



**HEALTH HISTORY FORM**

PATIENT INFORMATION	CONTACT INFORMATION
Date _____	Home Phone _____
Name _____	Work Phone _____
Address _____	Cell Phone _____
Age _____ Birthdate _____	E-mail _____
Occupation _____	Emergency Contact Info:
Primary Physician _____	Name _____
Physician Phone # _____	Relationship _____
How did you hear about us? _____	Home Phone _____
	Work Phone _____
	Cell Phone _____

HEALTH HISTORY	
<p>What are your primary reasons for coming in for treatment? _____</p> <p>When did this problem begin? _____</p> <p>Have you seen an MD for this problem? Y/N</p> <p>If yes, what was the diagnosis? Please write it here _____</p> <p>Capitol Wellness DC LLC encourages you to go to an M.D. for any health problems for which you are seeking treatment. Please sign here to acknowledge that you have read and understand this statement, and please feel free to ask us if you have any questions. _____</p>	<p>Please list any and all medications you are currently taking with dosage: _____ _____ _____</p> <p>Have you had surgery? If yes, please list here. Include an approximate date: _____ _____ _____</p> <p>Do you have allergies? If so, please list them here: _____ _____ _____</p>

What are your major causes of stress? (i.e. money, job, personal relationships, health)	
What do you do to relax?	Do you exercise regularly? If so, what type? How often?
Does your job keep you physically active?	Are you on a diet? If so, please explain:
Do you smoke? If so, how much?	How much alcohol do you drink per week?
How much coffee/tea/soda do you drink per day?	How much water do you drink per day?

**LIVER**

*Liver Qi Stagnation*

- Tightness in the chest or above the stomach
- Frequent sighing
- Hiccups
- Depression
- Nausea and/or vomiting
- Poor appetite
- Sour regurgitation
- Acid reflux
- Belching
- Borborygmus
- Diarrhea
- Feeling wound up or restless
- Difficulty swallowing or a lump in the throat
- Irregular menstrual periods
- Painful menstrual periods
- PMS irritability

*Liver Blood Stasis*

- Nosebleeds
- Painful periods
- Irregular periods
- Dark menstrual blood
- Clots in the menstrual blood
- Abdominal pain
- Lump in the abdomen
- Purple nails, lips or skin

*Liver fire*

- Irritability
- Tendency towards angry outbursts
- Ringing in the ears
- Deafness
- Headache on the temples
- Dizziness
- Red eyes
- Thirst
- Bitter taste in the mouth
- Dream disturbed sleep
- Constipation
- Dark yellow urine

*Liver Invading the Spleen*

- Irritability
- Abdominal distention and/or pain
- Alternating diarrhea and constipation
- Dry stool
- Flatulence/gas

*Damp-Heat in the Liver and Gallbladder*

- Fever
- Urine is very dark and very little comes out
- Fullness and/or pain of the chest or above the stomach
- Jaundice
- Bitter taste in the mouth
- Nausea/vomiting
- Loss of appetite
- Abdominal distention or bloating
- Vaginal discharge
- Pain, redness and/or swelling of the scrotum
- Vaginal itching

*Cold Stagnation in the Liver Channel*

- Fullness or distention just over the bladder, especially with pain that radiates to the scrotum or vagina
- Straining of the testes
- Hernia
- Pain just over the bladder that feels better with warmth

*Liver Blood Deficiency*

- Dizziness
- Numbness of the limbs
- Insomnia
- Blurred vision
- Seeing spots in front of the eyes
- Very little or no menstrual blood
- Pale skin or lips
- Weakness of the muscles
- Muscle spasms or cramps (including in the feet and/or legs)
- Brittle nails
- Dry hair or skin

*Liver Yang Rising*

- Headache in temples or behind the eyes
- Dizziness
- Ringing in the ears
- Difficulty hearing
- Dry mouth and/or throat
- Insomnia
- Irritability
- Feeling worked up
- Shouting in anger



**Following is a whole body review of systems. Please check the box next to any symptoms that you regularly experience, or that you have experienced in the last two weeks. Some symptoms are listed more than once. Please be sure to check the box each time.**

### LUNGS

*Lung Qi Deficiency*

- Easy sweat (even at rest)
- A lot of sweat
- Low voice
- Feeling like you don't want to speak
- Shortness of breath, even at rest
- Cough
- Watery nasal discharge
- Frequent colds

*Lung Yin Deficiency*

- Dry cough
- Cough with very little, sticky mucous (may have a streak of blood in it)
- Dry mouth and/or throat

*Phlegm-Heat in the Lungs*

- Barking cough
- Yellow, green or dark brown phlegm
- Shortness of breath
- Asthma
- Tightness or pain in the chest

*Wind cold/heat*

- Fever
- Chills
- Sweating
- Stuffed or runny nose
- A lot of clear, watery phlegm in your nose
- Frontal headache (mostly on the forehead)
- Occipital headache (mostly in the back of the head)
- Temporal headache (on the sides/temples)
- Vertex headache (at the top of the head)
- Stiff neck
- Coughing up a lot of clear or white phlegm
- Coughing up a lot of yellow phlegm
- Scratchy or sore throat
- Thirst
- Swollen tonsils

### SPLEEN

*Spleen Qi Deficiency*

- Loss of appetite
- Abdominal distention or bloating after eating
- Gas after eating
- Getting tired after eating
- Fatigue
- Weakness in your arms and/or legs
- Loose stool
- Edema

*Spleen not controlling the blood*

- Blotches on the skin
- Blood in the urine
- Blood in the stool
- Heavy menstrual bleeding
- Heavy uterine bleeding outside the menstrual period
- Easy bruising

*Dampness (damp-heat or damp-cold)*

- Chest oppression (like there is a belt on your chest pulled too tight)
- Epigastric oppression (same thing around the stomach area)
- Stomach ache that is relieved by heat
- White vaginal discharge
- Thirst without the desire to drink, or only drinking small sips
- Nausea
- Vomiting
- Loose stool with bad odor
- Burning sensation in the anus
- Burning urination
- Scanty urination
- Feeling like you have to urinate, but then very little comes out

*Spleen Yang Deficiency*

- "Bearing down" feeling in the abdomen
- Organ prolapse
- Hemorrhoids
- Hernia

**HEART**

*Heart Qi Deficiency*

- Heart palpitations or flutters
- Shortness of breath on exertion
- A lot of sweating (either at rest or during exercise)
- Fatigue
- Feeling “out of it”

*Heart Yang Deficiency*

- Feeling stuffiness or fullness around the heart
- Feeling cold
- Cold limbs (especially hands)

*Heart Blood Deficiency*

- Heart palpitations or flutters
- Dizziness
- Insomnia
- Dream disturbed sleep
- Difficulty remembering things
- Anxiety
- Feeling easily startled

*Heart Yin Deficiency*

- Uneasiness or feeling “fidgety”
- Red cheeks
- Chronic low grade fever
- Feeling hot in the afternoon
- Feeling “hot and bothered”
- Night sweating
- Dry mouth and/or throat
- Heat in the palms

*Heart Fire*

- Palpitations
- Thirst
- Sores on the mouth and/or tongue
- Feeling agitated
- Impulsiveness
- Insomnia
- Dark urine
- Blood in the urine
- Feeling like you have to urinate but then very little comes out
- Frequent urination of small amounts
- Pain on urination

*Phlegm-Fire Misting the Heart*

- Restlessness
- Heart palpitations
- Bitter taste in the mouth
- Insomnia
- Dream disturbed sleep
- Feeling easily startled
- Incoherent speech
- Mental confusion
- Rash behavior
- Tendency to hit or scold people
- Uncontrolled laughter or crying
- Agitation or shouting
- Muttering to yourself
- Mental depression

In this space, please feel free to write down any other signs or symptoms you want to mention that haven't been covered above:

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