

Constitutional Intake Form

NAME _____ DATE ___ / ___ / ___

UPPER GI

- Sometimes nausea in mornings
- Sometimes nausea in evenings
- Sometimes excess salivation
- Mouth frequently too dry
- Duodenal ulcer
- Stomach ulcer
- Sometimes foul burps
- Butterflies in stomach
- Seldom eat breakfast
- Often don't finish meals
- Often eat to calm down
- Receding gums
- Frequent use of alcohol
- Frequent poor appetite
- Strong, demanding hunger
- Bitter taste in morning
- "Dragon breath" in morning
- Acid indigestion at night
- Frequent mouth or cold sores
- Sometimes difficulty in swallowing
- Indigestion after eating

LOWER GI

- Stools loose with gas
- Constipation with gas
- Frequent constipation
- Digestion unusually rapid
- Loose stools when tired/stressed
- Light colored, hard stools
- Dark, soft stools
- Quick defecation after eating
- Intestines often bloated
- Constipation with hemorrhoids
- " w/ painful defecation
- " w/ hard, marbly stools
- " w/ fully formed stools
- " " alternate w/ diarrhea
- Frequent need for laxatives
- Tongue often coated

LIVER

- Dry, even scaly skin
- Moist, sometimes oily skin
- Hives from food or drugs
- Hay fever or asthma
- Craves proteins, fats
- Craves fruit or sweets
- Frequent trouble digesting fats
- Acne on face AND buttocks
- Seems to have low blood sugar
- Had hepatitis in past
- Frequent use of alcohol
- Work with solvents
- Psoriasis, eczema, dermatitis
- Frequent minor illnesses
- Fever w/sweat when sick
- Don't sweat when sick

RENAL

- Standing too quickly makes pulseroar in ears
- Standing too quickly causes faintness, dizziness
- Wakes up at night to urinate
- Frequent flushing or blushing
- Water retention with change of weather
- Moderate high blood pressure, craves fats
- Moderate low blood pressure, craves sweets
- Frequent thirst
- Craving for salt
- Urine always light colored
- Urine usually darker

LOWER URINARY TRACT

- Frequent urination, small amounts
- Infrequent urination, copious
- Sometimes dribbles urine afterwards
- Frequent bladder infections
- Demanding and sudden need to urinate
- Mucus in urine
- Benign prostatic hypertrophy (males)
- Dull ache after urination

REPRODUCTIVE - ALL

- Sweat freely with strong scent
- Oily skin, facial acne
- Dry skin, cold hands and feet

WOMEN

- Cycle more than 28 days
- Cycle less than 28 days
- Water retention before menses, hips, breasts
- Water retention before menses, feet, hands
- Craves fats, proteins before menses, usually
- Craves sweets before menses, usually
- Sides of breasts tender before menses
- Miss some periods
- Menses slow starting with cramps
- Palpitations before menses
- Menstruation lengthy, frequent cramps
- Menstruation short, defined, few cramps
- Frequent Class II Pap Smears
- History of PID, cervicitis
- Miscarriages, problem pregnancy
- Period early w/altitude change
- Period late w/altitude change
- Tried, but couldn't handle birth control pills
- Frequent candida/type infections.

MEN

- Frequent cannabis user
- Pain or ache after orgasm
- Benign prostatic hypertrophy
- Difficult maintaining erection even if you feel in the mood

RESPIRATORY

- Shortness of breath when standing or walking
- Tobacco smoker
- Easy coughing of mucus
- Difficulty swallowing mucus
- Rapid, shallow breather
- Sometimes wake up choking or gasping for breath
- Yawns frequently
- Sometimes hyperventilates
- Frequent chest colds

CARDIOVASCULAR

- Slow, strong pulse
- Fast, light pulse
- Frequent physical activity
- Warm bodied
- Cold bodied
- Sometimes dizzy or faint
- Hands warm, sweaty
- Hands cold, clammy or dry
- Palpitations either as an adolescent or before menses
- Hypertension, responds to diuretics
- Hypertension, not responding to diuretic

LYMPHATIC

- Recuperates quickly if ill
- Recuperates slowly if ill
- Injuries heal quickly
- Injuries heal slowly
- Eczema, dermatitis
- Asthma or hay fever
- Arthritis or rheumatism
- Digests fats easily
- Digests fats poorly

SKIN

- Skin eruptions superficial, come to a head
- Skin eruptions deep, not coming to a head
- Skin on trunk is dry
- Oily scalp or hair
- Dry scalp or hair
- Cracks, fissures on heel, feet, slow healing

MUCUS

- Sores, cracks, on mouth, anus, vagina
- Lips often dry, chapped
- Food often causes intestinal pain passing through
- Gets sore throat easily

GENERAL

- Mark conditions that are frequent. If it is mild, mark "1"; if it is a dominant condition, Mark "2"
- Alluminum cooking vessels
 - Awakens, can't go back to sleep
 - Bad dreams
 - Blurred vision
 - Brown spots, bronzing of skin
 - Bruises easily
 - Can't gain weight
 - Can't lose weight
 - Can't get started without coffee
 - Chemical or spray poisoning
 - Chronic fatigue, depression
 - Cry easily without seeming cause
 - Depressed for long periods
 - Earaches
 - Eat often or else faint/nervous
 - Eyes often red, inflamed
 - Face, eyes get puffy
 - Facial twitches
 - Gum problems
 - Headaches
 - Headaches in morning, wearing off
 - Heart palpitations when hungry .
 - Heart palpitations after eating
 - Highly emotional
 - Highly controlled
 - Impaired hearing
 - Increase in weight (recent)
 - Lack of sensation somewhere in the body
 - Likes depressants
 - Likes stimulants
 - Lower back pain
 - Frequent muscle cramps
 - Nails split, brittle
 - Nails weak, ridges
 - Nose bleeds frequently
 - Pollution heavy in work or home environment
 - Ringing in ears
 - Pulse speeds up after meals
 - Sensitive to cold weather
 - Sensitive to hot weather
 - Sensitive to high humidity
 - Sensitive to low humidity
 - Sexual desire decreased
 - Sexual desire increased
 - Stuffy nose during the day
 - Stuffy nose in evening, night
 - Tendency, seemingly, to anemia
 - Tremors in hands or neck
 - Varicose veins
 - Weight gain in upper arms, shoulders, back of neck

ADDITIONAL THINGS YOU WISH TO MENTION
