

Confidential Client Questionnaire	
Name	Anis Roth
Home Address	24 Landerdale Ave, Fairlight 2094
Date of Birth	29/1/94
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Occupation	Student / Tourism Graphic
Household situation? Who lives with you?	partner - 6 people
Children? Ages?	-
Referred By	Sam Dryer

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?

Anorexic - 3 years - now OK 17-20 (4 years ago)

Often v. Sick & tired.

CMV test - liver not good -

pain - intestine piercing comes & goes.

hungry - test for diabetes GP to test.
Dr Gavin

CMV recent

2 years tired

Tonsillitis 10 times!! Anti-Biotics.

Stopped carbs - feel alot better. since

Doesn't like cooking - salads!

Past History – Vaccinations, childhood illnesses, accidents 0-10 healthy to 10 pool water - gut health - hosp - (2 mths) 10-20 <u>anorexia</u> glandular fever 4 mths. 20+ CMV - Chronic tiredness		
Family History – CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many? V. anxious (No) Grandmother breast cancer mum's side Alzheimers Dads Dad (grandmother) Anorexia (Bulimia) / grandmother		
Sleep – hours/night, trouble getting to sleep? Dreams? wake refreshed? 8 hrs no trouble no dreams - wake aching/headache sleepy/groggy - flat.		
Energy during the day – scale 1-10, slumps? What time? Moods? am 4 slumps after lunch/food. pm 6		
Stress levels 1-10 anxious sometimes		
Water 2L.		
Tea/coffee/cola coffee 3 - day. no sugar.		
Alcohol 1 glass wine/day – not excessive on weekend.		
Allergies no.		
Cravings salt. /sugar cravings if drowsy.		
Aversions fatty burgers, aoli.		
Medications and supplements – how long have you been on them? NO.		
Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction? 4-5 /week - Yoga Bikram.		

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

Small appetite, mouth ulcers, nausea @ night, lots of bloating/farting. used to skip - now regular. salty/bitter breath, taste buds gone.

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

irregular very. Type 1 + 3. Sometimes diarrhoea - once/week.

constipation

SIBO

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

dizzy in PM always. / vertigo. 10 colds/flu/year, no smoking - only twice/week. 10/night.

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

V. Thirsty, 1/night, UTI. kidney infection in Thailand 1 year ago. transfer in fluids. Argentina/Bolivia. Asia - 1yr. Salmonella. meat.

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?

monthly period - v. painful 1st day - get sick whenever period - swollen. 4 days heavy 4 tampons/day. pause - 2nd time not heavy.

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

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

110/74

at yoga

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

aching . , leg cramps during day .

Skin: Acne, eczema, psoriasis, infections, itching

v. poor healing , itchy skin .

Emotions: Anxiety, depression, mood swings - alot .

get v. anxious shaking

Nails:

one white spot .

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

Tongue: (white, furry, coated)

pale pink - Blood Deficiency
no taste atm - B-vit. low

BP

118/74

Pulse

Height	169 cm	
Weight	61	
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	2 sourdough, butter, vegemite & avo. coffee H ₂ O @ 300ml. cucumber, tomato, and chickpeas
Lunch	Quinoa, brown rice, black rice, <u>soaked</u> pork, fish — salmon, barramundi, wild fish, cheese, parmesan, feta.
Dinner	no carbs, fish + salad pork, olive oil. v. little meat.
Snacks	protein balls @ yoga. fruit — strawberries, banana, blueberry.
Weekends	same.
Treatment Plan	Chia — diarrhoea.
Supplements	nothing.

Are you doing other treatments?