

Toxicology, Food, Metal and Hormonal Form

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Name _____ Birth date _____ Date _____

Please list or rate 0 (none) to 10 (severe) to any symptoms you have of the following:

Hormonal Questions:

- Lack of sexual desire _____
- Loss of energy or fatigue _____
- Difficulty concentrating _____
- Poor sleep _____
- Depressed or not happy _____
- Anxiety _____
- Headaches _____
- Moodiness or emotional swings _____
- Painful or swollen breasts _____
- Weight gain or bloating _____
- PMS _____
- Night sweats _____
- Difficulty remembering _____
- Hot flashes _____
- Vaginal dryness _____
- Dry hair or skin _____
- Incontinence _____
- Frequent urinary tract infections _____
- Inability to reach orgasm _____
- Painful intercourse _____

Heart Questions:

What traits do your parents have? _____

What traits of your parents do you have? _____

What limits your Freedom? _____

What are your Loves in Life? _____

What are your dislikes in life? _____

What do others say about you/describe you? _____

What do you do every day for joy? _____

Why do you get up in the morning? _____

What do you dislike in people? _____

What do you like about good people? _____

What are you sensitive to? _____

How do you feel about yourself? _____

What are the most significant events in your life? _____

What have your relationships been like? _____

What drives you? _____

What moves you most? _____

What are you doing when 6 hours pass like one? _____

Heavy Metal Questions:

Please list or rate 0 (none) to 10 (severe) to any symptoms you have of the following:

- Unexplained irritability _____
- Constant or frequent depression _____
- Numbness or tingling of extremities _____
- Frequent nighttime urination _____
- Chronic fatigue _____
- Cold hands and feet _____
- Bloating feeling _____
- Poor memory or brain fog _____
- Unexplained anger _____
- Constipation _____
- Difficulty making decisions _____
- Tremors of hands, feet, or head _____
- Muscle twitches _____

- Leg cramps _____
- Ringing in ears (Tinnitus) _____
- Shortness of breath easily _____
- Heartburn _____
- Excessive itching _____
- Rashes, unexplained, itchy skin _____
- Metallic taste in mouth _____
- Nervous or jittery _____
- Suicidal thoughts _____
- Insomnia _____
- Chest pains, unexplained _____
- Joint pains _____
- Rapid heart rate _____
- Fluid retention _____
- Burning sensation of tongue _____
- Headaches after eating _____
- Diarrhea, frequent _____

Panchakarma and Pre-panchakarma questions:

- Are you pregnant? _____
- Do you have any current illness such as cancer? _____
- Do you have any physical limitations or special needs? _____
- Do you have any history of nasal problems or throat problems? _____
- Do you have any history of esophageal, stomach or hiatal hernia problems? _____
- Do you have any history of diverticulosis or GI bleeding? _____
- Do you have any history of rectal or prolapse problems? _____
- Do you have any history of skin problems? _____
- Do you have any history of hepatitis or immune disorders? _____
- How is your appetite? _____

Please answer 1 to 10 for all of these questions:

	Least-----Most
Rate your stress in life	0----1----2----3----4----5----6----7----8----9----10
Rate your willpower	0----1----2----3----4----5----6----7----8----9----10
How creative are you?	0----1----2----3----4----5----6----7----8----9----10
How much thinking do you?	0----1----2----3----4----5----6----7----8----9----10
How depressed are you?	0----1----2----3----4----5----6----7----8----9----10
How competitive are you?	0----1----2----3----4----5----6----7----8----9----10
How confident are you?	0----1----2----3----4----5----6----7----8----9----10
How good is your memory?	0----1----2----3----4----5----6----7----8----9----10
How selfless are you?	0----1----2----3----4----5----6----7----8----9----10
How much do you worry?	0----1----2----3----4----5----6----7----8----9----10
How independent are you?	0----1----2----3----4----5----6----7----8----9----10
How secure are you?	0----1----2----3----4----5----6----7----8----9----10
How intelligent are you?	0----1----2----3----4----5----6----7----8----9----10
How reliable are you?	0----1----2----3----4----5----6----7----8----9----10
Pessimism (0) – Optimism (10)	0----1----2----3----4----5----6----7----8----9----10
Make decisions easily?	0----1----2----3----4----5----6----7----8----9----10
Does your mind race?	0----1----2----3----4----5----6----7----8----9----10
Do you procrastinate?	0----1----2----3----4----5----6----7----8----9----10
Are you critical of others?	0----1----2----3----4----5----6----7----8----9----10
How changeable are you?	0----1----2----3----4----5----6----7----8----9----10
How is your focus?	0----1----2----3----4----5----6----7----8----9----10
How patient are you?	0----1----2----3----4----5----6----7----8----9----10
How distracted are you?	0----1----2----3----4----5----6----7----8----9----10
How self-reliant are you?	0----1----2----3----4----5----6----7----8----9----10
Are you financially worried?	0----1----2----3----4----5----6----7----8----9----10
How innocent are you?	0----1----2----3----4----5----6----7----8----9----10
How well do you listen to others?	0----1----2----3----4----5----6----7----8----9----10
Do you tell others what to do?	0----1----2----3----4----5----6----7----8----9----10
What is your sense of correctness?	0----1----2----3----4----5----6----7----8----9----10
Do you allow yourself to be loved?	0----1----2----3----4----5----6----7----8----9----10
Rate your pleasure in life	0----1----2----3----4----5----6----7----8----9----10
How lonely are you?	0----1----2----3----4----5----6----7----8----9----10

How emotional are you?	0----1----2----3----4----5----6----7----8----9----10
How sensitive are you?	0----1----2----3----4----5----6----7----8----9----10
How sensual are you?	0----1----2----3----4----5----6----7----8----9----10
How aware are you?	0----1----2----3----4----5----6----7----8----9----10
How loving are you?	0----1----2----3----4----5----6----7----8----9----10
How fearful are you?	0----1----2----3----4----5----6----7----8----9----10
How expressive are you?	0----1----2----3----4----5----6----7----8----9----10
How satisfied are you?	0----1----2----3----4----5----6----7----8----9----10
How much energy do you have?	0----1----2----3----4----5----6----7----8----9----10
How many friends do you have?	0----1----2----3----4----5----6----7----8----9----10
How is your sexual passion?	0----1----2----3----4----5----6----7----8----9----10
How much pain do you have?	0----1----2----3----4----5----6----7----8----9----10
Do you like spicy food?	0----1----2----3----4----5----6----7----8----9----10
How enthusiastic are you?	0----1----2----3----4----5----6----7----8----9----10
Do you take action?	0----1----2----3----4----5----6----7----8----9----10
How impulsive are you?	0----1----2----3----4----5----6----7----8----9----10
How easy do you cry?	0----1----2----3----4----5----6----7----8----9----10
How much conflict do you have?	0----1----2----3----4----5----6----7----8----9----10
Are you willing to be different?	0----1----2----3----4----5----6----7----8----9----10
How successful are you?	0----1----2----3----4----5----6----7----8----9----10
How persistent are you?	0----1----2----3----4----5----6----7----8----9----10
Do you get things done?	0----1----2----3----4----5----6----7----8----9----10
Rate your body condition	0----1----2----3----4----5----6----7----8----9----10
Your body is cold (0) to hot	0----1----2----3----4----5----6----7----8----9----10
Your body is light (0) to heavy	0----1----2----3----4----5----6----7----8----9----10
How much do you exercise?	0----1----2----3----4----5----6----7----8----9----10
How much meat do you eat?	0----1----2----3----4----5----6----7----8----9----10
Your body is wet (0) to dry	0----1----2----3----4----5----6----7----8----9----10
How flexible is your body?	0----1----2----3----4----5----6----7----8----9----10