





**Medications, Herbs, Supplements (list name, dose, and purpose)**

We recommend drinking 90 - 128 ounces of water daily starting on the day before your first session and for the days of integration.

Do you expect any difficulty with this? Y N

Explain:

How much do you use? Alcohol Tobacco

Coffee/Tea Drugs/Marijuana

Injuries/Accidents? Y N When & Describe Traumatic life events leading to any illness:

Toxic Exposures: Describe other medical conditions that we should be aware of:

Cancer Heart Problems Stroke Seizures Diabetes MS

Other: Areas in body of complaint or tension:

Surgeries with dates (include location of metal plates/rods/screws)

Family medical history: Diabetes Heart Problems High BP Cancer Alzheimer’s

Other:

Current Pain Level (1=very low, 5=very high): 1 2 3 4 5 Explain:

Current Stress Level (1=very low, 5=very high): 1 2 3 4 5 Explain:

Current Energy Level (1=very low, 5=very high) 1 2 3 4 5 Explain:

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