

Patient Name: _____

Telephone #: () _____ - _____ Age: _____

Patient and Significant Others Health Survey[®]

You're taking this proactive survey because you want better health...but what about your significant others? Spouses, children, boyfriends, girlfriends and anyone with whom you share hugs, kisses and intimacy are all interconnected to your wellness...and their own! Symptoms might be more prevalent in one person than the other—only laboratory tests will reveal the truth of what is going on in each of our bodies. Remember...the sooner an imbalance is detected, the easier it is to correct—before symptoms manifest. Celebrate strong mind and body health together with your significant others...every day. Each of your significant others should fill out their own copy. The tests are easily done in your own home with clear, concise instructions and mailer. Your practitioner will give you an individual interpretation of your test(s) with the purpose of identifying the root cause(s) of your health issues.

(BioHealth Diagnostic's laboratory test numbers are listed, see page 4 for other suggested labs when necessary)

1 PHYSICAL

- headaches
- low back pain
- mid back pain
- migraines
- neck pain
- neurological symptoms
- wellness care
- other pain: _____

2 RULE OUT PARASITES

- 398 (blood),
401H (stool)
- bloating
 - constipation
 - diarrhea
 - various GI symptoms
 - rectal itching
 - no symptoms

3 RULE OUT H. PYLORI

401H, 418 (stool), 383 (blood)

- acid reflux
- acne
- bad breath
- belching
- burping
- cancer
- constipation
- depression
- fatigue
- gastritis
- headaches
- heartburn
- indigestion or nausea
- intense hunger
- malabsorption
- migraines
- morning, painful, or foul smelling gas
- overweight/cannot lose weight
- poor sleep
- rosacea
- ulcers
- upper abdominal pain

4 RULE OUT GLUTEN INTOLERANCE

230 (blood & saliva), 296 (blood)

- ADD/ADHD
- Addison's Disease
- Alternating diarrhea/constipation
- asthma
- autism
- autoimmune growth retardation
- bone diseases
- celiac disease
- Crohn's Disease
- colitis
- dark circles under eyes
- dental enamel lesions
- depression
- diarrhea
- Down's Syndrome
- dyslexia
- epilepsy
- esophageal symptoms
- failure to thrive
- fatigue
- fibromyalgia
- food sensitivity (ex: soymilk, cows milk)
- gynecological disorders
- headaches
- IBS
- infertility
- learning disabilities
- liver disorders
- malabsorption
- nausea
- otitis media
- pernicious anemia
- postpartum depression
- psychiatric & brain disorders
- RA
- skin diseases
- sleep & behavior disorders
- suicidal thoughts (or attempts)
- thyroid & eating disorders
- undigested food in stool
- vitamin & mineral deficiencies
- vomiting
- weight loss

5 LOW ADRENAL FUNCTION

201, 205 (saliva)

- allergies
- bacterial, fungus or mold infection
- blood sugar imbalance
- chronic illness
- depression
- digestive disorder
- dizziness upon standing
- dry or thin skin
- excessive hunger
- hair loss
- headaches
- heart palpitations
- immune deficiency
- inflammation
- liver disorders
- low blood pressure
- low body temperature
- low sex drive
- mood swings
- parasite infection
- PMS
- poor concentration
- poor memory
- shoulder pain
- sleep disorder
- sweet craving
- thyroid disorder
- weakness
- weight gain/loss

Patient and Significant Others Health Survey (continued)

Patient Name: _____

(PLEASE DO NOT FAX)

6 HIGH ESTROGENS

205 (post/hysterectomy),
208 (pre, peri)(saliva)

- blood sugar imbalance
- bone repair-interference
- breast tenderness
- depression
- endometriosis
- excessive blood clotting
- headaches
- increased risk for breast cancer
- increased body fat
- infertility
- interference with thyroid hormone
- loss of zinc retention of copper
- low sex drive
- reduced oxygen in all cells
- risk for endometrial cancer
- salt & fluid retention
- uterine cramping

9 TOXIC LIVER

280, 290 (blood)

- abdominal pain
- altered smell or taste
- ascites (fluid that fills and distends the abdomen)
- autoimmune disorders
- aversion to certain foods
- dark circles under eyes
- fatigue
- fever
- hemochromatosis (too much iron)
- infections (especially viral)
- itching of the skin
- jaundice (yellowness of skin and whites of eyes)
- loss of appetite
- muscle aches
- nausea
- progressive weight loss
- weakness headache
- Wilson's Disease

10 HIGH PROGESTERONE

205 (post/hysterectomy),
208 (pre, peri)(saliva)

- bloating
- breast tenderness
- decreasing insulin sensitivity
- depression
- raising insulin levels
- reducing libido
- weight gain

11 LOW PROGESTERONE

205 (post/hysterectomy),
208 (pre, peri)(saliva)

- anxiety, can't shut down
- endometriosis and uterine fibroids
- heavy menstrual bleeding
- irregular menstrual cycles
- irritability and mood swings
- poor sleep
- tender breasts
- unable to get pregnant
- unable to maintain a pregnancy

7 LOW ESTROGENS

205 (post/hysterectomy),
208 (pre, peri)(saliva)

- accelerated aging
- depression
- dry hair, skin, and nails
- fear
- headaches
- heart palpitations
- hot flashes
- mental foginess
- migraines
- poor sleep
- vaginal dryness
- worry

12 HYPOTHYROID 282, 290 (blood)

- abnormal menstrual cycles
- depression
- dry & coarse skin and hair
- fatigue
- forgetfulness
- high cholesterol
- iodine deficiency
- iodine increase
- weight gain

13 HYPERTHYROID 282, 290 (blood)

- breathlessness
- bulging eyes, "spacy" gaze
- chest pain
- diarrhea or GI upset
- feeling of being too warm all the time
- hair loss
- heart palpitations/ accelerated heart rate
- heightened anxiety, irritability, moodiness or depression
- increased appetite
- light or absent menstrual periods, infertility
- muscle deterioration
- nervousness or trembling
- poor sleep, yet exhausted
- vision problems or eye irritation
- warm or moist skin
- weight loss

8 IMMUNITY

205S, 302, 310 (saliva)

- _____
- _____

Patient and Significant Others Health Survey (continued)

Patient Name: _____

(PLEASE DO NOT FAX)

14 HIGH TESTOSTERONE/ANDROGENS

- agitated, aggression
- irritability
- angry
- depression
- increased facial hair
- increased body hair
- loss of scalp hair
- acne
- oily skin
- deepening of voice
- clitoral enlargement
- elevated triglycerides
- low HDLs
- insulin resistance
- unable to lose weight
- PCOS
- anovulatory cycle

15 LOW TESTOSTERONE

- inhibition of physical, sexual and cognitive function
- increased abdominal fat
- shrinking of muscle mass
- loss of feeling of well-being
- depression
- fatigue
- decreased libido
- erectile dysfunction
- loss of ability to concentrate
- moody & emotional
- memory failure

16 BIOTOXINS, LUPUS, LYME, MOLD, OR MS

- persistent swollen glands
- sore throat
- fevers
- sore soles, esp. in the a.m.
- joint pain
 - fingers, toes
 - ankles, wrists
 - knees, elbows
 - hips, shoulders
- joint swelling
 - fingers, toes
 - ankles, wrists
 - knees, elbows
 - hips, shoulders
- unexplained back pain
- stiffness of the joints or back
- muscle pains or cramps
- obvious muscle weakness
- twitching of the face or other muscles
- confusion, difficulty thinking
- difficult with concentration, reading, problem absorbing new information
- word search, name block
- forgetfulness, poor short-term memory, poor attention
- disorientation: getting lost, going to wrong places
- speech errors: wrong word, misspeaking
- mood swings, irritability, depression
- anxiety, panic attacks
- psychosis: hallucinations, delusions, paranoia, bipolar
- tremor
- seizures
- headache
- light sensitivity
- sound sensitivity
- vision: double, blurry, floaters
- ear pain
- hearing: buzzing, ringing, decreased hearing
- increased motion sickness, vertigo, spinning
- off balance, "tippy" feeling
- lightheadedness, wooziness, unavoidable need to sit or lie
- Tingling, numbness, burning or stabbing sensations, shooting pains, skin hypersensitivity
- facial paralysis - Bell's Palsy
- dental pain
- neck creaks and cracks, stiffness, neck pain
- fatigue, tired, poor stamina
- Insomnia, fractionated sleep, early awakening
- excessive night-time sleep
- napping during the day
- unexplained weight gain
- unexplained weight loss
- unexplained hair loss
- pain in genital area
- unexplained menstrual irregularity
- unexplained milk production; breast pain
- irritable bladder or bladder dysfunction
- erectile dysfunction
- loss of libido
- queasy stomach or nausea
- heartburn, stomach pain
- constipation
- diarrhea
- low abdominal pain, cramps
- heart murmur or valve prolapse
- heart palpitations or skips
- "heart block" on EKG
- chest wall pain or ribs sore
- head congestion
- breathlessness, "air hunger," unexplained chronic cough
- night sweats
- exaggerated symptoms or worse hangover from alcohol
- symptom flares every 4 wks.
- degree of disability

Patient and Significant Others Health Survey (continued)

(PLEASE DO NOT FAX)

Patient Name: _____

Female hormone questions:

Age _____

1. List hormone driven pathologies, i.e., endometriosis, breast cancer.

2. What is your purpose for this evaluation?

3. When was your last menses/bleeding? _____

4. Hysterectomy? Yes No At what age? _____

5. What was the length of your cycle when you were in your 20s? (i.e., 27, 28, 29 days) _____

6. What has been the length of your last 3 cycles? _____

7. List symptoms related to your cycle, i.e., monthly migraines.

8. Characteristics of your cycle, shorter, longer, missed, abnormal pain or bleeding etc.

9. Do you have heart palpitations? Yes No

10. What type of hormones have you been taking? Natural or synthetic? What form, i.e., drops under tongue, patch, oral pills, creams, etc.? (DHEA, Pregnenolone, Progesterone, Estrogens, Testosterone)

11. If you did a saliva test how long prior to doing the test did you stop taking hormones? _____ Did you take hormones during saliva testing? Yes No

12. How is your sex drive? _____

13. Moodiness or emotionality? Yes No
Depression? Yes No

14. Increased abdominal fat? Yes No

**Achieve Success
in Weight Loss,
Less Depression,
Increased Energy,
Healthier Hair and Skin**

**Balanced
Body & Mind**

**Balance
sex hormones**

**Balance
adrenal hormones**

Identify food intolerances

Improve blood sugar control

Discover hidden infections – know when to refer

Learn how lifestyle and emotional stressors can lower essential hormones, creating body & mind dysfunctions

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Patients: please list any other health concerns here and on the back of form, if needed:

Suggested Labs for Diagnostic Testing

Hair testing/metals: Doctors Data Inc.: <http://www.doctorsdata.com/home.asp>

Immunity testing: NeuroScience: <http://www.neurorelief.com>

Ion panel: Metamatrix Clinical Laboratory: <http://www.metamatrix.com>

Lyme disease testing: IGeneX Inc.: <http://www.igenex.com/>

Mold testing (blood): IBT Laboratories: http://www.ibtreflab.com/diagnostic_testing_services/test_directory.asp?q=mold

Urinary neurotransmitter testing: DBS Labs: http://www.labdb.com/home_page.htm

Miscellaneous Resources

Acne, sinus. Healthwise Nasal Sinus Bath: <http://www.letsgethealthwise.com/>

Mold home/office testing/eradication referrals: OC Inspectors (David Gilbert MS, Orange County, CA): <http://www.ocinspectors.com/>

Sole Footbeds: <http://www2.yoursole.com/>