

Confidential Client Questionnaire	
Name	Asha Kelley.
Home Address	108 Sydney Rd Manly.
Date of Birth	23.1.98.
Phone	0451 775050
Email	ashakelleyashakelley@outlook.com
Occupation	jewellery / meca
Household situation? Who lives with you?	at home + 2 sibs.
Children? Ages?	X
Referred By	Victoria Kelley.

Why have you come to see me today? What are your Presenting Sx/Problems (where, when, frequency, duration, history, assoc Sx, > or <, what happened? What has inspired you to visit me today?

Digestive Problems whole - off OCP ^{10 yrs.} last ~~year~~ April
 year - no period? Scattered. Pcos? 20.
 10⁺ yrs - think monthly (endometriosis?)
 heavy.
 gynaecologist - Andrew Pickering Polyps?
 LMP: 11/5/21 - 7 days
 Break up Jul 20 / stress/emotional / (15 yrs)
 changed jobs. Anti-Depressants
 pap smear OK 3 weeks. off April 2020.
 Skin - v. good on pill. cystic breakouts after
 discontinued / hax. Sister is coeliac
 Albumin is high 69. Amion Gap 17.6.

Dr Peter Lewis.

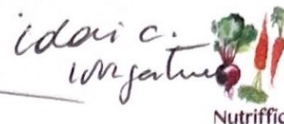


✓

EBV.

Past History - Vaccinations, childhood illnesses, accidents		
0-10	chicken Pox (8)	10-20
		glandular fever - Tired (2 years)
20+		
Family History - CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?		
Mum: Thyroid, heart?		
Dad: Healthy		
Sister: Coeliac. 1 copy gene		
Sleep - hours/night, trouble getting to sleep? Dreams? wake refreshed?		
6-8 good sleep.		
Energy during the day - scale 1-10, slumps? What time? Moods?		
not refreshed. Always tired low iron/ferritin. Depression.		
Stress levels 1-10		
anxious on a/depression - alot more relaxed since off.		
Water		
litre - 2.5L / day.		
Tea/coffee/cola		
coffee x 2 / day.		
Alcohol		
not really every 3 weeks.		
Allergies		
no.		
Cravings		
Sweets - Brownie for brekkie. more during period.		
Aversions		
eat everything - don't cook.		
Medications and supplements - how long have you been on them?		
Vitamins: Vit A, Echinacea, Zinc, multi V. Voost - vit B.		
Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?		
used not to - twice / week, walks. gym.		

Majella Brennan



GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals

constipation - laxative 3 day
Type 1-7 - varies

Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.

3 days - bleeding - sometimes
haemorrhoids!

change

General Health: Headaches, migraines, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/SOB, drug use, smoking

Jan 20 off anti-depressants - changed a few types
Sep 2019 lost 10kgs - changed OCP + anti-dep.

Heart murmur

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections

B.7 candida (gynae)

Female Repro: When did periods start? How are they now? Pain? When? Experience menstrual problems? Moods? Do they change? Menopause, last period? Menopausal symptoms? How many births? Fertility treatment? How many cycles?

Depression - mood 8/9, low energy 6/7

Male Repro: infections, hernias, swellings, impotence, any libido issues? prostate check?

Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising

Heart murmur



Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

Skin: Acne, eczema, psoriasis, infections, itching

Some breakouts - after ap.
dermatitis - doxy cycline

Emotions: Anxiety, depression, mood swings

Nails:

Calcification spot on hands
disappears on Vitamin.

Eyes (glasses, glare, night vision, swollen, infections, shadows)

Tongue: (white, furry, coated)

Zinc - no taste immediately
dull

100/44. cold hands
+ feet

BP 97/56

Pulse

113/64

light headed/dizzy.

Height

5'4"

Weight

55kg. (normal 52/53)

- is a bit over what
she would
like

BMI (weight/height in m²)

Range: 18-20 = underweight, 20-25 healthy, 25+ overweight

[Weight (kg)/height (cm)/height (cm)] x
10,000 eg [65kg/168cm/168cm] x10,000 =23

Chest (cm)

Waist (cm)

Hips (cm)

Bum (cm)

4 days week.

Breakfast	Toast G/F Avo /keta. <u>Coffee</u> . Maha almond. Snack: fruit / <u>nuts</u> / choc.
Lunch	wrap w/ tuna. Avo, keta, Tuna. Salmon.
Dinner	Pasta, nachos, salad every night. <u>curry</u> / <u>carb</u> s.
Snacks	
Weekends	all over the place.
Treatment Plan	g/f, o/f.
Supplements	Multi Vitamins.

Are you doing other treatments?