

Current Health/ History – please read directions carefully and complete about current health status

Mark all that apply with (S) for Same/No Change, (I) for Improved, (N) for New Concern

- Weight changes, Frequent Colds/Flu, Asthma/Respiratory disease, Sinus problems/Allergies, Anemia, Skin Conditions, Neck/Back pain, High cholesterol, Stroke, High blood pressure, Depression, Bipolar disorder, OCD, AD/HD, SAD, Concussion/Head injury, Digestive problems, Cancer, Menstrual problems/ pain, Numbness/Tingling, Dental/Jaw issues, Headaches, Diabetes (Type: _____), Urinary Tract Infections, Arthritis (Type? _____), Bowel/bladder changes, Dizziness/Vertigo, Ear/Hearing Issues, Eye/Vision Issues, Reproductive Organ Disorders, Thyroid Disorder

Other: _____

Has anything changed regarding any of the following since your last exam? (If yes, answer below.)

- Diet: _____, Exercise: _____, Sleep: _____, Hydration: _____, Stress: _____, Therapies/Practitioners: _____, Other: _____

Have you stopped any medications or supplements since your last exam? Yes No

What and reason stopped: _____

Have you started any medications or supplements since your last exam? Yes No

What and reason started: _____

List all medications (over the counter and pharmaceutical) and supplements you are currently taking and the reason for them:

For Females Only: Please fill out the following questions regarding any new pregnancies or births.

Recent Births:

Third Trimester Presentation: Vertex____ Breech____ Transverse____ Face/Brow____, Type of Birth: Vaginal____ Forceps____ Cesarean____ Suction Cup or Vacuum____, Interventions: Pitocin____ Epidural____ Ruptured Membranes____ Episiotomy____ Assisted Pushing____, Delivery Location: _____ OB/Midwife: _____, Pregnancy/Birth Story: _____

Do you plan on breastfeeding? Yes No

For how long? _____ or why not? _____

Do you plan on vaccinating this child? Yes No

If yes, what type of schedule are you choosing: Full____ Delayed____ Modified____

Why? _____

New Pregnancy:

Do you plan on delivering at: Home____ Birthing Center____ Hospital____

If not delivering at home, please name birthing location: _____

Do you plan on using a: Midwife____ Doula____ Nurse Midwife____ OB____ (circle all that apply)

Names: _____

Do you plan on breastfeeding? Yes No

For how long? _____ or why not? _____

Do you plan on vaccinating this child? Yes No

If yes, what type of schedule are you choosing: Full____ Delayed____ Modified____

Why? _____

Is there some aspect of your life that very much **pleases you**, brings you joy, or helps you to feel better about yourself? _____

Are there any particular factors or elements about your life, experiences, family, work, recreation, past injuries, genetics, dietary programs, exercises, outlook, etc. that you feel **impair** your opportunity for full, unimpeded health? _____

Are there any particular factors or elements about your life, experiences, family, work, recreation, genetics, dietary programs, exercises, outlook, etc. that you feel give you an edge or **adds to your health**? _____

Is there **anything else** which may help me to understand you, your history, or your needs which have not been discussed on this survey? Please explain: _____

Health is a process. Past and present choices affect this process.

Thank you for taking the time to provide me with the information I need to best help you achieve your health goals. Congratulations on taking an active step toward health and thank you for giving me the opportunity to participate in this process.

Signature: _____

Date: _____

Featured in *The American Chiropractor* magazine as one of the “10 Great” approaches to chiropractic

Bio-Geometric Integration masterfully blends the philosophy, science, and art of chiropractic and enhances the chiropractor's understanding of the human body. BGI provides comprehensive information of the innate geometry of the body and the force dynamics surrounding the creation and the release of subluxations. The philosophy, science, and art of chiropractic are examined from a post-Newtonian point of view, providing the opportunity to express and comprehend chiropractic in accord with contemporary science. Through understanding the innate geometry of the body, the chiropractor is able to more efficiently and gently release the subluxation and assess the effectiveness of the adjustment.

(Edited by Lotus of Life Chiropractic)