

# GENERAL INFORMATION SHEET

Name\_\_\_\_\_ Age\_\_\_\_\_ Sex: M F Date\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_

State/Prov.\_\_\_\_\_ Postal Code\_\_\_\_\_ Country\_\_\_\_\_

Home Phone\_\_\_\_\_ Business Phone\_\_\_\_\_

E-Mail Address\_\_\_\_\_ Height\_\_\_\_\_ Weight\_\_\_\_\_

Occupation\_\_\_\_\_ How were you referred?\_\_\_\_\_

What are your main health concerns or conditions?\_\_\_\_\_

Please list any medications or food supplements you are currently taking:

Please list any recent medical tests results you have, such as blood tests:

Please list illnesses in your family such as heart disease, cancer, TB, diabetes or arthritis.\_\_\_\_\_

**DIET:** What are examples of typical breakfasts for you?

Beverages

\_\_\_\_\_  
\_\_\_\_\_

Mid-morning Snacks\_\_\_\_\_

What are typical lunches for you?

Beverages

\_\_\_\_\_  
\_\_\_\_\_

Mid-afternoon Snacks\_\_\_\_\_

What are typical dinners for you?

Beverages

\_\_\_\_\_  
\_\_\_\_\_

Evening Snacks\_\_\_\_\_

How often and what kind of exercise do you do?\_\_\_\_\_

About how many hours of sleep do you get per day?\_\_\_\_\_

I understand that nutritional balancing is a means to reduce stress and balance body chemistry. It is not intended as diagnosis, treatment or prescription for any condition or disease. (Rosemary Slade is certified in Nutritional Balancing and is an occupational therapist)

Signed\_\_\_\_\_

Date\_\_\_\_\_



Name \_\_\_\_\_ ***SYMPTOMS SHEET***  
**CIRCLE any conditions or symptoms that presently describe you.**  
**PLACE A STAR next to the symptoms most important to you.**

Joint Pain  
 Joint Stiffness  
 Arthritis, Osteo  
 Arthritis, Rheumatoid  
 Muscle Pain  
 Muscle Weakness  
 Muscle Cramps  
 Bursitis  
 Fractures  
 Osteoporosis  
 Gout

Sweet Cravings  
 Sugar Reactions  
 Irritable before meals  
 Can't Skip Meals  
 Hypoglycemia  
 Crave Starches  
 Fat Cravings  
 Other Food Cravings  
 Food Allergies  
 Excessive hunger  
 No hunger  
 Diabetes

Rapid Heart Rate  
 Skipped Heart Beats  
 Heart Palpitations  
 Heart Attack  
 Poor Circulation  
 Dizziness  
 Low or High Blood Pressure  
 Angina  
 Arteriosclerosis  
 High Cholesterol \_\_\_\_\_  
 High Triglycerides \_\_\_\_\_

Cough  
 Bronchitis  
 Asthma  
 Post-nasal Drip  
 Sinus Congestion  
 Allergies  
 Emphysema

Fatigue  
 Hypothyroidism  
 Low Body Temperature  
 Cold in Winter/Dry Skin  
 Tend to Gain Weight  
 Hyperthyroidism  
 Acne

Eczema  
 Fungal Infections/Candida  
 Psoriasis  
 Hives  
 Hair Loss  
 Slow Wound Healing  
 Cataracts  
 Glaucoma  
 Meniere's Disease  
 Tooth Decay  
 Excessive Plaque on Teeth  
 Gum Disease

Infections/Viruses  
 Tumors/Cancer  
 Multiple Sclerosis  
 Parkinson's Disease  
 Scleroderma  
 Fear  
 Anger  
 Anxiety  
 Bipolar Disorder  
 Brain Fog  
 Confusion  
 Depression  
 Irritability  
 Mind Races  
 Mood Swings  
 Obsessive/Compulsive  
 Panic Attacks  
 Poor Memory  
 Schizophrenia  
 Trouble Sleeping  
 Suicidal thoughts  
 Autism  
 Attention Deficit  
 Hyperkinesis  
 Dyslexia  
 Seizures  
 Learning Disability  
 Mental Retardation  
 Delayed Development

Bladder Infections  
 Kidney Infections  
 Trouble Urinating  
 Frequent Urination  
 Painful Urination  
 Kidney Stones  
 Water Retention  
 Kidney Stones  
 Water Retention

Sinus Headaches  
 Tension Headaches  
 Migraine Headaches  
 Neuritis  
 Eye diseases  
 Constipation  
 Diarrhea  
 Intestinal Gas  
 Bloating  
 Heartburn  
 Ulcer  
 Stomach Pain  
 Colitis  
 Gall Stones  
 Fissures  
 Hemorrhoids  
 Cirrhosis  
 Diverticulitis  
 Tend to Gain Weight  
 Tend to Lose Weight

Anemia  
 Easy Bruising

Dental Amalgams  
 Drug Addiction  
 Alcoholism  
 Smoking

**WOMEN:**  
 Premenstrual Syndrome  
 Water Retention  
 Cramps  
 No Menstruation  
 Heavy periods  
 Light/Irregular Periods  
 Ovarian Cysts  
 Fibroid Tumors  
 Abnormal Pap Smear  
 Menopause  
 Fibrocystic Breasts  
 Breast Tumors  
 Yeast Infections  
 Hot Flashes  
 Currently pregnant  
 Abuse  
 Rape

**MEN:**  
 Prostate Problems  
 Impotence  
 Infertility

**Other Symptoms or Comments:** \_\_\_\_\_

