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	2 RULE OUT PARASITES 2002 (ILL IN		
□ low back pain □ mid back pain	398 (blood), 401H (stool)	□ acid reflux	\Box indigestion or nausea
		acne	□ intense hunger
□ neck pain	□ bloating	□ bad breath	□ malabsorption
	□ constipation □ diarrhea	□ belching	☐ migraines
symptoms	□ various GI symptoms	\Box burping	☐ morning, painful, or
wellness care	\Box rectal itching	□ cancer	foul smelling gas
🗆 other pain:	\Box no symptoms		□ overweight/cannot
		□ constipation	lose weight
			🗆 poor sleep
4 RULE OUT GLUTEN IN	TOLERANCE	☐ fatigue	
230 (blood & saliva), 29	96 (blood)	□ gastritis	🗆 ulcers
	\Box headaches	headaches	🗆 upper abdominal pain
🗆 Addison's Disease		🗆 heartburn	
□ Alternating diarrhea/	□ infertility		
constipation	learning disabilities		
□ asthma	□ liver disorders	5 LOW ADRENAL FUNC	TION
 autism autoimmune growth 	□ malabsorption	201, 205 (saliva)	
retardation	□ nausea □ otitis media	□ allergies	□ liver disorders
□ bone diseases	D ottus media	□ bacterial, fungus or	□ low blood pressure
□ celiac disease	\Box postpartum depression	mold infection	\Box low body
🗆 Crohn's Disease	\Box psychiatric & brain	□ blood sugar imbalance	-
🗆 colitis	disorders	\Box chronic illness	□ low sex drive
\Box dark circles under eyes	🗆 RA	□ depression	mood swings
🗆 dental enamel lesions	\Box skin diseases	☐ digestive disorder	parasite infection
\Box depression	sleep & behavior	☐ dizziness upon	
🗆 diarrhea	disorders	standing	poor concentration
Down's Syndrome	 suicidal thoughts (or attempts) 	\Box dry or thin skin	poor memory
🗆 dyslexia	\Box thyroid & eating	excessive hunger	🗆 shoulder pain
epilepsy	disorders	🗆 hair loss	□ sleep disorder
esophageal symptoms failure to thrive	\Box undigested food	🗆 headaches	□ sweet craving
☐ failure to thrive	in stool	□ heart palpitations	☐ thyroid disorder
□ fatigue □ fibromyalgia	🗆 vitamin & mineral	□ immune deficiency	weakness
\Box food sensitivity	deficiencies	□ inflammation	🗆 weight gain/loss
(ex: soymilk, cows milk)	□ vomiting		· · · · · · · · · · · · · · · · · · ·
□ gynecological disorders	\Box weight loss	Plassa Da Nat	

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Patient and Significant Others Health Survey (continued) (PLEASE DO NOT FAX)

(PLEASE DO NOT FAX)

10 HIGH PROGESTERONE **9** TOXIC LIVER 6 HIGH ESTROGENS 280, 290 (blood) 205 (post/hysterectomy), 205 (post/hysterectomy), 208 (pre, peri)(saliva) 208 (pre, peri)(saliva) abdominal pain □ bloating □ blood sugar imbalance □ altered smell or taste □ breast tenderness □ bone repair-interference \Box ascites (fluid that fills and □ decreasing insulin sensitivity □ breast tenderness distends the abdomen) □ depression □ depression □ autoimmune disorders □ raising insulin levels endometriosis □ aversion to certain foods □ reducing libido □ excessive blood clotting □ dark circles under eyes □ weight gain \Box headaches ☐ fatigue \square increased risk for □ fever breast cancer **11** LOW PROGESTERONE □ hemochromatosis (too much □ increased body fat 205 (post/hysterectomy), iron) □ infertility 208 (pre, peri)(saliva) □ infections (especially viral) □ interference with thyroid □ anxiety, can't shut down hormone \Box itching of the skin □ endometriosis and uterine □ loss of zinc retention □ jaundice (vellowness of skin fibroids of copper and whites of eyes) □ heavy menstrual bleeding \Box low sex drive \Box loss of appetite □ irregular menstrual cycles □ reduced oxygen in \square muscle aches □ irritability and mood swings all cells 🗌 nausea □ risk for endometrial □ poor sleep □ progressive weight loss cancer \Box tender breasts □ weakness headache □ salt & fluid retention \Box unable to get pregnant □ uterine cramping □ Wilson's Disease □ unable to maintain a pregnancy

Patient Name:

7 LOW ESTROGENS

- 205 (post/hysterectomy), 208 (pre, peri)(saliva)
- \Box accelerated aging
- \Box depression
- \Box dry hair, skin, and nails
- 🗆 fear
- \Box headaches
- □ heart palpitations
- hot flashes
- □ mental fogginess
- □ migraines
- □ poor sleep
- □ vaginal dryness
- □ worry

8 IMMUNITY

205S, 302, 310 (saliva)

12 HYPOTHYROID 282, 290 (blood)

- \square abnormal menstrual cycles
- \Box depression
- \Box dry & coarse skin and hair
- 🗆 fatigue
- □ forgetfulness

13 HYPERTHYROID 282, 290 (blood)

□ breathlessness

- \Box bulging eyes, "spacy" gaze
- \Box chest pain
- \Box diarrhea or GI upset
- feeling of being too warm all the time
- \Box hair loss
- heart palpitations/ accelerated heart rate
- heightened anxiety, irritability, moodiness or depression

 \Box increased appetite

□ high cholesterol

□ iodine deficiency

□ iodine increase

□ weight gain

- light or absent menstrual periods, infertility
- \Box muscle deterioration
- $\hfill\square$ nervousness or trembling
- \Box poor sleep, yet exhausted
- \square vision problems or eye irritation
- □ warm or moist skin
- weight loss

14 HIGH TESTOSTERONE/ANDROGENS

- □ agitated, aggression
- □ irritability
- □ angry
- □ depression
- □ increased facial hair
- □ increased body hair
- □ loss of scalp hair
- 🗆 acne
- \Box oily skin

□ clitoral enlargement

 \Box deepening of voice

- □ elevated triglycerides □ low HDLs
- \Box insulin resistance
- \Box unable to lose weight

- \Box anovulatory cycle

15 LOW TESTOSTERONE

Patient Name:

- \Box inhibition of physical, sexual and cognitive function
- □ increased abdominal fat
- \Box shrinking of muscle mass
- □ decreased libido

□ depression

□ fatique

- □ erectile dysfunction
- \Box loss of ability to concentrate
- moody & emotional
- □ loss of feeling of wellbeing

□ memory failure

16 BIOTOXINS, LUPUS, LYME, MOLD, OR MS

- □ persistent swollen glands
- □ sore throat
- ☐ fevers
- \Box sore soles, esp. in the a.m.
- □ joint pain
 - \Box fingers, toes
 - □ ankles, wrists
 - □ knees, elbows
- ☐ hips, shoulders
- \Box joint swelling
 - \Box fingers, toes
 - \Box ankles, wrists
 - □ knees, elbows
 - ☐ hips, shoulders
- □ unexplained back pain
- □ stiffness of the joints or back
- □ muscle pains or cramps
- □ obvious muscle weakness
- \Box twitching of the face or other muscles
- \Box 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
- \Box 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
- \Box increased motion sickness, vertigo, spinning
- □ off balance, "tippy" feeling
- □ lightedheadedness, wooziness, unavoidable need to sit or lie
- □ Tingling, numbness, burning or stabbing sensations, shooting pains, skin hypersensitivity
- ☐ facial paralysis Bell's Palsy
- □ dental pain
- \Box neck creaks and cracks, stiffness, neck pain
- □ fatigue, tired, poor stamina
- □ Insomnia, fractionated sleep, early awakening
- \Box excessive night-time sleep
- \Box 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
- \Box erectile dysfunction
- \Box 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

 \Box degree of disability

- □ breathlessness, "air hunger," unexplained chronic cough
- night sweats
- □ exaggerated symptoms or worse hangover from alcohol
- □ symptom flares every 4 wks.

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Patient and Significant Others Health Survey (continued) (PLEASE DO NOT FAX)

Female hormone questions:	Age		
1. List hormone driven pathologies, i.e., endometriosis,	9. Do you have heart palpitations? 🛛 Yes 🗌 No		
 breast cancer. 2. What is your purpose for this evaluation? 	 10. What type of hormones have you been taking? Natural or synthetic? What form, i.e., drops under tongue, patch, ora pills, creams, etc.? (DHEA, Pregnenolone, Progesterone, Estrogens, Testosterone) 		
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)	11. If you did a saliva test how long prior to doing the test		
6. What has been the length of your last 3 cycles?	did you stop taking hormones? Did you		
 List symptoms related to your cycle, i.e., monthly migraines. 	take hormones during saliva testing? □ Yes □ No 12. How is your sex drive?		
	_ 13. Moodiness or emotionality? 🗆 Yes 🛛 No		
8. Characteristics of your cycle, shorter, longer, missed,	Depression? Yes No		
abnormal pain or bleeding etc.	14. Increased abdominal fat? \Box Yes \Box No		

Patient Name:

Patients: please list any other health concerns here and on the back of form, if needed: **Achieve Success** in Weight Loss, Balanced Less Depression, Body & Mind Increased Energy, **Balance Healthier Hair and Skin** sex hormones Balance adrenal hormones STRESSORS **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 © 2008 Daniel Bivins DC

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: Metametrix Clinical Laboratory: http://www.metametrix.com Lyme disease testing: IGeneX Inc.: <u>http://www.igenex.com/</u> Mold testing (blood): IBT Laboratories: http://www.ibtreflab.com/diagnostic testing services/test directory.asp?g=mold Urinary neurotransmitter testing: DBS Labs: http://www.labdbs.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/