**Muscle/Joint**

□ Arthritis

□ Bursitis

□ Foot Pain

□ Low Back Pain

□ Hernia

□ Neck pain

□ Pain between shoulders

□ Painful Tailbone

□ Poor Posture

□ Sciatica

□ Stiff Joints

□ Swollen Joints

□ Muscle Weakness

**Numbness**

□ Shoulders

□ Arms

□ Elbows

□ Hands

□ Knees

□ Feet

**General**

□ Allergies

□ Convulsions

□ Dizziness

□ Poor Balance

□ Fainting

□ Headaches

□ Loss of Sleep

□ Anxiety

□ Depression

**Gastrointestinal**

□ Constipation

□ Diarrhea

□ Hemorrhoids

□ Gall Bladder

□ Liver

□ Nausea

□ Vomiting

**Ears/Nose/Throat**

□ Asthma

□ Deafness

□ Earaches

□ Ringing in ears

□ Enlarged Glands

□ Thyroid

□ Eye pain

□ Failing vision

□ Nasal Obstruction

□ Nose Bleeds

□ Jaw Pain/TMJ

**Cardiovascular**

□ Hardening Arteries

□ High blood pressure

□ Low Blood pressure

□ Chest pain

□ Poor circulation

□ Heart attack

□ Rapid heart beat

□ Slow hear beat

□ Swelling of the ankles

□ Pacemaker

**Respiratory**

□ Chronic cough

□ Difficulty Breathing

□ Spitting up blood

□ Spitting up phlegm

□ Wheezing

**Urological**

□ Bed wetting

□ Blood in urine

□ Frequent urination

□ Kidney infection

□ Painful urination

□ Incontinence

□ Prostate issues

**Feminine Issues**

□ Extreme cramps

□ Excessive bleeding

□ Painful periods

□ Pregnant

□ Uterine fibroids

□ Menopause

**Sleep pattern**

□ Light

□ Moderate

□ Heavy

□ CPAP use

**Social Habits**

Also list amount of daily or weekly use

□ Alcohol

□ Caffeine

□ Smoking

□ Other tobacco

□ Illegal Drugs

**Exercise frequency**

□ Never

□ Occasionally

□ 3 times or more/week

□ Daily

□ Multiple times daily

**Diagnosed conditions**

□ Anemia

□ Cancer – location:

□ Congestive heart failure

□ COPD

□ Dementia

□ Alzheimer’s

□ Diabetes

□ Emphysema

□ Epilepsy

□ Fibromyalgia

□ Gout

□ Lupus

□ Lyme Disease

□ Multiple Sclerosis

□ Paralysis

□ Stroke

□ Tuberculosis