

What are the top 2 or 3 symptoms or functions you want to see improve?

How will you know you're getting better?

What will be easier for you to stop doing or start doing when you're better?

What will change about your daily life when you're better?

Please give a couple recent examples of how your conditions or symptoms have been negatively impacting your life:

Tell us a little about your medical history, what are the most important health events that you want us to be aware of?

What medications are you currently taking?

Name	Reason Prescribed	Dose	Time of Day Taking Med
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Do you ever not take your meds as directed, and if so, for what reasons?

How many prescribing doctors do you currently see?

Please list any supplements you are currently taking:

Medical History:

What medical conditions or diagnoses have you had in the past and that you have currently?

What surgical operations or procedures have you had that required you to go under anesthesia?

How many times have you been prescribed antibiotics and what were they for?

Most recent antibiotic use?

Any history of the following:

- diabetes
- kidney stones or kidney disease
- gallbladder problems
- hernias
- gastrointestinal concerns
- dental work
- dental infections
- ear infections
- sinus infections
- strep throat
- mononucleosis
- chronic colds or episodes of flu
- pneumonia
- COVID-19
- Seizures or epileptiform activity observed by a neurologist
- Concussions
- Head injuries

Loss of consciousness
Autoimmune disorders
Chronic pain
Cardiac conditions or disease

Any dietary restrictions or food sensitivities?

Allergies to foods, cosmetics, bath products, fragrances or cleaning products?

Seasonal allergies?

Exposure to environmental toxins such as mold, asbestos, smoke pollution, lead, etc?

Any family medical history of:

Cancer
Diabetes
Heart disease
Neurodegenerative or autoimmune disease
Early cognitive decline
Alzheimer's
Mental illness

Preferred ways to caffeinate? (soda, coffee, tea, chocolate, matcha, energy drinks, etc)

Preferred alcohols? (wine, beer, liquor, mixed drinks, hard seltzer, etc)

Times per week typically drink alcohol?

Any other substance use?

Tobacco

Marijuana

Stimulants

Psychedelics

Narcotics

Other substances

Describe a Typical Day:

Quality of sleep?

Food preferences?

How much water do you reliably drink?

Ways to manage stress?

Frequency of stretching or exercise?

Hobbies or recreation and fun?

Social interaction with family and friends?

How much time do you usually spend on screens (phone, tablet, computer, television, etc) during:

1. A typical workday
2. In the evenings
3. On the weekends
4. Right before going to sleep

How do you usually manifest fatigue? (Examples: loss of focus/attention, more easily irritated or angry, more emotional than usual, body or headaches, blurred vision, etc)

What traumatic events in your life have impacted you in the past and possibly are contributing to your current desire for support and recovery?

How has the pandemic affected you the most?