

Client Intake Form

Date:

Name: 209. email:

Date of Birth: 21/11/75 Age: Gender:

Occupation: Marital Status: Children/ How Many?.....

Referred by:.....

Reason for consultation:

Your Overall Health:

Current or previous illness:

Details:	<p>- mini stroke 12 years ago. grey matter on brain</p> <p>- taken ziv off. 3-5 months into it. what am I doing with life</p>
Age it started:	
What was happening in your life when this occurred?	

Stress Level:

Rate out of 10	8 - underlying
What is causing you stress right now?	feel good at moment.
Notes	

Energy Levels:

Rate out of 10	6.
Wake up refreshed/afternoon slump?	
Notes	

- getting up difficult
- always tired.
10 miles away of melbourne.
3-4 nights -
insomnia
- stress
- subconscious
in mind.

Current or chronic pain:

Location of pain:	hip flexes, lower back pain
Rate the pain out of 10	Shoulders tingly - right - 2 weeks
How long have you had it?	
Type: sharp knife like, dull	years, (R) more but both - dull/tachy + sharp
Better or worst with palpation?	
What makes pain better/worse?	
What was happening in your life when it started?	lower back.
Notes	

Sleep:

Hours:	12:30pm - 6-7:30am
Sleep: light/average/deep	
Awake: refreshed/tired	
Trouble staying asleep:	
Go to toilet during night:	yes - 3:30am/4:50am.
Difficulty falling asleep:	yes.
Do you get hot at night:	
Notes:	racing thoughts. insomnia -

Menstrual Cycle:

Regular/heavy/light:	49/50 this year.
Colour:	
PMT/Pain:	
Length of cycle	
Clots:	
Notes	heavy clotting, PMS, 5-6 days longer cycle. heavy periods + longer

Digestion:

Bloating, reflux, regurgitation:	- yes.
Constipation/diarrhoea:	constipation or loose bowels:
Bowel movements	
Appetite:	normal.
Notes	

light headaches.

soler plus

Other info:

Any mental health issues?	anxiety, depression
Previous accidents/injuries/surgeries:	no
Childhood illnesses:	no
Birth complications?	
Any other health conditions/physical symptoms I should be aware of?	

Other Factors:

Exercise – type/frequency	
Medication or drugs (current and past)	
Supplements	C, B, D, mushroom, preprobiotic.
Briefly describe your diet	

Emotional:

How do you want to feel?	
If there was one thing you could change, what would it be?	

Channel	Area/Symptoms	Brief psychology
Lung	Lungs, throat, chest	Grief, guilt, value, connection to spirit, loss
Large Intestine	Face, teeth, nose, throat, shoulders	Holding onto grief, loss, value, guilt, belonging
Stomach	Breasts, quadriceps, abdominals, appetite, bad breath	Excess thinking, trying to meet my needs or other's needs, protective
Spleen	Bloating and damp, or lack of body bulk	Excess thinking, excess giving, needy, un nourished, receiving
Heart	Heart conditions, sleep, emotional disorders, area around T4/5 centre of chest and back	Love, domination and submission, hurt, propriety, joy and elation. Sharing
Small Intestine	Scapula	Expressing the heart and being understood
Bladder	Back, erector spinae, hamstrings, occiput	Control external environment to be safe, driven, withdrawal, never rest
Kidney	Lumbar pain, weak knees, urinary problem	Fear, withdrawal, internal control, driven, stillness, safety
Pericardium	Diaphragm, heart	Opening or Closing off the heart, intimacy, intimate relationships
San Jiao	Intercellular fluid, triceps, heat conditions affecting eyes and ears	External intimate connection, letting people close
Gall Bladder	Piriformis, pelvis, lateral body, parietals	Difficult to make decisions because trying to live up to expectations, courage, stuck
Liver	Pubic region, lateral costal area, vertex of head	Anger, frustration, perfectionist focussed on doing rather than being

- shifting to appreciate yourself

frustration - create a lifestyle that so busy

procrastinate - trip -

tarnish - - left + rushed.

self sabotage.

Lack of self worth, I'm not good enough.

- Not allowed to be successful.

- In danger to be.

- I'm bad.

- valuing your own time

dad died -
brother
last Christmas

Work/self Sabot

Clarity + Belief + action
letting

Important to be valued by parents

I want validation

- I wanted mom + dad to change behavior

- Ben.

Maria - stepmom

dad - critical - too fat, too

repeated that good enough unlovable.