



Life 'n Balance
WELLNESS CENTRE

Naturopathy Intake Form

Please take time to fill out the following form. It provides a basis for further questions during your visit and helps properly assess your situation. All information is for office use only and will be kept confidential.

General:

Date of visit: _____

Full Name: _____

Date of Birth: _____ Age: _____

Complete Address: _____

City: _____ Postal Code: _____ E-mail: _____

Phone Number: _____ text reminders? Secondary Number: _____

Occupation: _____ Full-time or Part-time? _____

Marital Status: single married separated divorced other: _____

Children: yes no If yes, please list ages: _____

Extended Healthcare Insurance Company (if applicable):

In case of emergency contact: _____

Relationship to patient: _____ Tel. No. _____

How did you find out about the naturopathic services at this clinic? _____

Last physician or health care practitioner seen and when? _____

When was your last blood test and what was it for? _____

Health Concerns:

What are your chief health concerns? (in order of importance to you)

General state of health: poor fair good very good excellent

Comments:

Indicate which of the following you have or may have had:

- | | | | | |
|--------------------------------------|---|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> abscess | <input type="checkbox"/> frequent | <input type="checkbox"/> low/high | <input type="checkbox"/> pleurisy | <input type="checkbox"/> tonsillitis |
| <input type="checkbox"/> abortion | <input type="checkbox"/> colds | <input type="checkbox"/> blood | <input type="checkbox"/> pneumonia | <input type="checkbox"/> tuberculosis |
| <input type="checkbox"/> alcoholism | <input type="checkbox"/> gallstones | <input type="checkbox"/> pressure | <input type="checkbox"/> PMS | <input type="checkbox"/> warts |
| <input type="checkbox"/> anemia | <input type="checkbox"/> genital herpes | <input type="checkbox"/> malaria | <input type="checkbox"/> prostatitis | <input type="checkbox"/> whooping |
| <input type="checkbox"/> arthritis | <input type="checkbox"/> genital warts | <input type="checkbox"/> measles | <input type="checkbox"/> psoriasis | <input type="checkbox"/> cough |
| <input type="checkbox"/> asthma | <input type="checkbox"/> gonorrhea | <input type="checkbox"/> menstrual | <input type="checkbox"/> rheumatic | <input type="checkbox"/> worms |
| <input type="checkbox"/> cancer | <input type="checkbox"/> gout | <input type="checkbox"/> cramps | <input type="checkbox"/> fever | |
| <input type="checkbox"/> chicken pox | <input type="checkbox"/> hay fever | <input type="checkbox"/> miscarriage | <input type="checkbox"/> rubella | |
| <input type="checkbox"/> cold sores | <input type="checkbox"/> headaches | <input type="checkbox"/> mono | <input type="checkbox"/> scarlet fever | |
| <input type="checkbox"/> depression | <input type="checkbox"/> heart disease | <input type="checkbox"/> multiple | <input type="checkbox"/> skin diseases | |
| <input type="checkbox"/> diabetes | <input type="checkbox"/> HIV | <input type="checkbox"/> sclerosis | <input type="checkbox"/> sinusitis | |
| <input type="checkbox"/> eczema | <input type="checkbox"/> influenza | <input type="checkbox"/> mumps | <input type="checkbox"/> stroke | |
| <input type="checkbox"/> emphysema | <input type="checkbox"/> kidney | <input type="checkbox"/> parasites | <input type="checkbox"/> strep throat | |
| <input type="checkbox"/> epilepsy | <input type="checkbox"/> disease | <input type="checkbox"/> peritonitis | <input type="checkbox"/> substance | |
| <input type="checkbox"/> fibrocystic | <input type="checkbox"/> leukemia | <input type="checkbox"/> pelvic | <input type="checkbox"/> abuse | |
| <input type="checkbox"/> breast | | <input type="checkbox"/> inflammatory | <input type="checkbox"/> syphilis | |
| <input type="checkbox"/> disease | | <input type="checkbox"/> disease | | |

Others: _____

List any accidents, injuries, and hospitalizations (including type and year of occurrence):

List any known allergies (including food, drugs, herbs, environmental, etc.):

Typical diet (usual daily intake as well as any dietary restrictions):

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Beverages (type and quantity): _____

List daily intake of supplements (vitamins, minerals, herbs, etc.):

Are you currently working with a medical doctor (MD)? Yes No

State diagnosis given by MD (if applicable): _____

List any medical treatments you are undergoing and/or medications you are currently taking (if applicable), including dosage and duration of use:

Please indicate if you have worked or are currently working with other practitioners (e.g. chiropractor, physiotherapist, professional counsellor, psychologist, social worker, etc.). If in the past, please state when and duration of treatment:

Screening tests (include year of test and results):

Immunizations (include date and if you experienced any adverse effects from them):

Sleep patterns (include usual time of sleep and wake, daytime naps, and any difficulties in falling asleep or staying asleep): _____

What do you feel is your weakest organ system and why? _____

Do you exercise? Yes No

If yes, include type, frequency and duration: _____

What is your: height: _____ weight now? _____ max. weight? _____ min. weight? _____

Have you lost any weight lately? Yes No If so, how many pounds? _____

Indicate whether you have been or are exposed/use the following (and if so, how much):

tobacco smoke _____

coffee _____

tea _____

pop _____

alcohol _____

recreational drugs _____

excess stress _____

chemicals _____

Indicate below any health conditions that have afflicted members of your family:

Relative	Age if alive	Age at death	Health condition(s)
Mother			
Father			
Brothers			
Sisters			

Children			
Maternal Grandmother			
Maternal Grandfather			
Paternal Grandmother			
Paternal Grandfather			

Describe you family/work relationships:

List important events/experiences in your life:

Thank you for taking the time to fill out this form and taking your first step toward optimal wellness.

Informed consent

Naturopathic Medicine is the treatment and prevention of disease by natural means. Naturopathic Doctors assess the whole person, taking into consideration physical, mental, emotional and spiritual aspects of the individual. Gentle, non-invasive techniques are generally used in order to stimulate the body's inherent healing capacity.

A number of different approaches may be used throughout the course of treatment. Treatment modalities include diet, lifestyle counselling, clinical nutrition (primarily via supplementation), botanical medicine, homeopathy, Asian medicine and acupuncture, hydrotherapy, and physical medicine

Individual diets and nutritional supplements are recommended to address deficiencies, treat disease processes, and promote health. The benefits may include increased energy, improved gastrointestinal function, enhanced immunity, and general well-being.

Botanical medicine is plant based medicine that involves the use of herbal teas, tinctures, capsules, and other forms of herbal preparations to assist in recovery from injury and disease.

Homeopathy is a form of medicine based on the Law of Similars; that is, the use of tiny doses of the very thing that causes symptoms in healthy people. These minute doses, of plant, animal, or mineral origin, are used to stimulate the body's ability to heal itself. Homeopathy is a powerful tool that effects healing on a physical and emotional level.

Asian medicine includes the use of acupuncture, Eastern herbs and dietary changes to eliminate disease and balance body functions. Acupuncture refers to the insertion of sterilized disposable needles through the skin into underlying tissues at specific points on the body. Eastern herbs may be given in the form of pills, tinctures, or decoctions (strong teas) to be taken internally or used externally as a wash. Dietary advice is based on traditional Chinese medical theory.

Physical medicine refers to the use of hands-on techniques such as soft tissue and spinal manipulation, as well as various types of electrical stimulation and therapeutic ultrasound for the purpose of treating musculoskeletal and neurological problems.

Hydrotherapy refers to the use of hot and cold water applications to improve circulation and stimulate the immune system.

Lifestyle counselling involves identifying risk factors and making recommendations to help optimize one's physical, mental, and emotional environment.

During your initial visits, Dr. Sweett will take a thorough case history and perform a basic/complaint-oriented physical examination, and when indicated, take urine samples for further testing.

Even the gentlest therapies may cause complications in certain physiological conditions. This depends greatly on the individual and the extent of the illness. Some therapies must be used with caution in certain diseases such as diabetes, heart, liver or kidney disease. It is very important, therefore, that you inform your naturopathic doctor immediately of any disease process that you are suffering from as well as any medications (prescription or over-the-counter) that you are taking. If you are pregnant, suspect you are pregnant, or you are breast-feeding, advise your doctor immediately.

Health risks associated with Naturopathic Medicine include but are not limited to:

- Aggravation of pre-existing symptoms during the healing process.
- Allergic reactions to supplements or herbs.
- Pain, bruising or injury from venipuncture or acupuncture
- Fainting or puncturing of an organ with acupuncture needles

_____ I understand that a record will be kept of the health services provided to me. This
Initials record will be kept confidential and will not be released to others without my consent, unless required by law. I understand that I may look at my medical record at any time and can request a copy of it by paying the appropriate fee.

_____ I understand that Dr. Sweett will answer any questions that I have to the best of her
Initials ability. I understand that the results are not guaranteed. I do not expect the doctor to be able to anticipate and explain all risks and complications. With this knowledge, I voluntarily consent to diagnostic and therapeutic procedures mentioned above, except for (please list any exceptions): _____

_____ I understand that fees and supplements are to be paid for at the time of the
Initials consultation.

_____ I understand that a fee may be charged (Missed Appointment Fee) for any missed
Initials appointments or cancellations with less than 24 hours notice.

As the patient, you are responsible for the total charges incurred for each visit. We accept cash, debit, cheque or credit card. If you have coverage for Naturopathic Medicine, you are responsible for billing your own insurance company – we will provide you with all of the information necessary to send your claim for reimbursement.

Dr. Sweett may prescribe supplements that can be purchased from our in-house dispensary, or elsewhere. Most insurance companies do not cover the supplements prescribed and dispensed.

I have read and understand the above-stated policies and information. I hereby authorize and consent to naturopathic treatment and examination by Dr. Natalie Sweett, Doctor of Naturopathic Medicine. I understand that I am free to withdraw my consent and to discontinue participation in these procedures at any time.

Patient Name (please print): _____

Signature of Patient or Guardian: _____

Date: _____

Welcome to Life 'n Balance Wellness Centre. We look forward to working with you to help you achieve better health. Naturopathic medical services are covered under many extended health care plans. Check your policy for coverage details.