HEALTH REVIEW

Name:_____ Date:_____

Mark (X) those that apply to you

Pain
- Head
- Face
- Jaw - TMJ
- Throat
- Neck
- Shoulder
- Upper Arm
- Elbow
- Forearm
- Wrist
- Hand
- Fingers
- Chest
- Ribs
- Shoulder Blade
- Upper Back
- Lower Back
- Tailbone
- Pelvic
- Abdominal
- Hip
- Upper Leg
- Knee
- Lower Leg
- Ankle
- Foot
- Toes
- Muscle Cramps
- Fibromyalgia
- Restless Legs
- Carpel Tunnel
- Sciatica
- Scolosis

Stress Level
- Mild
- Moderate
- Severe

Sleep Problems
- Falling Asleep
- Staying Asleep
- Restless Sleep

Sweating
- Night Sweats
- Rarely Sweat
- Excessive

Skin
- Frequent Rashes
- Acne
- Hives
- Shingles
- Dry Skin
- Eczema
- Psoriasis

Sinus
- Excess Drainage
- Excess Congestion

Head
- Headaches
- Migraines
- Dizziness
- Vertigo
- Loss of Balance

Eyes
- Dry Eyes
- Blurred Vision

Ears
- Poor Hearing
- Earaches
- Ringing in Ears

Thyroid
- Under Active (Hypo)
- Over Active (Hyper)

Lungs
- Difficulty Breathing
- Persistent Cough
- Asthma
- Bronchitis
- Emphysema
- Hital Hernia
- COPD

Auto-Immune
- Multiple Sclerosis
- Muscular Dystrophy
- ALS
- Grave's Disease
- Epstein-Barr
- Rheumatoid Arthritis
- Cancer

Other
- Knee Replacement
- Hip Replacement

Heart
- High Blood Pressure
- Low Blood Pressure
- Atral Fibulation
- Angina/Chest Pain
- Palpations
- Chronic Fatigue

Bowels
- Diarrhea
- Constipation
- Hemorrhoids
- Foul Order
- Gas
- Colitis
- Diverticulitis
- Crohn's Disease
- Irritable Bowel

Digestion
- Lactose Intolerance
- Food Allergies
- Heartburn / Reflux
- Nausea
- Sores in Mouth
- Weight Gain
- Weight Loss
- Abdominal Bloating
- Gas
- Belching
- Stomach Pain
- Gallbladder Problems
- Liver Problems
- Feel Poorly after Eating
- Feel Better after Eating

Blood Sugar
- High
- Low
- Diabetic
- Hypoglycemic

Urinary
- Difficulty in Urinating
- Frequent Urination
- Frequent Infections
- Water Retention
- Bedwetting
- Incontinence
- Kidney Problems

Neurological
- Depression
- Anxiety
- Mood Swings
- Poor Concentration
- Poor Memory
- Brain Fog
- Tremors
- Seizures
- Numbness
- Loss of Smell
- Loss of Taste
- Loss of Appetite
- Attention Deficit (ADD)
- OCD
- Bi-Polar

Circulation
- Bleed or Bruise Easily
- Cold Fingers or Toes

Allergies
- Animal
- Plants
- Dust, Mold, Etc
- Seasonal

Throat
- Hoarseness
- Soreness
- Difficulty Swallowing

Female
- PMS
- Hot Flashes
- Heavy Bleeding
- Irregular Cycle
- Painful Breast
- Low Sex Drive
- Water Retention

Male
- Low Sex Drive
- Prostate Problems
- Erectile Dysfunction
- Impotence

Are you Over Weight
- Slightly
- Moderately
- Obese
- I want to lose Weight