



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

## PATIENT MOTIVATION PROFILE – MALE

Date \_\_\_\_\_

Name \_\_\_\_\_ D.O.B \_\_\_\_\_

Address **11 ROBSONS ROAD, KEIRAVILLE NSW 2500**

Phone No \_\_\_\_\_ Email \_\_\_\_\_

Occupation (current &/or previous) \_\_\_\_\_

Who do you live with? \_\_\_\_\_

Referred by \_\_\_\_\_

Other specialists being seen

(e.g. GP, gastroenterologist, endocrinologist, natural therapist, Chinese herbalist, etc – please list names and contact details)

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Current health goals and/or concerns

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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Please list any other pre-diagnosed health conditions

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Current allergies (food, environmental, medication, etc)

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Current diet (please list food you regularly eat/ foods you avoid/ foods you do not like or react to; how much water you drink and if it is filtered or tap)

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Please list any medications and/or supplements you are currently taking, including the reason for taking them, brand names and quantities/ dosages

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## HEALTH HISTORY

### FAMILY HEALTH HISTORY

Please list your family health history below, citing the condition and relevant family member  
(please note also if they died from the illness)

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Please chronologically list your health history timeline from birth to now, citing the approximate date, condition/diagnosis and treatment (including surgeries if applicable)

*E.g. 2001 Hypothyroidism – prescribed thyroxine 30mg/daily which I continue to take;*

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## GENERAL HEALTH

Please put a 'Y' in the box if you current suffer from any of the following

Please put a 'X' in the box if you have experienced this problem in the past

<b>GASTROINTESTINAL</b>		<b>RESPIRATORY</b>		<b>ENDOCRINE</b>	
Constipation		Shortness of breath		Hyperthyroidism	
Diarrhea		Asthma		Hypothyroidism	
Bloating		Regular cough		Adrenal dysfunction	
Flatulence		Sinus/nasal congestion		Diabetes I	
Indigestion		Post-nasal drip		Diabetes II	
Acid reflux/ heartburn		Hay fever		Weight loss	
Worms/parasites		Allergies		Weight gain	
SIBO					
Polyps		<b>NERVOUS</b>		<b>HAEMATOLOGY</b>	
Bad breath		Adrenal fatigue		Anemia (Iron)	
Mucous in stool		Chronic fatigue		Anemia (B12)	
Blood in stool		Poor memory		Haemochromatosis	
Food in stool		Poor concentration		Easily bruised	
Itchy anus		Brain fog		Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemmoroids		Learning difficulties		<b>URINARY/ KIDNEY</b>	
		Pins/needles		Kidney infection	
<b>CARDIOVASCULAR</b>		Headaches		Kidney pain	
High blood pressure		Migraines		Frequent urination	
Low blood pressure		Tinnitus		Dark urineX	
Metabolic syndrome				White froth in urine	
High cholesterol		<b>IMMUNE</b>		Get up for toilet during the night	
Heart attack		Frequent colds/ flu/virus		Urinary Tract infection (UTI)	
Heart murmur		EBV/ Glandular fever		Cystitis	
Angina		Autoimmunity		Incontinence	
Arrhythmia		Cancer		Extreme thirst	
Poor circulation		HIV			
Cold feet		Thrush/candida		<b>LIVER/ GALLBLADDER</b>	
Cold hands		Swollen glands		Hepatitis	
Dizziness		Cold sores		Fatty liver disease	
Varicose veins		Styes		Issue digesting fat	
				Sticky/mushy stool	
<b>HAIR</b>		<b>NAILS</b>		Gallbladder removal	
Increased loss		Brittle		Poor alcohol tolerance	
Poor quality		Vertical ridges		Weight gain	
Oily		Split easily			
Dry		Soft			
Dandruff					

SKIN		MALE REPRO		DENTAL	
Dry		Low libido		Fillings	
Oily		Testicular lumps		Root Canal	
Rough		Testicular cancer		Abscess	
Itching		Premature ejaculation		Tooth decay	
Acne		Erectile dysfunction		Tooth erosion	
Psoriasis		Impotence		Tooth sensitivity/ aches	
Eczema		Low sperm count		Gum disease	
Dermatitis		Prostate disease		Bleeding gums with floss	
Offensive odour		Varicocele or cysts		Bad breath	
Poor wound healing		Vasectomy		Ulcers/ mouth sores	
		Low testosterone		Braces/ Plates	
SLEEP QUALITY		Hernia		Clenching	
Issues falling asleep		STD/ STI		Grinding	
Issues staying asleep		Testicular injury		Sore neck upon waking	
Vivid dreams				Bite marks inside cheek	
Nightmares		TRAUMA		Sore jaw	
Snoring		Physical abuse		Snoring	
Sweating		Sexual abuse		Sleep apnea	
Wake up hungry		Verbal abuse			
Wake up tired		Broken bones		TOXIN EXPOSURE	
		Head trauma		Cigarettes	
ENERGY		Accidents		e-Cigarettes	
Good energy		Divorce		Passive smoke	
Poor energy		Death of loved one		Damp in home/work	
Need caffeine regularly		Bankruptcy		Recreational drugs	
Energised at night		Natural Disaster		Alcohol	
Post exercise fatigue		Other		Chlorine pools	
Malaise				Garden pesticides	
		EMOTIONS		Fluoridated toothpaste	
MUSCULOSKELETAL		Depression		Tap water	
Cramps		Anxiety		Non-organic meat	
Pins/needles		Panic attacks		Processed/deli meats	
Injury		Mood swings		Antibiotics	
Arthritis		Irritability		Amalgam fillings	
Osteoporosis/Osteopenia		Chronic stress		Non-organic skin care	
Disc issues		Anger		Non-organic make up	
Back pain		Cranky skipping meals		Mainstream deodorants	
Shoulder/neck pain		Looping/ OCD		Regular vaccinations	
Joint pain/ stiffness		Phobias		Glues/fume/chemical/ gas exposure at work	

