



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

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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: \_\_\_\_\_