

/	Confidential Client Questionnaire
Name	Sophia Roques.
Home Address	Sophia Roques. 7/27 marshall St 2095
Date of Birth	2 1 21
Phone	0422 661 221   Delia Cma
Email	
Occupation	Sophia roques @ gmail com Student
Household situation? Who lives with you?	1 Broker.
Children? Ages?	harden was the same
Referred By	The said the said and the said

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?

More plant based - ru	of cinteres.	ted in
meat - Ethical / Enc. 1	reasons.	
no meat atm		
cheese, eggs - little	but .	
Eating - Vegan Dr	vego W/	1 Dome
Eating - Vegan Dr	0	anemal



V
Past History - Vaccinations, childhood illnesses, accidents 0-10 Rota Win hospitalised 3 mght (5)
right spiral fracture 18 mths.
10-20 right spiral fracture 18 mths.
broke nose soccer.
20+
Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?
Family History - CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?  Mum: Grand father & Reflux GERP, Mun B. Difficult  Dental Amalgams? How many?  Dental Amalgams? How many?  Dental Amalgams? How many?  Dental Amalgams? How many?
Dad: cholesteral, (Dad + ground father) 85's.
Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed?
10-110m - Tam 8/9 618 - Can't fall astelp he
The state of the s
Energy during the day – scale 1-10, slumps? What time? Moods?
Pm 7-9/10.
Stress levels 1-10
School 7-8.
Home 2-3 71 no howework
Water 20 1 down.
Tea/coffee/cola Black tea x//day
Alcohol Xmas - white wine / champagne.
Allergies No
Cravings Sick - Sushi / wol anumber / cold.
Aversions Airplane Food.
Medications and supplements – how long have you been on them?
Multi - Blackmones levomen
man, a sommer.
Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?
Daily - Yoga / Soccer / Dance.



General Health: Headaches, migranes, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/50B, drug use, smoking  Headburg - Related to BP - Related to BP - Related to BP - Remaile Repro: When did periods start? How are they now? Pain? When? Experience menstrual problems?  Woods? Do they change? Menopause, last period? Menopausal symptoms? How many cycles?  Head coamp? Leay - Related to BP - Report of the start	
Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.  Different — Loss More recently H5.  General Health: Headaches, migranes, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/50B, drug use, smoking  Lea Lawler — Lowy — Related to bl.  3/4 / year — quick  Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections  Moods? Do they change? Menopause, last period? Menopausal symptoms? How many births? Fertility Byras — Lawy — 3 Lay — Lighter — Lawley — Lowy — Lighter — Lowy — Lowy — Lighter — Lowy — Lowy — Lowy — Lighter — Lowy	GIT/Digestion: Appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods,
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treatment? How many cycles?  Heavy - 3 days - lighter - 1  bad coamps , clothing  lost last year . 2020 May - Dec 6 miths  meat pasta.  Male Repro: infections, hermias, swellings, impotence, any libido issues? prostrate check?	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
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Male Repro: infections, hernias, swellings, impotence, any libido issues? prostrate check?	Jost last year . 2010 May - The
	Male Repro: infections, hernias, swellings, impotence, any libido issues? prostrate check?
Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising	
90/60. Chest when running.	90/60. Chest when running.



Musculo-skeletal: Cramps, pain, pins and needles, weak/numb,	arthritis?
All confidence of the second	
Participant of the second	
Skin: Acne, eczema, psoriasis, infections, itching	
plan, mild	x tem a
The second	£20.14
hove	Oues)
Emotions: Anxiety, depression, mood swings	- 22-
mode surego, Ist to	Appens.
Emotions: Anxiety, depression, mood swings  need Sweegs; Isg for  Room - Space imp	The state of the s
Room - / space. Imp.	
Shire	
Nails:	
Eyes (glasses, glare, night vision, swollen, infections, shadows)	
Tongue: (white, furry, coated)	
BP Pulse	
Height	in the second se
The second secon	
Weight	
BMI (weight/height in m2) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight	[Weight (kg)/height (cm)/height (cm)] x
range. 10-20 – under weight, 20-23 healthy, 23+ over weight	10,000 eg [65kg/168cm/168cm] x10,000 =23
Chest (cm)	
Waist (cm)	
Hips (cm)	
Bum (cm)	And the second s



Breakfast	Porridee 115 + Banava.
	Parridge PB + Banava. Yoghurt, faisit granole. Out milk/nut milk.
	Det selle siele
Lunch	Toestre, soup, salad ravioli, zucchini, falafels, Toym, Chickpean Sweet Pot + Veg. Broccoli/green Veggie Burger.
	ravoli Zucchini
	freatier Total Chickpean.
	veg. Burges
Dinner	Sweet Pot + Veg - Broccoli/greek
	Veggie Burger.
	00
Snacks	Fruit, mensli Bar,
	frair, meast. 1200,
	tel .
Weekends	
Treatment Plan	School Scholes. X
	School Scholes. * goats deese., eggs, yeghurt. Alo
	Alo
	B12 / multi.
Supplements	212/1/2 1/2
	BIL (mail)

Are you doing other treatments?