<u>Welcome to Chiropractic Neurology Center</u> Please fill out the following form in as much detail as possible. All your health information is kept confidential.

Patient and Contact Information

| Patient Name | Today's Date | DOB |
|------------------------------------|-------------------------------|--------------------------|
| Address | City | State ZIP |
| Social Security #: | Gender: 🗖 Male 📮 Female | Height Weight |
| Marital Status: 🗖 Single 📮 Married | □ Partnered □ Separated □ | Divorced 🛛 Widowed |
| Home Telephone () | Cell () | Work () |
| Email | Contact you via: 🛛 Home phone | □Cell □Work phone □Email |
| Occupation | Employer/School | |
| Spouse/Partners Name | Employer | |
| Spouse/Partners Work Phone () | Cell Phone (|) |
| Contact name in case of emergency | Rela | tionship |
| Emergency Contact cell phone () _ | Emergency Contact | work phone() |

How did you choose our office? (e.g. Referral, internet, advertisement, etc.)

CHRONIC NEUROLOGICAL & METABOLIC CASE HISTORY

| What is the main problem/symptom that you are having? (be as specific as possible) | | | | | | |
|--|--|--|--|--|--|--|
| When and how did this begin? | | | | | | |
| Have you had this or similar conditions in the past? Yes No If yes, when? | | | | | | |
| What aggravates your condition? | | | | | | |
| What makes it better? | | | | | | |
| Describe what you are feeling? | | | | | | |
| Do you experience Numbness or Tingling? Yes No If yes, where? | | | | | | |
| SYMPTOM INTENSITY: Please circle the number describing the intensity of symptoms. | | | | | | |
| None> 0 1 2 3 4 5 6 7 8 9 10 < Unbearable | | | | | | |
| When you are awake, how often are you feeling these symptoms? (0 - 100%)% | | | | | | |
| Is this progressively getting worse? 🖸 Yes 📮 No | | | | | | |
| Is your condition: 🗅 Constant 🗅 Comes & goes | | | | | | |
| Is this condition interfering with your: □ Work □ Sleep □ Daily routine □ Other | | | | | | |

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

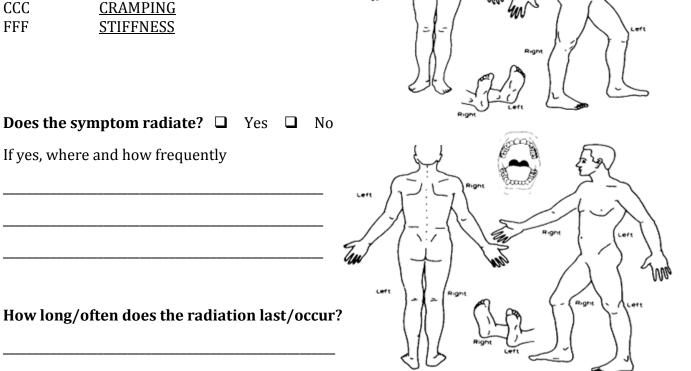
| Has there been any medical diagnosis of your complaint: □ Yes □ No If yes, please list the Dr.'s name and Diagnosis: | | | | | | | |
|---|-------------------|-------------------|-----------------------------|-------------------|--|--|--|
| How have you | ı tried to take c | are of this probl | em in the past? <u>Circ</u> | le all that apply | | | |
| Medications | Emergency ro | oom Surgery | Routine Medical | Exercise | | | |
| MedicationsEmergency roomSurgeryRoutine MedicalExerciseSupplementsRegular ChiropracticOther (specify) | | | | | | | |
| How did the previous method(s) work out for you? <u>Circle all that apply</u> | | | | | | | |
| Bad results | Some results | Great results | Nothing changed | Didn't get worse | | | |
| Didn't work ve | ery long | | | | | | |
| What are you | afraid this mig | ht be? | | | | | |

Please mark off the areas of your complaint on the diagram above. Please use the following symbols on the diagram to accurately describe your problem.

| PPP | PAIN |
|-----|------------------|
| WWW | WEAKNESS |
| NNN | <u>NUMBNESS</u> |
| HHH | <u>HEAT</u> |
| TTT | TINGLING |
| BBB | BURNING |
| CCC | <u>CRAMPING</u> |
| FFF | <u>STIFFNESS</u> |
| | |

Does the symptom radiate? D Yes **D** No

If yes, where and how frequently



Please fill out the following form in as much detail as possible. All your health information is kept confidential.

| Are there any conditions that run in your family? U Yes U No If yes, what condition(s) and what family member? |
|--|
| When was your last: Physical Blood/lab work X-ray study |
| Have you been treated for your current condition before? U Yes U No If yes, when/by whom? |
| Please list any natural supplements you're currently take and for what conditions: |
| Surgical History: Please list the type and reason of surgery, and year performed (e.g. left breast for cancer in 2004) |

Medication List: Please list the name of each current prescribed and over the counter medications, it prescribed use and any side effects/reactions/positive responses (example of use: BCP – birth control pills used to prevent pregnancy, manage menopause or acne, etc.)

(example of side-effect: Tylenol caused liver enzymes to increase)

| | Medication | Name of Condition or purpose for taking med | Any side-effects |
|-----|------------|--|------------------|
| 1) | | | |
| 2) | | | |
| 3) | | | |
| 4) | | | |
| 5) | | | |
| 6) | | | |
| 7) | | | |
| 8) | | | |
| 9) | | | |
| 10) | | | |

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

Other Medical or Physical conditions: <u>Please check all that apply</u>

| | | C | | II. |
|------------------------|----------------------|-------------------------|--|----------------------|
| AD/HD | | Connective tissue | | Herpes |
| Adrenal disorder | | disease | | High blood pressure |
| Anxiety | | COPD | | Hip replacement |
| Arthritis | | Depression | | HIV/AIDS |
| Asthma | | Dyslexia | | Kidney disease |
| Autoimmunity: | Diabetes (Type 1 /2) | | | Knee surgery |
| | | Digestive/bowel | | Liver disease |
| Bleeding disorder | | problems | | Marfan's syndrome |
| Blurred vision | | Dizziness or vertigo | | Multiple Sclerosis |
| Bowel/Bladder issue | | Ear infections | | Osteoporosis/penia |
| Buzzing in ear | | Fibromyalgia | | Parkinson's disease |
| Cancer - type? | | Food sensitivity | | Rotator cuff problem |
| | | Fusions (spinal, | | STI/STD |
| Carpal Tunnel Synd. | | joint, etc.) | | Shoulder surgery |
| Celiac disease | | Gout | | Spinal surgery |
| (gluten sensitive) | | Gall Bladder issue | | Stroke/TIA |
| Chest pains | | Immune deficiency | | Thyroid problems |
| Chronic fatigue | | Insomnia | | Tuberculosis |
| Cold hands or feet | | Heart disease | | Other |
| Colitis/Diverticulitis | | Hepatitis A, B, C, etc. | | |
| Compression | | _ | | Other |
| fractures | | | | |
| | | | | |

Where do you picture yourself being in the next 1-3 years if this problem is not taken care of? Please be specific

What would be different/better without this problem? Please be specific

What do you desire most to get from working with us?

What is it worth to you?_____

What is your idea of the ideal doctor?

We thank you for your patience and cooperation in completely filling out this form.

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

***Write down <u>EVERYTHING</u> you eat & drink for 3 days. What you're eating and when you're eating can have a HUGE NEGATIVE IMPACT on your health. Don't worry about trying to impress us by telling the doctor what you think he wants to hear. ***

<u>DAY 1</u>

| Lunch | Dinner |
|---------------------|---------------------|
| | |
| | |
| | |
| | |
| Mid-afternoon snack | Post-dinner snack |
| Time: | Time: |
| | |
| | |
| | |
| | Mid-afternoon snack |

<u>DAY 2</u>

| Breakfast | Lunch | Dinner |
|-------------------|---------------------|-------------------|
| Time: | | |
| | | |
| | | |
| | | |
| Mid-morning snack | Mid-afternoon snack | Post-dinner snack |
| Time: | Time: | Time: |
| | | |
| | | |
| | | |

<u>DAY 3</u>

| Lunch | Dinner |
|---------------------|---------------------|
| | |
| | |
| | |
| | |
| Mid-afternoon snack | Post-dinner snack |
| Time: | Time: |
| | |
| | |
| | |
| | Mid-afternoon snack |

 $Page \mathbf{5}$

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

Chronic Condition Narrative History

Please use this space to give us more details about the history of your problem(s). Please tell us about:

- 1) Your complete health history (be sure to include rough dates, tests performed, treatments that worked and how well, how long did they help, what treatments didn't help)
- 2) Was there a pivotal injury/illness/stressor when your conditions first developed (e.g. Lyme's disease, Mononucleosis, etc.)?
- 3) What diagnoses have other doctors given you for your current condition(s)?
- 4) Why do you think other doctors failed you?
- 5) Why do you think I can help you?
- 6) What do you hope to gain by coming to see us? How long do you think it will take to accomplish this?
- 7) Does your family support you coming to this office?
- 8) What do you think is wrong?

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

Metabolic Assessment Form[™]

| Name: | Age: | Sex: | _ Date: |
|---|--------------------|------|---------|
| PART I | | | |
| Please list your 5 major health concerns in ord | der of importance: | | |
| 1 | - | | |
| 2. | | | |
| 3 | | | |
| 4. | | | |
| 5. | | | |

<u>PART II</u> Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.

| Category I | | | | | Category VI (Cont.) | | | | |
|---|---|---|---|---|---|---|-----|----|---|
| Feeling that bowels do not empty completely | 0 | 1 | 2 | 3 | Nausea and/or vomiting | 0 | 1 | 2 | 3 |
| Lower abdominal pain relieved by passing stool or gas | | 1 | | 3 | Stool undigested, foul smelling, mucous like, | | | | |
| Alternating constipation and diarrhea | | 1 | | 3 | greasy, or poorly formed | 0 | | | 3 |
| Diarrhea | | 1 | | 3 | Frequent urination | | | 2 | |
| Constipation | - | 1 | _ | 3 | Increased thirst and appetite | 0 | 1 | 2 | 3 |
| Hard, dry, or small stool | | 1 | | 3 | | | | | |
| Coated tongue or "fuzzy" debris on tongue | | 1 | | 3 | Category VII | ~ | | | |
| Pass large amount of foul-smelling gas | 0 | 1 | | 3 | Greasy or high-fat foods cause distress | 0 | 1 | 2 | 3 |
| More than 3 bowel movements daily | 0 | 1 | 2 | 3 | Lower bowel gas and/or bloating several hours | ~ | | | |
| Use laxatives frequently | 0 | 1 | 2 | 3 | after eating | 0 | 1 | 2 | 3 |
| | | | | | Bitter metallic taste in mouth, especially in the morning | 0 | 1 | 2 | 3 |
| Category II | | | | | Burpy, fishy taste after consuming fish oils | 0 | 1 | | 3 |
| Increasing frequency of food reactions | 0 | 1 | 2 | 3 | Difficulty losing weight | 0 | 1 | 2 | 3 |
| Unpredictable food reactions | 0 | 1 | 2 | 3 | Unexplained itchy skin | - | 1 | 2 | 3 |
| Aches, pains, and swelling throughout the body | 0 | 1 | 2 | 3 | Yellowish cast to eyes | 0 | 1 | 2 | 3 |
| Unpredictable abdominal swelling | 0 | 1 | 2 | 3 | Stool color alternates from clay colored to | | | | |
| Frequent bloating and distention after eating | 0 | 1 | 2 | 3 | normal brown | 0 | 1 | 2 | 3 |
| Abdominal intolerance to sugars and starches | 0 | 1 | 2 | 3 | Reddened skin, especially palms | 0 | 1 | 2 | 3 |
| | - | - | - | - | Dry or flaky skin and/or hair | 0 | 1 | 2 | 3 |
| Category III | | | | | History of gallbladder attacks or stones | 0 | 1 | 2 | 3 |
| Intolerance to smells | 0 | 1 | 2 | 3 | Have you had your gallbladder removed? | 3 | čes | No |) |
| Intolerance to jewelry | | î | | 3 | | | | | |
| Intolerance to shampoo, lotion, detergents, etc | _ | î | _ | 3 | Category VIII | | | | |
| Multiple smell and chemical sensitivities | | î | | 3 | Acne and unhealthy skin | 0 | 1 | 2 | 3 |
| Constant skin outbreaks | ŏ | | 2 | 3 | Excessive hair loss | 0 | 1 | 2 | 3 |
| Collstant skin outoreaks | | | 2 | 9 | Overall sense of bloating | 0 | 1 | 2 | 3 |
| Category IV | | | | | | 0 | 1 | 2 | 3 |
| | 0 | 1 | 2 | 3 | Hormone imbalances | 0 | 1 | 2 | 3 |
| Excessive belching, burping, or bloating | | | 2 | | Weight gain | 0 | 1 | 2 | 3 |
| Gas immediately following a meal Offensive breath | | i | | | Poor bowel function | 0 | 1 | 2 | 3 |
| | | 1 | | 3 | Excessively foul-smelling sweat | 0 | 1 | 2 | 3 |
| Difficult bowel movements | | | 2 | - | | | | | |
| Sense of fullness during and after meals | 0 | 1 | 2 | 3 | Category IX | | | | |
| Difficulty digesting fruits and vegetables; | | | | | Crave sweets during the day | 0 | 1 | 2 | 3 |
| undigested food found in stools | 0 | 1 | 2 | 3 | Irritable if meals are missed | 0 | 1 | 2 | 3 |
| | | | | | Depend on coffee to keep going/get started | 0 | 1 | 2 | 3 |
| Category V | | | | | | 0 | 1 | 2 | 3 |
| Stomach pain, burning, or aching 1-4 hours after eating | 0 | | 2 | 3 | Eating relieves fatigue | 0 | 1 | 2 | 3 |
| Use of antacids | 0 | - | 2 | 3 | Feel shaky, jittery, or have tremors | 0 | 1 | 2 | 3 |
| Feel hungry an hour or two after eating | 0 | | 2 | 3 | Agitated, easily upset, nervous | 0 | 1 | 2 | 3 |
| Heartburn when lying down or bending forward | 0 | 1 | 2 | 3 | Poor memory/forgetful | 0 | 1 | 2 | 3 |
| Temporary relief by using antacids, food, milk, or | | | | | Blurred vision | 0 | 1 | 2 | 3 |
| carbonated beverages | 0 | | 2 | 3 | | | | | |
| Digestive problems subside with rest and relaxation | 0 | 1 | 2 | 3 | Category X | | | | |
| Heartburn due to spicy foods, chocolate, citrus, | | | | | Fatigue after meals | | 1 | 2 | 3 |
| peppers, alcohol, and caffeine | 0 | 1 | 2 | 3 | Crave sweets during the day | 0 | 1 | | 3 |
| | | | | | Eating sweets does not relieve cravings for sugar | 0 | 1 | 2 | 3 |
| Category VI | | | | | Must have sweets after meals | 0 | 1 | 2 | 3 |
| Roughage and fiber cause constipation | 0 | 1 | 2 | 3 | Waist girth is equal or larger than hip girth | 0 | 1 | _ | 3 |
| Indigestion and fullness last 2-4 hours after eating | 0 | 1 | 2 | 3 | Frequent urination | 0 | 1 | 2 | 3 |
| Pain, tendemess, soreness on left side under rib cage | 0 | 1 | 2 | 3 | Increased thirst and appetite | 0 | 1 | 2 | 3 |
| Excessive passage of gas | 0 | 1 | 2 | 3 | Difficulty losing weight | 0 | 1 | 2 | 3 |
| | | | | | | | | | |

© 2013 Data Kharasian. All Rights Reserved. 50(103)404(10(2513)

Symptom groups listed on this form are not intended to be used as a diagnosis of any disease or condition.

Chiropractic Neurology Center Dr. Brad Ralston Dr. Lucas Gafken 9302 N. Meridian Street, Suite 170 Indianapolis, IN 46260 (317) 848-6000 Page 7

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

| Category XI | | | | | Category XV (Cont.) | | | | |
|--|---|---|---|---|--|-----|------------|---|-----|
| Cannot stay asleep | 0 | 1 | 2 | 3 | Night sweats | | | | |
| Crave salt | ŏ | î | 2 | 3 | Difficulty gaining weight | 0 | 1 | | |
| Slow starter in the morning | ŏ | î | | 3 | | 0 | 1 | 2 | 3 |
| Afternoon fatigue | ŏ | | 2 | 3 | Category XVI (Males Only) | | | | |
| Dizziness when standing up quickly | ŏ | î | | 3 | Urination difficulty or dribbling | 0 | 1 | 2 | 3 |
| Afternoon headaches | ő | | 2 | 3 | Frequent urination | ŏ | i | | |
| Headaches with exertion or stress | | i | | 3 | Pain inside of legs or heels | | i | | 3 |
| Weak nails | 0 | i | | 3 | Feeling of incomplete bowel emptying | ŏ | i | | |
| Weak hans | v | 1 | 2 | 3 | Leg twitching at night | ŏ | i | | 3 |
| Category XII | | | | | Cotorer XIII (Moles Only) | | | | |
| Cannot fall asleep | 0 | 1 | 2 | 3 | Category XVII (Males Only) Decreased libido | | | | |
| Perspire easily | 0 | 1 | 2 | 3 | Decreased number of spontaneous morning erections | 0 | 1 | 2 | 3 |
| Under a high amount of stress | 0 | 1 | 2 | 3 | Decreased fullness of erections | 0 | 1 | 2 | 3 |
| Weight gain when under stress | 0 | 1 | 2 | 3 | Difficulty maintaining morning erections | 0 | 1 | 2 | 3 |
| Wake up tired even after 6 or more hours of sleep | 0 | 1 | 2 | 3 | Spells of mental fatigue | 0 | 1 | 2 | 3 |
| Excessive perspiration or perspiration with little | | | | | Inability to concentrate | 0 | 1 | 2 | 3 |
| or no activity | 0 | 1 | 2 | 3 | Episodes of depression | 0 | 1 | 2 | 3 |
| , | | | | | Muscle soreness | 0 | 1 | 2 | 3 |
| Category XIII | | | | | Decreased physical stamina | 0 | 1 | 2 | 3 |
| Edema and swelling in ankles and wrists | 0 | 1 | 2 | 3 | Unexplained weight gain | 0 | 1 | 2 | 3 |
| Muscle cramping | õ | î | 2 | 3 | Increase in fat distribution around chest and hips | 0 | 1 | 2 | 3 |
| Poor muscle endurance | ŏ | î | | 3 | Sweating attacks | 0 | 1 | 2 | 3 |
| Frequent urination | ŏ | î | | 3 | More emotional than in the past | 0 | 1 | 2 | - |
| Frequent thirst | ŏ | î | | 3 | | 0 | 1 | 2 | 3 |
| Crave salt | ő | î | | 3 | Category XVIII (Menstruating Females Only) | | | | |
| Abnormal sweating from minimal activity | 0 | i | _ | 3 | Perimenopausal | | | | |
| Alteration in bowel regularity | 0 | | 2 | 3 | Alternating menstrual cycle lengths | | Yes Yes | | |
| Inability to hold breath for long periods | ő | 1 | | 3 | Extended menstrual cycle (greater than 32 days) | | res Yes | | |
| | 0 | 1 | 2 | 3 | Shortened menstrual cycle (less than 24 days) | | res Yes | | |
| Shallow, rapid breathing | U | 1 | 2 | 3 | Pain and cramping during periods | | 1 | 2 | |
| Column VIII | | | | | Scanty blood flow | - | i | 2 | |
| Category XIV | • | | | | Heavy blood flow | | 1 | 2 | 3 |
| Tired/sluggish | 0 | 1 | | 3 | Breast pain and swelling during menses | | 1 | 2 | 3 |
| Feel cold—hands, feet, all over | 0 | 1 | | 3 | Pelvic pain during menses | | i | 2 | 3 |
| Require excessive amounts of sleep to function properly | 0 | 1 | 2 | 3 | Irritable and depressed during menses | 0 | i | 2 | 3 |
| Increase in weight even with low-calorie diet | 0 | 1 | | 3 | Acne | | i | 2 | 3 |
| Gain weight easily | 0 | 1 | | 3 | Facial hair growth | ŏ | i | 2 | 3 |
| Difficult, infrequent bowel movements | 0 | 1 | | 3 | Hair loss/thinning | | i | | _ |
| Depression/lack of motivation | 0 | 1 | | 3 | | | - | 4 | 2 |
| Morning headaches that wear off as the day progresses | 0 | | 2 | 3 | Category XIX (Menopausal Females Only) | | | | |
| Outer third of eyebrow thins | 0 | 1 | 2 | 3 | How many years have you been menopausal? | | | v | ear |
| Thinning of hair on scalp, face, or genitals, or excessive | | | | | Since menopause, do you ever have uterine bleeding? | _ | Yes | _ | |
| hair loss | 0 | 1 | 2 | 3 | Hot flashes | | 1 | | 3 |
| Dryness of skin and/or scalp | 0 | 1 | 2 | 3 | Mental fogginess | õ | i | 2 | |
| Mental sluggishness | 0 | 1 | 2 | 3 | Disinterest in sex | ŏ | i | 2 | 3 |
| | | | | | Mood swings | ŏ | i | 2 | 3 |
| Category XV | | | | | Depression | ŏ | î | 2 | 3 |
| Heart palpitations | 0 | 1 | 2 | 3 | Painful intercourse | ŏ | î | 2 | 3 |
| Inward trembling | 0 | 1 | 2 | 3 | Shrinking breasts | - | î | | |
| Increased pulse even at rest | 0 | 1 | 2 | 3 | Facial hair growth | ŏ | î | | |
| Nervous and emotional | | 1 | | | Acne | 0 | | 2 | |
| Insomnia | | 1 | | | Increased vaginal pain, dryness, or itching | 0 | ī | | |
| ART III | | | | | | | | | |
| | 2 | | | | Pate your stress layed on a scale of 1 10 during the surgery | | le. | | |
| ow many alcoholic beverages do you consume per week | _ | | | - | Rate your stress level on a scale of 1-10 during the average | wee | a | | |
| low many caffeinated beverages do you consume per day | 2 | | | _ | How many times do you eat fish per week? | | | | |

How many times do you eat out per week?

How many times do you eat raw nuts or seeds per week?

List the three worst foods you eat during the average week:

List the three healthiest foods you eat during the average week:

PART IV

Please list any medications you currently take and for what conditions:

Please list any natural supplements you currently take and for what conditions:

Page8

How many times do you work out per week?

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

Neurotransmitter Assessment Form[™] (NTAF)

| ame: | | | A | ge: _ | Sex: Date: | | | |
|--|------|--------|----|--------|--|--------|---|---|
| Please circle the appropriate number on all questions belo | w. 0 | as | th | e leas | t/never to 3 as the most/always. | | | |
| CCTION A | | | | | | | | |
| ls your memory noticeably declining? | 0 | 1 | 2 | 3 | How often do you feel you lack artistic appreciation? | 0 | 1 | 2 |
| Are you having a hard time remembering names | | - | - | | How often do you feel depressed in overcast weather? | 0 | | |
| and phone numbers? | 0 | 1 | 2 | 3 | · How much are you losing your enthusiasm for your | | | |
| ls your ability to focus noticeably declining? | 0 | 1 | 2 | 3 | favorite activities? | 0 | 1 | 2 |
| Has it become harder for you to learn new things? | 0 | 1 | 2 | 3 | How much are you losing your enjoyment for | | | |
| How often do you have a hard time remembering | | | | | your favorite foods? | 0 | 1 | 2 |
| your appointments? | 0 | 1 | 2 | 3 | How much are you losing your enjoyment of | | | |
| is your temperament generally getting worse? | | 1 | | | friendships and relationships? | 0 | 1 | 2 |
| ls your attention span decreasing? | | 1 | | | How often do you have difficulty falling into | | | |
| How often do you find yourself down or sad? | 0 | 1 | 2 | 3 | deep, restful sleep? | 0 | 1 | 2 |
| How often do you become fatigued when driving | | | | | How often do you have feelings of dependency | | | |
| compared to in the past? | 0 | 1 | 2 | 3 | on others? | 0 | | |
| How often do you become fatigued when reading | | _ | | | How often do you feel more susceptible to pain? | 0 | | |
| compared to in the past? | | 1 | | | How often do you have feelings of unprovoked anger? | 0 | | |
| How often do you walk into rooms and forget why? | | 1 | | | How much are you losing interest in life? | 0 | 1 | 2 |
| How often do you pick up your cell phone and forget why? | 0 | 1 | 2 | 3 | CT CTLON A | | | |
| | | | | | SECTION 2 | | | |
| ECTION B | | | | | How often do you have feelings of hopelessness? | 0 | | |
| How high is your stress level? | 0 | 1 | 2 | 3 | How often do you have self-destructive thoughts? | 0 | | |
| How often do you feel you have something that | | | | | How often do you have an inability to handle stress? | 0 | 1 | 2 |
| must be done? | 0 | 1 | 2 | 3 | How often do you have anger and aggression while | | _ | |
| Do you feel you never have time for yourself? | 0 | 1 | 2 | 3 | under stress? | 0 | 1 | 2 |
| How often do you feel you are not getting enough | | | | | How often do you feel you are not rested, even after | | | |
| sleep or rest? | 0 | 1 | 2 | 3 | long hours of sleep? | 0 | | |
| Do you find it difficult to get regular exercise? | 0 | 1 | 2 | 3 | How often do you prefer to isolate yourself from others? | 0 | 1 | 2 |
| Do you feel uncared for by the people in your life? | 0 | 1 | 2 | 3 | How often do you have unexplained lack of concern for | | _ | |
| Do you feel you are not accomplishing your | | | | | family and friends? | 0 | | |
| life's purpose? | 0 | 1 | 2 | 3 | How easily are you distracted from your tasks? | 0 | | |
| is sharing your problems with someone difficult for you? | 0 | 1 | 2 | 3 | How often do you have an inability to finish tasks? | 0 | 1 | 2 |
| | | | | | How often do you feel the need to consume caffeine to | | | |
| ECTION C | | | | | stay alert? | 0 | | |
| CTION C1 | | | | | How often do you feel your libido has been decreased? | 0 | | |
| | | | | | How often do you lose your temper for minor reasons? | 0 | | |
| How often do you get irritable, shaky, or have | 0 | | 2 | • | How often do you have feelings of worthlessness? | 0 | 1 | 2 |
| light-headedness between meals? | | 1 | | | | | | |
| How often do you feel energized after eating? | U | 1 | 4 | 3 | SECTION 3 | | | |
| How often do you have difficulty eating large | 0 | 1 | 2 | • | How often do you feel anxious or panicked for no reason? | 0 | 1 | 2 |
| meals in the morning? | | 1 | | | How often do you have feelings of dread or | | | |
| How often does your energy level drop in the afternoon? | | 1 1 | | | impending doom? | 0 | | |
| How often do you crave sugar and sweets in the afternoon? | | 1 | | | How often do you feel knots in your stomach? | 0 | 1 | 2 |
| How often do you wake up in the middle of the night? | U | 1 | 4 | 3 | How often do you have feelings of being overwhelmed | | | |
| How often do you have difficulty concentrating | 0 | | • | • | for no reason? | 0 | 1 | 2 |
| before eating? | | 1 1 | | | How often do you have feelings of guilt about | | | |
| How often do you depend on coffee to keep yourself going? | U | 1 | 4 | 3 | everyday decisions? | 0 | | |
| How often do you feel agitated, easily upset, and nervous between meals? | • | | • | • | How often does your mind feel restless? | 0 | 1 | 2 |
| | 0 | 1 | 2 | 3 | How difficult is it to turn your mind off when you | | | |
| CTION C2 | | | | | want to relax? | 0 | | |
| How often do you get fatigued after meals? | 0 | 1 | 2 | 3 | How often do you have disorganized attention? | 0 | 1 | 2 |
| How often do you crave sugar and sweets after meals? | 0 | 1 | 2 | 3 | How often do you worry about things you were | | | |
| How often do you feel you need stimulants, such as | | | | | not worried about before? | 0 | 1 | 2 |
| coffee, after meals? | 0 | 1 | 2 | 3 | How often do you have feelings of inner tension and | | | |
| How often do you have difficulty losing weight? | 0 | 1 | 2 | 3 | inner excitability? | 0 | 1 | 2 |
| How much larger is your waist girth compared to | | | | | | | | |
| your hip girth? | 0 | 1 | 2 | 3 | SECTION 4 | | | |
| How often do you urinate? | 0 | 1 | 2 | 3 | Do you feel your visual memory (shapes & images) | | | |
| Have your thirst and appetite increased? | 0 | 1 | 2 | 3 | has decreased? | 0 | 1 | 2 |
| How often do you gain weight when under stress? | 0 | 1 | 2 | 3 | Do you feel your verbal memory has decreased? | 0 | 1 | 2 |
| How often do you have difficulty falling asleep? | 0 | 1 | 2 | 3 | Do you have memory lapses? | 0 | 1 | 2 |
| | | | | | Has your creativity decreased? | 0 | 1 | 2 |
| ECTION 1 | | | | | Has your comprehension diminished? | 0 | 1 | 2 |
| Are you losing interest in hobbies? | 0 | 1 | 2 | 3 | Do you have difficulty calculating numbers? | 0 | 1 | 2 |
| How often do you feel overwhelmed? | | 1 | | | Do you have difficulty recognizing objects & faces? | 0 | 1 | 2 |
| | | | | 3 | Do you feel like your opinion about yourself | | | |
| How often do you have feelings of inner rage? | | | | | | | | |
| How often do you have feelings of inner rage? How often do you have feelings of paranoia? | | ī | | 3 | has changed? | 0 | 1 | 2 |
| | 0 | | 2 | | has changed? • Are you experiencing excessive urination? | 0 0 | | |

© 2013, Datis Kharnazian. All Rights Reserved. SMGENTAP04(031513)

Symptom groups listed on this form are not intended to be used as a diagnosis of any disease or condition.

 $_{\text{Page}}9$

Please fill out the following form in as much detail as possible. All your health information is kept confidential.

Medication History*

Please check any of the following medications you have taken in the past or are currently taking.

| Noradrenergic and Specific Serotonergic Antidepressants (NaSSAs) | | | | | | |
|---|---------------------------|--|--|--|--|--|
| □ Remeron [®] | □ Norset [®] | | | | | |
| □ Zispin [®] | Remergil [®] | | | | | |
| □ Avanza® | □ Axit [®] | | | | | |
| | | | | | | |
| Tricyclic Antidepressants (TCAs) | | | | | | |
| □ Elavil [®] | □ Prothiaden [®] | | | | | |
| □ Endep [®] | □ Adapin [®] | | | | | |
| □ Tryptanol® | □ Sinequan [®] | | | | | |
| Trepiline [®] | □ Tofranil [®] | | | | | |
| □ Asendin [®] | □ Janamine [®] | | | | | |
| □ Asendis® | □ Gamanil [®] | | | | | |
| Defanyl [®] | □ Aventy1® | | | | | |
| □ Demolox [®] | □ Pamelor [®] | | | | | |
| □ Moxadil® | Opipramol® | | | | | |

 □ Derany1*
 □ Aventy1*

 □ Demolox*
 □ Pamelor*

 □ Moxadi1*
 □ Opipramol*

 □ Anafrani1*
 □ Vivacti1*

 □ Norpramin*
 □ Rhotrimine*

 □ Pertofrane*
 □ Surmonti1*

 □ Thaden™
 □ Norpramin*

| Selective Serotonin | |
|---------------------------|----|
| Reuptake Inhibitors (SSRI | s) |

| □ Paxil® | □ Seromex [®] |
|-------------------------|------------------------|
| □ Zoloft [®] | □ Seronil [®] |
| □ Prozac [®] | □ Sarafem® |
| □ Celexa® | □ Fluctin [®] |
| Lexapro [®] | □ Faverin [®] |
| □ Esertia® | □ Seroxat [®] |
| □ Luvox* | □ Aropax [®] |
| Cipramil [®] | Deroxat [®] |
| □ Emocal [®] | Rexetin [®] |
| □ Seropram [®] | Paroxat [®] |
| □ Cipralex [®] | Lustral [®] |
| □ Fontex [®] | Serlain [®] |
| Priligy [®] | |

Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)

- □ Effexor[®]
- D Pristiq®
- □ Meridia[®]
- □ Serzone®
- Dalcipran®
- □ Cymbalta®

Selective Serotonin Reuptake Enhancers (SSREs)

- □ Stablon[®]
- □ Coaxil[®]
- □ Tatinol[®]

Monoamine Oxidase Inhibitors (MAOIs)

□ Marsilid®

□ Iprozid®

□ Ipronid[®]

□ Rivivol*

□ Zyvox®

□ Zyvoxid®

□ Propilniazida®

- □ Marplan® □ Aurorix®
- □ Manerix[®]
- □ Moclodura[®]
- Nardil[®]
- Adeline[®]
- Eldepryl[®]
- □ Azilect[®]
- Dopamine Receptor Agonists
- □ Mirapex[®]
- □ Sifrol*
- Requip[®]
- . .

Norepinephrine–Dopamine Reuptake Inhibitors (NDRIs)

Wellbutrin XL[®]

| D2 Dopamine Receptor Blockers |
|-------------------------------|
| (antipsychotics) |

| Thorazine® | □ Acuphase [®] |
|------------------------|----------------------------|
| Prolixin [®] | □ Haldol® |
| Trilafon [®] | □ Orap [®] |
| Compazine [®] | □ Clozaril [®] |
| Mellaril [®] | □ Zyprexa [®] |
| Stelazine® | □ Zydis® |
| Vesprin [®] | □ Seroquel XR [®] |
| Nozinan® | □ Geodon [®] |
| Depixo1* | □ Solian [®] |
| Navane [®] | Invega [®] |
| Fluanxo1® | Abilify [®] |
| Clopixo1 [®] | |

GABA Antagonist Competitive Binder

□ Romazicon[®]

| Agonist Modulators of GABA Receptors (benzodiazepines) | | | | | |
|---|-------------------------|--|--|--|--|
| □ Xanax [®] | □ Dalmane [®] | | | | |
| Lexotanil [®] | □ Ativan [®] | | | | |
| Lexotan [®] | □ Loramet [®] | | | | |
| Librium [®] | □ Sedoxil [®] | | | | |
| □ Klonopin [®] | Dormicum* | | | | |
| Valium [®] | □ Serax [®] | | | | |
| □ Prosom [®] | □ Restoril [®] | | | | |
| Rohypnol [®] | □ Halcion [®] | | | | |

□ Magadon[®]

Protopam[®] Cholinesterase Inhibitors (reversible) Aricept[®] = Enlon[®] Razadyne[®] = Prostigmin[®] Exelon[®] = Antilirium[®] Cognex[®] = Mestinon[®] THC Carbamate insecticides Cholinesterase Inhibitors (irreversible) Ecotothiophate

Agonist Modulators of GABA Receptors

(non-benzodiazepines)

Acetylcholine Receptor Agonists

Acetylcholine Receptor Antagonists

(antimuscarinic agents)

Acetylcholine Receptor Antagonists

(ganglionic blockers)

□ Nicotine (high doses) □ Arfonad®

Acetylcholine Receptor Antagonists (neuromuscular blockers)

Acetylcholinesterase Reactivators

□ Zemuron[®]

□ Anectine[®] □ Tubocurarine[®]

□ Norcuron[®]

□ Hemicholinium-3*

□ Isopto®

Nicotone

□ Atrovent[®]

□ Spiriva®

Hexamethonium

□ Ambien CR[®]

□ Sonata®

□ Lunesta[®]

□ Imovane[®]

□ Urecholine®

□ Evoxac[®]

□ Salagen[®]

□ AtroPen®

□ Scopace[®]

□ Inversine®

□ Tracrium[®]

□ Nimbex[®]

□ Nuromax⁸

□ Metubine[®]

□ Mivacron®

□ Pavulon®

- Isoflurophate
- Organophosphate insecticides
- Organophosphate-containing nerve agents

 $P_{age}1C$

© 2013, Datis Kharnozian. All Rights Reserved. SMGENTAP04(031513) *Please refer to prescribing physician for nutritional interactions with any medications you are taking.