allergies	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Mental illness	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Drug or Alcohol Addiction	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Auto-immune disease	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Diabetes Mellitus	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N
Osteoporosis	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N	❑Y	❑N

List any other pertinent family information in the space below:

_____

_____

_____

_____

4 Considerations – Scar Tissue

List All Surgeries and Reasons for Hospitalizations (Include any cosmetic procedures):

1. _____ Date: _____ 2. _____ Date: _____

3. _____ Date: _____ 4. _____ Date: _____

5. _____ Date: _____ 6. _____ Date: _____

List All Accidents, Injuries, or Physical Traumas:

1. _____ Date: _____ 2. _____ Date: _____

3. _____ Date: _____ 4. _____ Date: _____

5. _____ Date: _____ 6. _____ Date: _____

Please Note When and Why You Had Each of The Following:

X-rays: _____

MRI/Cat Scans: _____

Ultrasounds: _____

4 Considerations – Acidic pH

Please Mark Any of the Following You Feel Apply to You:

❑ dark circles under the eyes ❑ acne ❑ eczema ❑ history of asthma/sinusitis ❑ history of hernias
❑ history of irritable or inflammatory bowel ❑ history of acid reflux ❑ history of migraines
❑ history of ear itching/infections ❑ fatigue 2+ hours after eating ❑ itchy eyes ❑ nosebleeds
❑ sore throat/stiff neck

Please List All Sensitivities/Allergies/Reactions:

Drugs: _____

Foods: _____

_____

Environmental: _____

Please Mark Any of the Following You Feel Apply to You:

❑ red eyes ❑ sensitive skin ❑ myxedema ❑ zinc spots on nails ❑ brittle nails/hair ❑ multiple broken bones
❑ clear urine ❑ arthritis ❑ easy bruising ❑ slow reflexes/recall ❑ cavities ❑ high blood pressure
❑ low blood pressure ❑ heart palpitations ❑ kidney stones

❑ constipation ❑ clay colored stools ❑ diarrhea ❑ nausea ❑ vomiting ❑ acid reflux ❑ hemorrhoids
❑ hernias ❑ flatulence ❑ rectal bleeding ❑ rectal itching ❑ history of ulcers ❑ mucus in stools
❑ alternating diarrhea & constipation ❑ undigested food in stools

List All Travel Outside of the US Over Last 5 Year?_____

_____

Have you consumed any untreated river water while hiking or camping? ❑Y ❑N

Have you ever done a Colon or Liver Cleanse? ❑Y ❑N If 'yes,' when was your last one? _____

Have you ever fasted? ❑Y ☑N If 'yes,' when was your last one? _____

How many rounds of antibiotics have you had within the last year? _____ 5 years? _____ Lifetime? _____

List Yes, No, or Past regarding use of the following:

Antacids:	❑Y	❑N	❑P	Laxatives:	❑Y	❑N	❑P
Analgesics:	❑Y	❑N	❑P	Steroids:	❑Y	❑N	❑P
Recreational drugs:	❑Y	❑N	❑P	Any drug treatment:	❑Y	❑N	❑P
Cigarettes:	❑Y	❑N	❑P	Packs per day:_____			
Marijuana:	❑Y	❑N	❑P	Days per week:_____			
Alcohol:	❑Y	❑N	❑P	Days per week:_____			
Coffee:	❑Y	❑N	❑P	Cups per day:_____			
Soda Pop:	❑Y	❑N	❑P	Ounces per day:_____			

Did you have the following Disease (D), Get Immunized for it (I), or Neither (N):

Measles:	❑D	❑I	❑N	Diphtheria:	❑D	❑I	❑N
Mumps:	❑D	❑I	❑N	Tetanus:	❑D	❑I	❑N
Rubella:	❑D	❑I	❑N	Whooping Cough:	❑D	❑I	❑N
Chickenpox:	❑D	❑I	❑N	Hemophilus (Hib):	❑D	❑I	❑N
German Measles:	❑D	❑I	❑N	Hepatitis B:	❑D	❑I	❑N

Any vaccination reactions: _____

Medications: Please give full name, dosage, and length of time that you have been taking medication

Check here if you have additional Pharmaceuticals or Supplements/Herbs provided separately. ❑Y ❑N

Pharmaceuticals	**Dose**	**When/ How often**

Supplements/Herbs	**Dose**	**When/ How often**

Did you grow up near any refinery, or polluted area, or in home with leaded paint? If so, what sort of pollution were you exposed to?_____

Have you had any jobs where you were exposed to solvents, heavy metals, fumes, or other toxic materials?_____

_____

Have you ever experienced shortness of breath, memory fog, fainting, or any peculiar symptoms after installing new carpet, paint, furnishings, or any other home refurbishing?_____

_____

Are you particularly sensitive to perfumes, gasoline, or other vapors?_____

Do you use pesticides, herbicides, other chemicals around your home?_____

How many amalgam 'silver' filings do you have? _____

Perspiration has Odor: ❑ Y ❑ N

4 Considerations – Emotional Charge

Please Mark Any of the Following You Feel Apply to You:

❑ unworthy ❑ resistant to change ❑ accepting of defeat ❑ busy as escape ❑ excessive concentration
❑ mental chatter ❑ easily overwhelmed ❑ grieving ❑ keeping it inside ❑ can't let go ❑ lack of trust
❑ afraid/worried/anxious ❑ angry ❑ indecisive ❑ frustrated/impatient ❑ complaining ❑ timid ❑ alone
❑ isolated ❑ neglected ❑ guilt ❑ excessive thought/second guessing self

Have you ever been witness to or subjected to acts of physical violence, abuse or emotional trauma? ☑ Y ❑ N
If 'yes' please list at what age(s)?_____
Have you ever been in a serious accident or injured in life-threatening situation? ❑ Y ❑ N
If 'yes' please list at what age(s)?_____

Stress History: Please list the 5 most significant, stressful events/relationships/situations in your life.

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

How many hours do you sleep each night? _____ How long does it take you to get to sleep? _____

Do you sleep through the night uninterrupted? ☑ Y ☑ N Do You Dream? ☑ Y ☑ N

If you wake, what is the time & reason: _____

Nightmares: ❑ Y ❑ N Do you wake feeling refreshed? ❑ Y ❑ N
Grind Teeth: ❑ Y ❑ N Do you Snore? ❑ Y ❑ N

Present Weight:_____ lbs. Weight One Year Ago:_____ lbs. Ideal Weight:_____ lbs.

Maximum weight as adult and when:_____ Minimum Weight as adult and when:_____

Height: _____ ft _____ in

On average, describe your energy level from 1-10 Waking? _____ Evening? _____ (10 = high, 1 = very low energy)

On average, describe your happiness level from 1-10? _____ (10 = very, very happy)

Average Number of Bowel Movements per Day? _____ Number of Days Each Week without a BM? _____

Regularly Feel Energetic: ❑ Y ❑ N

Regularly Feel Fatigue: ❑ Y ❑ N

If you have fatigue, when is it the worst? ❑ Morning ❑ Afternoon ❑ Evening ❑ After Eating
If you have fatigue, can you do what you need to during the day (i.e., for work/family)? ❑ Y ❑ N

4 Considerations – Biomechanical Misalignment

Please Mark Any of the Following You Feel Apply to You:

❑ back pain ❑ shoulder pain ❑ neck pain ❑ sciatica ❑ carpal tunnel syndrome ❑ TMJ syndrome
❑ numbness ❑ tingling ❑ seizures ❑ muscle pain that moves from place to place

How often do you Practice Yoga or some alternate form of therapeutic stretching? _____ Days per Week

How often do you use Cardiovascular Exercise? _____ Days per Week. For How Long? _____ Minutes

How often do you get massaged? _____ Times Per Month

General History

Sexually Active: ❑ Y ❑ N
Healthy Libido: ❑ Y ❑ N
Sexually Satisfied: ❑ Y ❑ N

What Hobbies/Interest Bring You the Most Happiness? _____

_____

Are you working with a professional counselor, psychologist, social worker, pastor, or other therapist? ❑ Y ❑ N
Are you happy with your spiritual practice? ❑ Y ❑ N Active? ❑ Y ❑ N
Do you enjoy your job? ❑ Y ❑ N

If Applicable - Female Reproductive:

Do You Know How to Identify Genital Warts on your partner? ❑ Y ❑ N

If Menopausal, at what age did it occur?_____

Times Pregnant:_____ How many births:_____ Miscarriages:____ Abortions:_____
Any Difficulty Getting Pregnant? ❑ Y ❑ N

Age periods began:_____

If you are currently having your periods:

Periods last: _____days Periods occur every:_____days
Are your periods? ❑ regular (4-6 days) ❑ long ❑ short ❑ none
Menstrual Flow? ❑ regular ❑ heavy ❑ scant
What color is the blood? ❑Light ❑ Medium ❑ Dark Red
Spotting or bleeding in between periods? ❑ Y ❑ N
Have you noticed clots? ❑ Y ❑ N Food Cravings: ❑ Y ❑ N
Cramping: ❑ Y ❑ N Pain: ❑ Y ❑ N
PMS: ❑ Y ❑ N Pelvic Pain: ❑ Y ❑ N
PMS Symptoms where relevant:
❑ Water Retention ❑ Breast Tenderness ❑ Irritability ❑ Headaches ❑ Depression ❑ Mood Swings

Do you perform monthly Self-Breast Exams? ❑ Y ❑ N
Last Pap Smear:_____ Pain with Intercourse: ❑ Y ❑ N
Diagnosis:_____ Dry Vagina: ❑ Y ❑ N
Vaginitis: ❑ Y ❑ N

_____**I understand that the extent to which my health goals are successful will be determined by the amount of energy, commitment, and dedication I give to support the work I am endeavoring into.**

_____**I accept responsibility for my health.**

