

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

Evaluations and Recommendations

NAME _____ DATE _____ FILE _____

	Questions	Verbal	Dietary	Therapies	COMMENTS
UPPER GI					
LOWER GI					
LIVER					
KIDNEYS					
LOWER URINARY					
REPRODUCTIVE					
RESPIRATORY					
CARDIOVASC.					
LYMPH SYSTEM					
IMMUNOLOGIC					
SKIN					
MUCOSA					
MUSC/SKLTL					
CENTRAL NERV.					
SYMPATHETIC					
PARASYMPATH.					
ADREN. STRESS					
ANABOL.STRESS					
THYROID STRESS					

INITIAL RECOMMENDATIONS

DATE _____

DIETARY RECOMMENDATIONS

OTHER RECOMMENDATIONS

BOTANICAL	FORM	DOSES	TIMES

SELF MONITORING PARAMETERS

