PURE & SIMPLE HEALTH
Wellness Made Easy

GETTING TO KNOW YOU!

Welcome…please fill out this form to the best of your ability. If you get stuck, don't worry…we will review this form together. We will utilize this information in your consultation. Relax…you are in the right place.

Name: _____ **Today's Date:** _____

Address: _____ **Birthdate:** _____

_____ **Sex:** ☐ M ☐ F

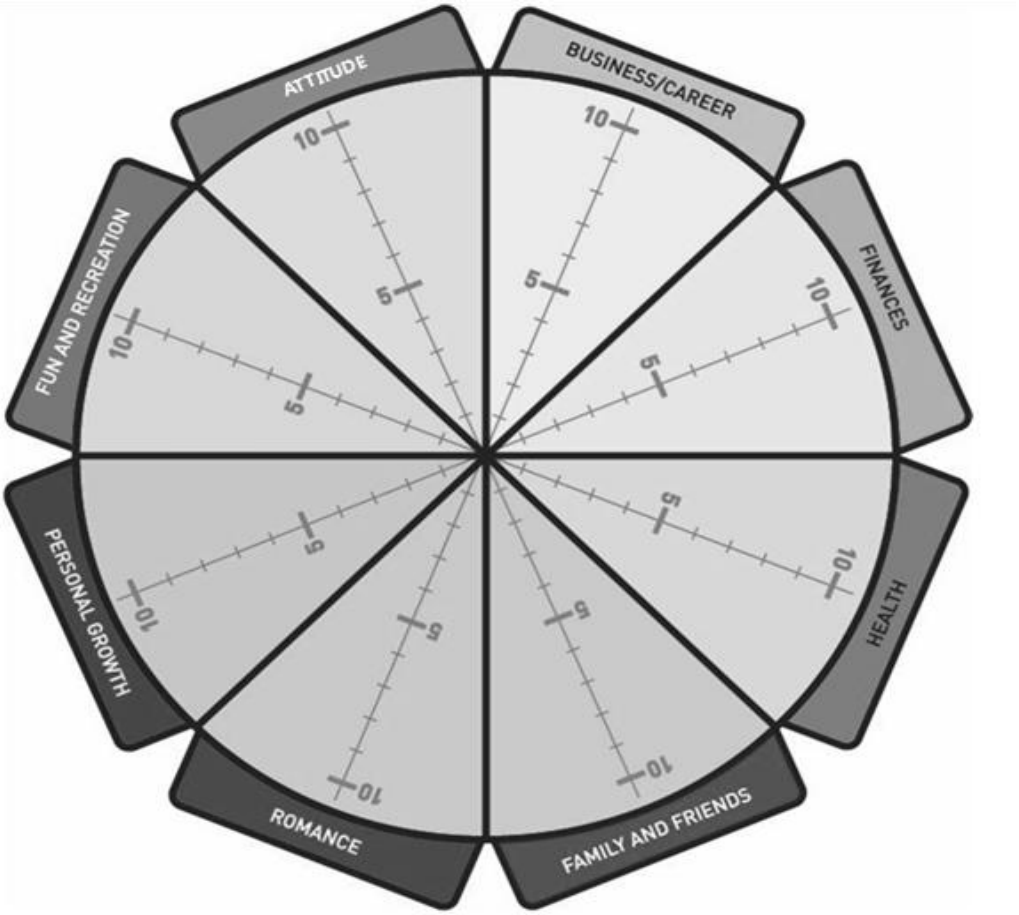
Phone: _____ **Email:** _____

Occupation: _____

How did you find us? _____

YOUR WHEEL OF LIFE

- Please circle your current level of satisfaction in each area of life. 0 = Horrible, 5 = Okay, 10 = Terrific!



Defy Your DNA™

DETOXIFY
NOURISH
ADAPT

Our wholistic approach is designed to help you express your greatest genetic potential and creating lasting improvements in your health and wellbeing. We call it Defying Your DNA. We will help you detoxify and clean out your system, nourish and strengthen your body, and help you more effectively adapt to stress.

THE MOST IMPORTANT QUESTIONS

1. Before we dive into the details of your health history, what are the 3 most important things we can help you with to improve your health and quality of life?

A. _____

B. _____

C. _____

2. What is most important to you in a health practitioner team? _____

3. If you have tried therapies to help these issues in the past, what was succesful? What wasn't?

4. On a scale of 1-10, how important is your health to you? *Scale is: 1 = low, 10 = highest importance*

1 2 3 4 5 6 7 8 9 10

5. On a scale of 1-10, how willing are you to make lifestyle changes to gain greater health? Please circle...

Scale is: 1 = I don't want to change anything, 5 = I will make moderate changes, 10 = I will do anything it takes!

1 2 3 4 5 6 7 8 9 10

YOUR CURRENT NUTRIENT REGIMEN

Please list the supplements you take on a regular basis: _____

Can you swallow capsules? ☐ Yes ☐ No

MEDICATIONS

Please list any medications you are currently taking and the condition for which you are taking them:

DETOXIFY

TOXIC BURDEN

Please check off the symptoms you are regularly experiencing under each category heading and please check off any toxin groups which you are concerned about and if you have a reason, please list why...

BACTERIA

- [ ] Yellow/green discharge
- [ ] Fever gets worse with time
- [ ] Symptoms persist longer than 10-14 days
- [ ] Focal area of illness (sinuses, lungs, throat, etc…)

[ ] I am concerned about this group.
Why? _____

VIRUSES

- [ ] Clear discharge
- [ ] Low-grade fevers/chills
- [ ] History of chronic viral infection (EBV, HPV, Herpes, HIV, etc…)
- [ ] Body-wide aches/fatigue

[ ] I am concerned about this group.
Why? _____

MOLD/FUNGUS

- [ ] Frequent antibiotic usage
- [ ] Fungal rashes/eczema/psoriasis/yeast infections
- [ ] White, coated tongue
- [ ] Strong cravings for sugars and starches

[ ] I am concerned about this group.
Why? _____

LYME

- [ ] History of tick bite
- [ ] Neurological symptoms/confusion/heavy feeling in head
- [ ] Diagnosis of Lyme, MS, Lupus, Autism
- [ ] Excruciating joint pain, non-related to arthritis

[ ] I am concerned about this group.
Why? _____

HEAVY METALS

- [ ] Currently have silver fillings/recently had them removed
- [ ] Exposure through vaccinations/job
- [ ] Memory difficulties
- [ ] Tremors/Alzheimer's/Parkinson's

[ ] I am concerned about this group.
Why? _____

CHEMICALS

- [ ] Chemical exposure at home or work (hair salon, nail salon, etc…)
- [ ] Use commercial cleaning products
- [ ] Use commercial personal care products
- [ ] Currently smoke or exposed to smoke

[ ] I am concerned about this group.
Why? _____

PESTICIDES

- [ ] Eat non-organic produce and animal products
- [ ] Use fertilizer and pesticides on yard
- [ ] Drink/bathe in unfiltered tap water
- [ ] Pesticide exposure through occupation

[ ] I am concerned about this group.
Why? _____

PARASITES

- [ ] History of digestive upset
- [ ] Bloating/gas
- [ ] Itching skin, especially at night
- [ ] Irritable bowel/Crohn's/Celiac

[ ] I am concerned about this group.
Why? _____

PREVIOUS CLEANSING EXPERIENCE

Just like spring cleaning, it is highly recommended to cleanse your major detoxification organs ***at least*** once per year. Please check the organs which you have cleansed in this past year…

- ☐ Colon
- ☐ Liver/Gallbladder
- ☐ Kidney
- ☐ Lymph/Whole Body

What benefits or difficulties did you experience?

_____

_____

AM I READY TO DETOX?

Detoxification requires energy of the body. Please check off the following criteria which must be met before starting a detoxification program:

- ☐ I am having a daily bowel movement
- ☐ I am willing to stay hydrated (drink at least half of my body weight in ounces of water daily)
- ☐ I am not currently pregnant or breastfeeding
- ☐ I can handle a temporary reduction in energy or short-term flare in my symptoms during detox
- ☐ I am willing to measure my 1st-morning urinary pH to make sure that my pH is between 6.5 - 7.25.

NOURISH

Our next step is to find out how we can better nourish your body through nutrition & lifestyle.

DIGESTION

You are not what you eat…you are what you DIGEST! Please check the symptoms which you experience:

- ☐ Acid reflux/heartburn
- ☐ Belching after fatty meals
- ☐ Bloating after eating carbs/sugar
- ☐ Constipation or bowel movt less than 1x/day
- ☐ General indigestion after eating
- ☐ Hard, small, or stringy stools
- ☐ I am 25+ years old and want to optimize my digestion
- ☐ Mild sensitivity to gluten and/or dairy
- ☐ Stools float or light in color
- ☐ Took antibiotics without probiotics
- ☐ Ulcer or pain after eating
- ☐ Other: _____

FOOD SENSITIVITIES

Please check all that apply:

- ☐ Casein
- ☐ Corn
- ☐ Dairy
- ☐ Egg
- ☐ Gluten
- ☐ Peanuts
- ☐ Shellfish
- ☐ Soy
- ☐ Wheat
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

MEAL PREPARATION

Do you prepare meals at home?	☐ Y	☐ N
Do you eat out at restaurants?	☐ Y	☐ N
Do you use artificial sweeteners?	☐ Y	☐ N
Do you use a microwave?	☐ Y	☐ N
Do you have a blender?	☐ Y	☐ N
Do you have a juicer?	☐ Y	☐ N

NUTRIENT DEFICIENCIES

Please check any known nutrient deficiencies:

- ☐ Asparagine
- ☐ Biotin
- ☐ Calcium
- ☐ Carnitine
- ☐ Choline
- ☐ Chromium
- ☐ Coenzyme Q10
- ☐ Copper
- ☐ Cysteine
- ☐ Folate
- ☐ Glutamine
- ☐ Glutathione
- ☐ Inositol
- ☐ Iron
- ☐ Lipoic Acid
- ☐ Magnesium
- ☐ MTHFr mutation
- ☐ Oleic Acid
- ☐ Pantothenate
- ☐ Selenium
- ☐ Serine
- ☐ SPECTROX
- ☐ Vitamin A
- ☐ Bitamin B1
- ☐ Vitamin B2
- ☐ Vitamin B6
- ☐ Vitamin B12
- ☐ Vitamin C
- ☐ Vitamin D
- ☐ Vitamin E
- ☐ Vitamin K2
- ☐ Zinc Oxide

YOUR TYPICAL DIET

Please list the foods you commonly eat for each meal. Don't worry about looking good here…we will just start where we are at and move from here. It is helpful to get a realistic look at your day.

BREAKFAST (Typical time eaten:_____) _____

_____

_____

_____

LUNCH (Typical time eaten:_____) _____

_____

_____

_____

DINNER (Typical time eaten:_____) _____

_____

_____

_____

SNACK (Typical time eaten:_____) _____

_____

_____

_____

BEVERAGES (include amount of each) _____

_____

_____

THE BASICS

1. SLEEP

How many hours do you sleep at night? _____ Do you feel refreshed when you wake up? ☐ **Y** ☐ **N**

What time do you go to sleep? _____ Is your room completely darkened? ☐ **Y** ☐ **N**

If it is less than ideal, how would you describe your sleep?

_____

2. EXERCISE

What kind of exercise do you do? _____

How often? _____

3. SUNLIGHT

Do you get outside daily for at least 20 minutes with no sunscreen? ☐ **Y** ☐ **N**

4. HYDRATION

How many glasses of water do you drink daily? _____

Do you drink any of these diuretics on a daily basis? ☐ **Coffee** ☐ **Caffeinated Drinks** ☐ **Alcohol**

5. FRUITS & VEGGIES

How many servings of fruits and vegetables do you get on a daily basis *(1 serving = 1 piece of fruit or 1/2 cup)*

☐ **None** ☐ **1 to 2** ☐ **3 to 4** ☐ **5+**

WOMEN-ONLY

Are you currently pregnant or breastfeeding? ☐ **Y** ☐ **N** Do you get a monthly period? ☐ **Y** ☐ **N**

Are you experiencing any of the following hormonal symptoms?

☐ Hotflashes, night sweats ☐ Painful periods, cramping

☐ Drop in libido ☐ Cysts/fibroids

☐ Difficulty losing weight
☐ Insomnia
☐ PMS
☐ Other:_____

Have you struggled with fertility/miscarriage? ☐ Y ☐ N
Do you take birth-control pills/hormones? ☐ Y ☐ N
How many children have you delivered? _____
Have you had a hysterectomy? ☐ Y ☐ N
List: _____
Have you had an episiotomy or C-section? ☐ Y ☐ N

MEN-ONLY

Have you experienced a drop in muscular strength, drive, or libido? ☐ Y ☐ N
Do you have difficulty urinating or have an enlarged prostate? ☐ Y ☐ N

ENERGY IMBALANCES

Please check the symptoms which you are experiencing regularly…

VATA

- ☐ Headaches
- ☐ Weakness
- ☐ Arthritis, stiff & painful joints
- ☐ Shy, insecure
- ☐ Losing weight, underweight
- ☐ Insomnia, wake up at night
- ☐ Generalized aches, pains
- ☐ Very sensitive to cold
- ☐ Nail biting
- ☐ Dry, rough, flaky skin
- ☐ Worried
- ☐ Fainting spells, dizziness
- ☐ Heart palpitations
- ☐ Constipation, intestinal gas, bloating
- ☐ Dry, sore throat, dry eyes
- ☐ Agitated mind, difficulty concentrating
- ☐ Anxious, fearful, nervous
- ☐ Fatigue, poor stamina
- ☐ Antsy or hyperactive behavior
- ☐ Low back pain or menstrual cramps
- ☐ Tired, yet can't relax
- ☐ Indecisive

Total # of Checks:_____

PITTA

- ☐ Flushed face
- ☐ Acidity, heartburn, ulcer
- ☐ Acne, rosacea
- ☐ Angry, irritable
- ☐ Argumentative, bossy
- ☐ Bad breath, bitter tase in mouth
- ☐ Blood-shot eyes
- ☐ Boils
- ☐ Bossy, controlling
- ☐ Critical of self & others
- ☐ Diarrhea, loose stools
- ☐ Excessive hunger or thirst
- ☐ Fevers, night sweats
- ☐ Disturbing, violent dreams
- ☐ Frustrated, willful
- ☐ Hostile, destructive
- ☐ Impatient
- ☐ Inflammation
- ☐ Skin rashes
- ☐ Sour body odor
- ☐ Very sensitive to heat, hot flashes
- ☐ Weakness due to low blood sugar

Total # of Checks:_____

KAPHA

- ☐ Allergies, hay fever
- ☐ Apathetic, no ambition
- ☐ Body & limbs feel heavy, swollen
- ☐ Clingy, hanging on to people/ideas
- ☐ Depressed, sad, overly sensitive
- ☐ Diabetes
- ☐ Greedy, possessive, materialistic
- ☐ Groggy all day
- ☐ High cholesterol
- ☐ Mucus & congestion in sinuses/nose
- ☐ Mucus & congestion in throat/chest
- ☐ Nausea
- ☐ Pale, cool, clammy skin
- ☐ Procrastinating, lethargy
- ☐ Sleeping too much
- ☐ Slow to comprehend
- ☐ Slow to react
- ☐ Sluggish, digestion, mucus in stool
- ☐ Sluggish, dull thinking
- ☐ Very tired in morning, hard to get up
- ☐ Water retention, swelling
- ☐ Weight gain, obesity

Total # of Checks:_____

ADAPT

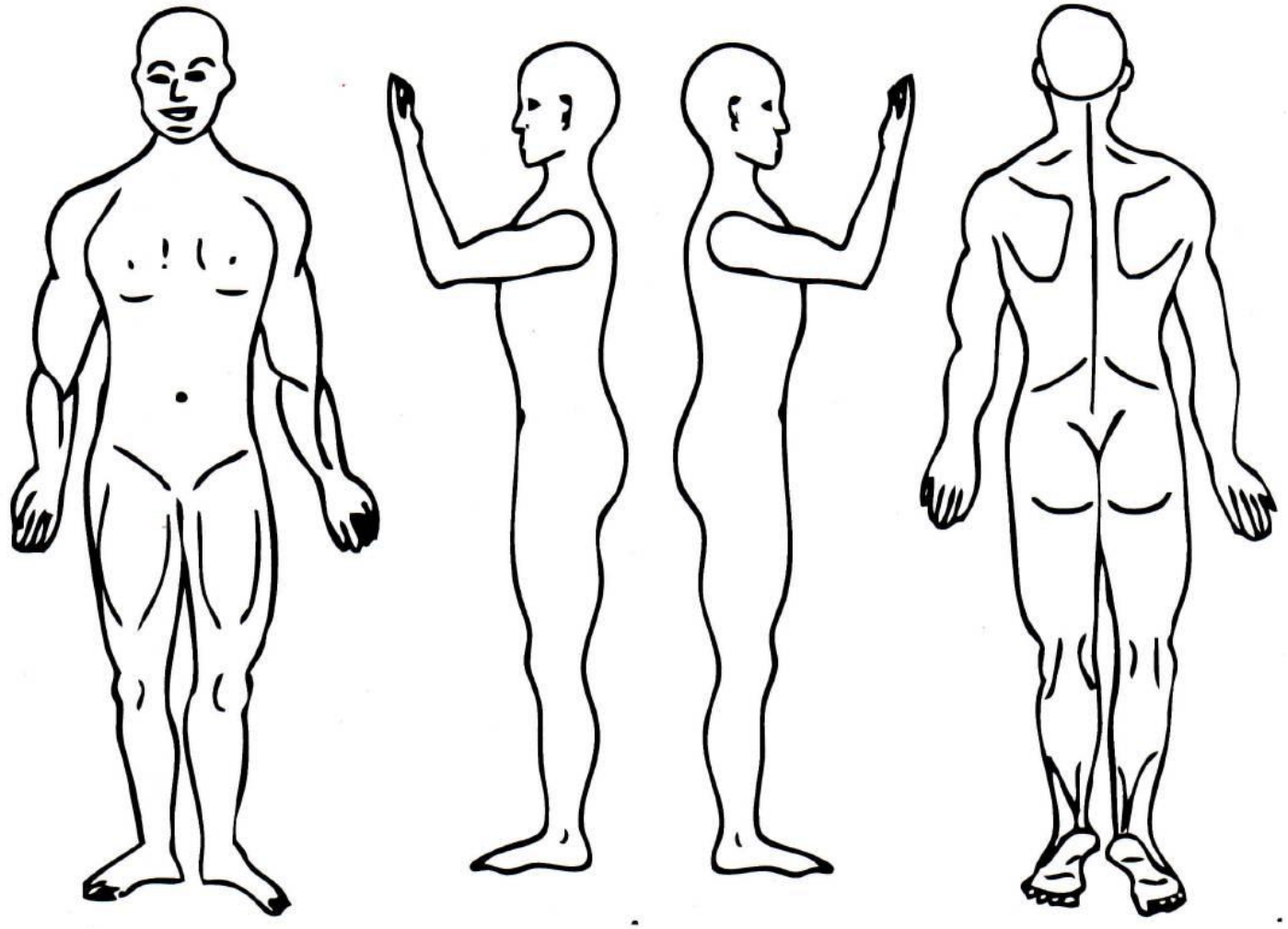
PHYSICAL STRESS

Please list major illnesses, surgeries, injuries, accidents, and/or diagnoses:

_____

SCAR/INJURY CHART

On the illustration below, please mark areas of your body where you are concerned and/or experiencing symptoms. Please also indicate where you have scars or trauma sites. Don't forget concussions, tattoos, piercings, episiotomy, and C-section scars. Please be thorough…



Please describe briefly…

SYMPTOMS

Please circle your response to the following questions. Scale is:

1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Frequently, 5 = Daily

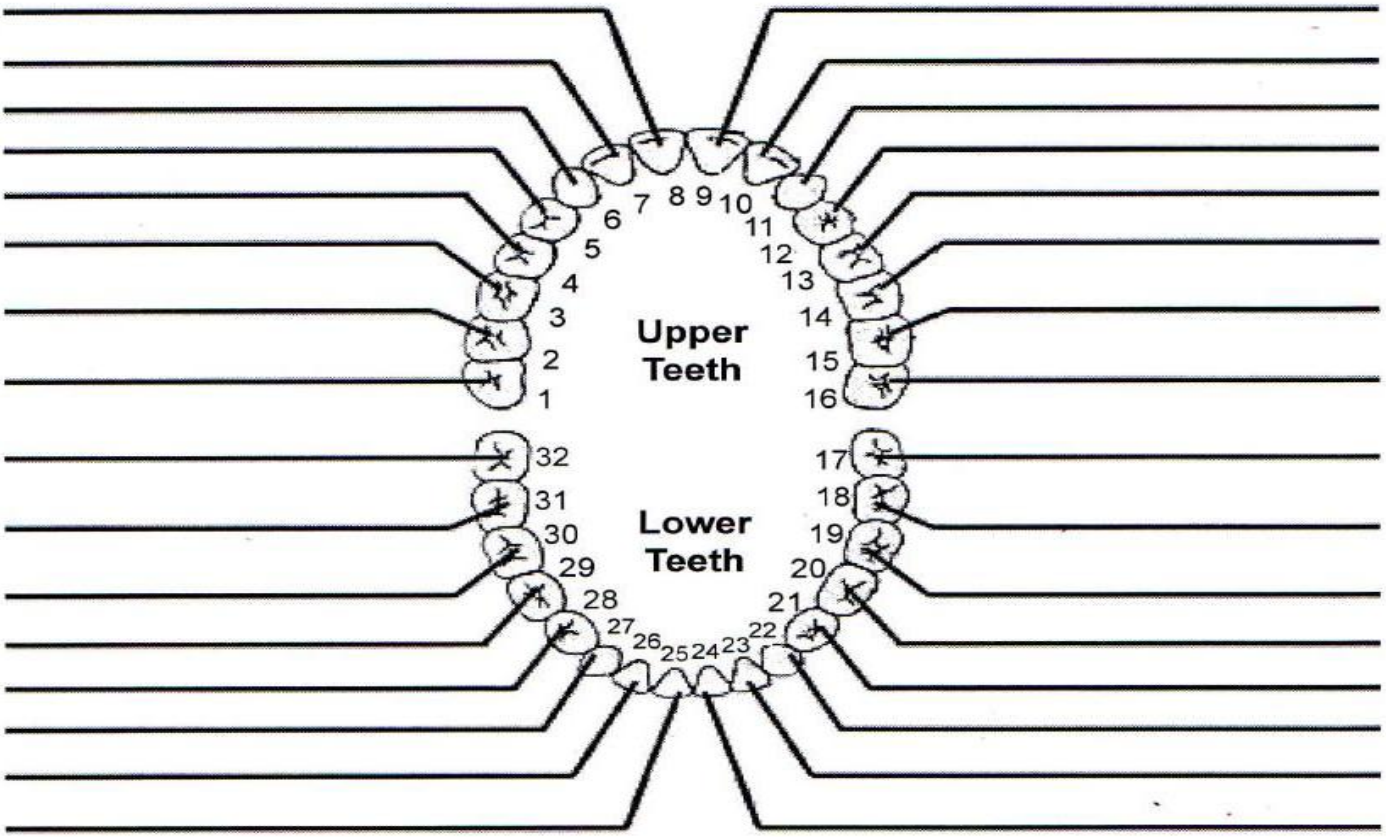
LY	I experience recurrent infections, sinusitis, postnasal drip, or swollen lymph nodes…	**1**	**2**	**3**	**4**	**5**
LU	I experience recurrent respiratory infections, coughs, bronchitis, pneumonia asthma…	**1**	**2**	**3**	**4**	**5**
LI	I experience bouts of diarrhea/constipation/gas/bloating…	**1**	**2**	**3**	**4**	**5**
NE	I experience irritability, nervousness, trembling, anxiety, memory problems…	**1**	**2**	**3**	**4**	**5**
CI	I have cold fingers/toes, blood pressure problems, varicose veins, circulation issues…	**1**	**2**	**3**	**4**	**5**
AL	I react to pollens, molds, foods, seasonal irritants, perfumes, animal dander…	**1**	**2**	**3**	**4**	**5**

TH	I have a slow metabolism, am always hungry, have low energy at specific times of day…	**1**	**2**	**3**	**4**	**5**
TW	I have mood swings, problems sleeping, am always cold, have chemical imbalances…	**1**	**2**	**3**	**4**	**5**
HT	I experience heart palpitations, pain in my chest, irregular beating…	**1**	**2**	**3**	**4**	**5**
SI	I have recurrent yeast infections, frequent antibiotic use, poor diet…	**1**	**2**	**3**	**4**	**5**
JT	I experience joint pain, stiffness, inflammation in my body…	**1**	**2**	**3**	**4**	**5**
PA	I have diabetes, blood sugar issues, irritability, shaking if I skip a meal…	**1**	**2**	**3**	**4**	**5**
SP	I experience chronic fatigue, recurring infections, get sick easily…	**1**	**2**	**3**	**4**	**5**
LV	I experience high cholesterol, wake up between 2-4am, indigestion after fatty meals…	**1**	**2**	**3**	**4**	**5**
SK	I have rashes, dryness or cracking, scaly patches, eczema, acne, psoriasis…	**1**	**2**	**3**	**4**	**5**
GD	I struggle with impotence, libido, miscarriages, sterility…	**1**	**2**	**3**	**4**	**5**
UB	I have recurring urinary tract infections, painful urination, leaking, urinary frequency…	**1**	**2**	**3**	**4**	**5**
KI	I experience swelling, gout, pain in the lower back, history of kidney stones…	**1**	**2**	**3**	**4**	**5**

DENTAL CHART

On the chart below, please mark any teeth or areas where you have silver fillings, root canals, infection, irritated gums, extractions, or other dental appliances. The health of your teeth can dramatically influence the health of the rest of your body.

Right Side Left Side



EMOTIONAL STRESS

Please list any psychological and/or emotional conditions you are experiencing:

How would you describe your overall mood?

Which empowerment topics do you feel you could most benefit from? Check all that apply…

- ☐ **Grief/Loss**
- ☐ **Health/Body**
- ☐ **New Direction & Resolution**
- ☐ **Personal Power**
- ☐ **Prosperity**
- ☐ **Relationships**
- ☐ **Self-Esteem**
- ☐ **Spirituality**

YOUR INSIGHTS

Do you have any insights regarding the root cause of your issues (related symptoms, emotional events, things that happened at the same time of onset, etc…)? Is there anything else that we haven't asked about that you think is important?

INFORMED CONSENT

We apologize in advance for the legal jargon which follows. We live in a crazy time, where the pressure of government, economic, and legal agencies weigh heavily on those working to provide quality natural healthcare. Please read the informed consent below and sign to acknowledge your understanding. If you have any questions, please feel free to ask us!

I acknowledge that Tracy Cleary CHHC and her staff are not medical doctors. I understand that Tracy and her staff members provide nutritional and other health-related information to help me attain my best health. All recommendations are designed to help me keep and enjoy my best state of health through personalized recommendations in lifestyle, exercise, health habits, and advanced nutrition. I understand that Tracy and her staff members do NOT diagnose, treat, cure, or claim to cure cancer or any other disease.

I have read this informed consent and I understand it. I am not a minor (under the age of 18). Additionally, I am here on this day and any subsequent visit, solely on my own behalf and not as an agent for any federal, state, or local agencies on a mission of entrapment or investigation and I also certify that I am signing my own true given, legal name and not an alias or false name.

Signature _____ Date _____

Witness _____ Date _____