

Confidential Client Questionnaire	
Name	Marnix Ravesteijn
Home Address	58 Alexander Manly
Date of Birth	20.8.70
Phone	0411 957 657
Email	marnix.ravesteijn@gmail.com
Occupation	
Household situation? Who lives with you?	Claire + 2 kids
Children? Ages?	14, 9.
Referred By	Claire R.

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?

gut 'plays up'. Pain light cramp - not relaxed, uncomfortable. more gas

2-3 days

fungal toe nail

last 1-2 years

Last blood Test - Blood Sugar High
12 mths

Past History – Vaccinations, childhood illnesses, accidents 0-10 10-20 <i>Glandanlar</i> 20+		
<i>2006 - flesh eating parasite (Amazon 1 Bolina) Heavy metal thru blood - 21 days IV Nairobi 21 days treatment</i>		
Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many? <i>Mum - healthy</i> <i>Father - Dementia / heart attack / CVD. 75.</i>		
Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed? <i>6 hrs. late to bed. ✓</i>		
Energy during the day – scale 1-10, slumps? What time? Moods? <i>2/10 sleep</i>		
Stress levels 1-10 <i>2/10. work longer to avoid stress slow reader</i>		
Water <i>def < 1 litres</i>		
Tea/coffee/cola <i>no coffee, ka / herbal tea</i>		
Alcohol <i>every night (social drinker), not during the week.</i>		
Allergies <i>/</i>		
Cravings <i>chocolate lunch. 1 Bar/day.</i>		
Aversions <i>Tinned Tuna</i>		
Medications and supplements – how long have you been on them? <i>/</i>		
Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction? <i>3-4 times / week</i>		

Beef??



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

used to reflux - coffee - not any more.
spicy food - reflux / hi-ups. Eat alot of white meat
can't handle red meat - uncomfortable
bleating sometimes

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

Daily regular. type 4.
urgency - sometimes - more loose, during running?
excessive (muscular) - cramp. Irritated bowels

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

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

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?

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

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

Bursitis. higher groin 4 mths ago. Jan.



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

feet - weaker. - toes / athletic foot

Skin: Acne, eczema, psoriasis, infections, itching

X

Emotions: Anxiety, depression, mood swings

X

Nails:

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

Tongue: (white, furry, coated)

BP

?

Pulse

Height

Weight

96-84kg. Aug 2020 → 90kg. not injured

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)

Breakfast	Eggs, tomatoes, spinach, nutmeg. mush, parsley, goat cheese. no bread.
Lunch	Salads since Covid. haloumi, , cumi, Pannet seeds
Dinner	healthy meals.
Snacks	not really.
Weekends	
Treatment Plan	GI map. \$380 ordered 9/7/21 Above ground veg. Blood sugars! Recent blood naemx to send
Supplements	BioMedica Phytosyne

Are you doing other treatments?