



## Hurley Wellness & Hyperbaric Center

1807 South Main Street  
Kannapolis, NC 28081  
(704) 938-1589

### WELCOME TO OUR STATE OF THE ART WHOLE BODY DETOXIFICATION & WELLNESS CENTER

Thank you for choosing Hurley Wellness Center for your health care needs. Our wellness clinic is here to provide the highest quality of care.

### OFFICE POLICY

Please provide your signature below to indicate your understanding of, and agreement with, the stated policies.

- All paperwork **MUST** be filled out **PRIOR** to your scheduled appointment. If paperwork is not filled out, you may be asked to reschedule your appointment.
- Please answer all questions asked on the paperwork given to you. Be as specific as possible to ensure Dr. Hurley has all the necessary information to begin her assessment. If something does not pertain to your case, please write N/A or No.
- All clients will be seen in accordance with their scheduled time. Please arrive 10 minutes early for registration, restroom, etc. If you are late for your appointment, you may be asked to reschedule or pay a late fee.
- Please turn your cell phone on silent before entering the clinic. If you need to make a call, please step outside.
- Please do not bring children to the clinic unless that child has an appointment with Dr. Hurley.
- Please do not wear strong perfumes, colognes, scented lotions, etc., since many patients are chemically sensitive.
- All clients are required to pay a \$25 booking fee that will be deducted from the total amount at the time of service.
- No returns or refunds on supplementation or products.
- Appointment Reminder calls and emails are made only as a courtesy. Your scheduled appointments are your responsibility.
- No refunds will be issued on any lab test ordered. A \$10 fee will be charged if add on orders are placed at a later date.

With my signature I indicate my understanding of, and agreement with, the above policies.

Client's Signature:

Client's Printed Name:

Date:

\_\_\_\_\_

## CONSENT AND RELEASE

I, the undersigned, indicate that I am not a representative of the government or any investigative institution.

I understand and acknowledge that no claims of “curement” are being made. I am aware that during the assessments and some therapies, there may be palpation (physical and biological) involved to establish functional support protocols designed specifically for me. I also understand that I might be asked to take nutritional supplements before, during and after any analysis or therapy administered and will do so at free will.

I understand that I may also volunteer to take nutritional supplements during the research process and will do so of my own free will. I further understand and acknowledge that no claims of any kind are being made by Hurley Wellness Center as to the effectiveness of any of the nutritional supplements suggested. Realize chronic complaints have occurred over time with multitudes of variables, we believe there are 6 steps in obtaining optimal wellness, we believe all 6 steps need to be supported in order to obtain and maintain that optimal wellness. No one is going to live or die for you. We are here to educate and make suggestions for your path to wellness, we will even hold your hand on your journey to wellness but ultimately it is your choice.

### **Fee and Payment**

I understand Dr. Hurley does not participate in private health insurance programs, Medicare, Medicaid, or any other supplemental insurance. I understand that I will be expected to pay in full at the time of service and that Hurley Wellness Center accepts cash, check, Visa, or Mastercard. If I require any copies of medical health records, there will be a charge. If laboratory test are ordered, payment must be paid prior to testing.

I also understand that Dr. Hurley charges for time she spends on my behalf when not in my presence, including telephone consultations, emails, medical record reviews, and preparation of written documents, including review and signing. I understand she charges the same hourly rate as for clinic visits.

### **Missed Appointments/Cancellation/Rescheduling**

- All clients are required to pay a \$25 booking fee that will be deducted from the total amount at the time of service. Clients are charged a fee for a missed appointment and for those cancelled or rescheduled with less than 24 hours prior to their scheduled visit. Fees are charges at the regular hourly rate according to the amount of time that has been reserved on Dr. Hurley's schedule.
- Unless cancelled at least 24 hours in advance, your missed appointment will be charged the full amount.

### **Late Arrivals and Returned Check**

Late arrival for an appointment results in shortened length of treatment time. If you are more than 15 minutes late, you may be asked to re-schedule your appointment. I understand that I will be billed for the total time of the original scheduled visit. Therefore, we ask that you arrive at least 10 minutes prior to your scheduled appointment time in order to check in, weigh, drink water, and use the restroom facilities if necessary prior to the start of your visit with Dr. Hurley.

If a check is returned due to insufficient funds, a fee of \$30 will be assessed to the patient's account.

With my signature I indicate my understanding of, and agreement with, the above policies.

Client's Signature:

Client's Printed Name:

Date:



### **Nutritional Supplements Disclosure**

Nutritional supplementation is often a central component of your treatment because vital nutrients help you heal yourself. In our experience, most clients with chronic health problems have functional deficiency states which interfere with their healing. Replacing specific nutrient insufficiencies, often at high doses, is one of our most effective tools to help clients improve their health.

Some people feel benefits from supplements within one month, while others require several months to feel substantially better. Especially in the early phases of your treatment, you might actually feel worse before you begin to feel better.

It is important to us that our treatment plans are built on the highest quality nutritional supplement available. Our suggested supplementation is standardized and pharmaceutical grade. Therefore, the specific supplements we recommend have been chosen after considerable and ongoing investigation into quality and effectiveness. The supplementation suggested are ones that we determine through bio-feedback from blood chemistry, saliva analysis, stool analysis, etc and provide what we believe to be the greatest benefit to our clients. Most of these products are specialized nutritional formulas which are not available at local stores or online and are only available to health care providers.

Like other places where you may purchase supplements, we do have financial interest in the sale of supplements. Income generated from these sales are used to cover the cost of providing this and other clinic services, including continued investigation into new and better products as well as helping to keep our fees for office visits lower. We are aware that many of the stores in the local area sell excellent products, and we encourage you to shop around and compare. *We want you to feel no pressure to buy these products from us.*

With my signature I indicate my understanding of, and agreement with, the above policies.

Client's Signature: \_\_\_\_\_ Client's Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **Therapies Disclosure**

Most of the therapies provided by Hurley Wellness Center feature State of the Art equipment. Many, but not all, therapies are FDA approved. The ones that are not approved by the FDA are used strictly for clinical research or are ones that HWC deems supportive to the body. We have daily, weekly, monthly, and annual company maintenance checks on equipment. However, occasionally there may be an equipment malfunction due to no fault of our own. If malfunction prevents you from completing a scheduled therapy session, you will be provided either an equal exchange therapy or a partial refund for any unused time.

Hurley Wellness Center reserves the right to refuse a therapy due to preexisting health issues or any other reason. Be aware that health issues may interfere with therapy results. We suggest that you consult with your physician prior to any therapy.

With my signature below, I indicate that I have read and understood the statement above.

Client's Signature: \_\_\_\_\_ Client's Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **Prepaid Visits, Therapies or Lab Analysis**

If I am purchasing a therapy package, individual therapy, or lab analysis, then it is to be used in full within 365 days of the date the contract was signed. After 365 days all prepaid therapies, visits, and lab analysis that are unused are forfeited. I understand that NO refunds or exchanges of ANY unused therapy will be given for any reason other than death of the signed client. If such has occurred, the spouse or person listed above may have the package transferred to them. A partial refund may be available for the spouse, but the stipulations will be that the therapies that were not completed will be charged to the package holder at original cost (not the discounted price) and there is a **\$300** administrative fee charged to the package holder. These will be totaled and deducted from the package cost to assess the remaining balance that may be refunded to the client's spouse.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Staff Signature \_\_\_\_\_ Date \_\_\_\_\_  
Witness \_\_\_\_\_ Date \_\_\_\_\_

CONFIDENTIAL CLIENT INFORMATION

PLEASE PRINT

Date \_\_\_\_\_  
Full Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

SSN \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Hurley Wellness Center requires that each and every client provide a social security number. This number is used as your client identification number. Social security numbers are not held in any electronic devices and can only be obtained through a court order. Please be aware; if you do not provide a social security number, Hurley Wellness Center withholds the right to refuse wellness health care.

Marital Status \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ Employer \_\_\_\_\_

Occupation \_\_\_\_\_ Spouse Name \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

How did you hear about our office? \_\_\_\_\_

**Complaint History**

**Complaint 1:**

When did your complaint first begin? \_\_\_\_\_

Have you ever experienced this complaint before? \_\_\_\_\_

How often do you experience your symptoms?

- Constantly (76-100% of the time)       Occasionally (26-50% of the time)  
 Frequently (51-75% of the time)       Intermittently (1-25% of the time)

**Complaint 2:**

When did your complaint first begin? \_\_\_\_\_

Have you ever experienced this complaint before? \_\_\_\_\_

How often do you experience your symptoms?

- Constantly (76-100% of the time)       Occasionally (26-50% of the time)  
 Frequently (51-75% of the time)       Intermittently (1-25% of the time)

**Complaint 3:**

When did your complaint first begin? \_\_\_\_\_

Have you ever experienced this complaint before? \_\_\_\_\_

How often do you experience your symptoms?

- Constantly (76-100% of the time)       Occasionally (26-50% of the time)  
 Frequently (51-75% of the time)       Intermittently (1-25% of the time)

**Complaint 4:**

When did your complaint first begin? \_\_\_\_\_

Have you ever experienced this complaint before? \_\_\_\_\_

How often do you experience your symptoms?

- Constantly (76-100% of the time)       Occasionally (26-50% of the time)  
 Frequently (51-75% of the time)       Intermittently (1-25% of the time)

Continue on back of this paper if additional complaints

List **ALL** medications you take. (Prescriptions and over-the-counter – use additional pages if needed)

Drug name:	Dosage:	How long have you taken this and for what condition?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

List **ALL** supplements you take. (Use additional pages if needed)

Name of Supplement:	Dosage:	How long have you taken this and for what condition?
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

List **ALL** previous hospitalizations, surgeries, accidents, fractures and illnesses (Use additional pages if needed)

(Example: All past Auto, Sports, Work, Home related, etc.)

1. Type \_\_\_\_\_ When \_\_\_\_\_ Why \_\_\_\_\_
2. Type \_\_\_\_\_ When \_\_\_\_\_ Why \_\_\_\_\_
3. Type \_\_\_\_\_ When \_\_\_\_\_ Why \_\_\_\_\_
4. Type \_\_\_\_\_ When \_\_\_\_\_ Why \_\_\_\_\_

- Have you had and dental work? (metal fillings nor or in the past, dental surgeries or implants, partial plates, false teeth, root canals, etc.)  
\_\_\_\_\_
- Do you smoke or have you ever? Yes  No  (please check) If yes, how long and how many daily?  
\_\_\_\_\_
- Do you have any known allergies? Yes  No  (please check) If yes, what are the known allergies?  
\_\_\_\_\_
- Rate your energy level (scale: 1- low energy up to 10-high energy)  
Waking \_\_\_ Afternoon\_\_\_ Evening\_\_\_  
Is your energy level better, worse or the same after eating? Better  Worse  Same  (please check)
- Blood Type is extremely important when assessing Nutritional and Diet needs.  
Do you know your blood type? Yes  No  (please check)  
If yes, please circle your blood type: O/A/B/AB  
If no, would you like it typed today? Yes  No  (please check) **(Additional \$50)**
- Do you receive chiropractic care? Yes  No  (please check)  
If yes, do you receive chiropractic care regularly and when was the last visit? \_\_\_\_\_

**Liquid Intake**

Give an approximate number of 8 oz. servings for the following liquids you drink: (check any boxes that apply)

1. Water \_\_\_\_\_ (Day/Week)
2. Coffee \_\_\_\_\_ (Day/Week) Caffeine  Decaf  Sugar  Artificial Sweetener  Stevia  Cream  Cow Milk  Nut Milk  Soy Milk
3. Soda \_\_\_\_\_ (Day/Week) Caffeine  Decaf  Diet
4. Tea \_\_\_\_\_ (Day/Week) Green Tea  Black Tea  Sugar  Artificial Sweetener  Stevia  Unsweet
5. Juice \_\_\_\_\_ (Day/Week)
6. Milk \_\_\_\_\_ (Day/Week) Cow Milk  Nut Milk  Soy Milk  Goat Milk  Almond Milk  Other
7. Alcohol \_\_\_\_\_ (Day/Week) Wine  Beer  Liquor  Straight  With Mixer
8. Energy Drinks \_\_\_\_\_ (Day/Week)

Check **ALL** "body signals" (symptoms/pains) you may have had or do have now:

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> ADD/ ADHD            | <input type="checkbox"/> Depression        | <input type="checkbox"/> Hepatitis              | <input type="checkbox"/> Multiple Sclerosis   |
| <input type="checkbox"/> Alcoholism           | <input type="checkbox"/> Diabetes          | <input type="checkbox"/> High Blood Pressure    | <input type="checkbox"/> Neck Pain            |
| <input type="checkbox"/> Allergy              | <input type="checkbox"/> Diarrhea          | <input type="checkbox"/> High Cholesterol       | <input type="checkbox"/> Parkinson's Disease  |
| <input type="checkbox"/> Alzheimer's          | <input type="checkbox"/> Skin Issues       | <input type="checkbox"/> High Blood Sugar       | <input type="checkbox"/> Pneumonia            |
| <input type="checkbox"/> Anemia               | <input type="checkbox"/> Emphysema         | <input type="checkbox"/> HIV/ AIDS              | <input type="checkbox"/> Raynaud's            |
| <input type="checkbox"/> Appendicitis         | <input type="checkbox"/> Epilepsy/seizures | <input type="checkbox"/> Irregular menstruation | <input type="checkbox"/> Rheumatoid Arthritis |
| <input type="checkbox"/> Asthma               | <input type="checkbox"/> Fibromyalgia      | <input type="checkbox"/> Irritable Bowel        | <input type="checkbox"/> Ringing in Ears      |
| <input type="checkbox"/> Arthritis            | <input type="checkbox"/> Gall Bladder      | <input type="checkbox"/> Kidney problems        | <input type="checkbox"/> Sinus infections     |
| <input type="checkbox"/> Back pain            | <input type="checkbox"/> Goiter            | <input type="checkbox"/> Low Blood Pressure     | <input type="checkbox"/> Stroke               |
| <input type="checkbox"/> Cancer               | <input type="checkbox"/> Gout              | <input type="checkbox"/> Lyme Disease           | <input type="checkbox"/> Thyroid Problems     |
| <input type="checkbox"/> Celiac / Gluten Dis. | <input type="checkbox"/> Headaches         | <input type="checkbox"/> Lupus                  | <input type="checkbox"/> Ulcers               |
| <input type="checkbox"/> Chronic Fatigue      | <input type="checkbox"/> Heart Attack      | <input type="checkbox"/> Migraine               | <input type="checkbox"/> Vertigo/dizziness    |
| <input type="checkbox"/> Constipation         | <input type="checkbox"/> Heart Disease     | <input type="checkbox"/> Miscarriage            | <input type="checkbox"/> Anxiety              |
| <input type="checkbox"/> Eye complaints       | <input type="checkbox"/> Ear Complaints    | <input type="checkbox"/> Aches/Pains            | <input type="checkbox"/> Head Injury          |

**Please check all of the following conditions your family has experienced:**

- |                  |                                      |                                 |                                   |  |                                      |                             |                                 |
|------------------|--------------------------------------|---------------------------------|-----------------------------------|--|--------------------------------------|-----------------------------|---------------------------------|
| Mother:          | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| Father:          | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| GrandMother (M): | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| GrandFather (M): | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| GrandMother (P): | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| GrandFather (P): | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| Sisters:         | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| Brothers:        | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |
| Children:        | <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Cancer | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> MS | <input type="checkbox"/> Stroke |

List any other health conditions that you or your family have had that are not listed:

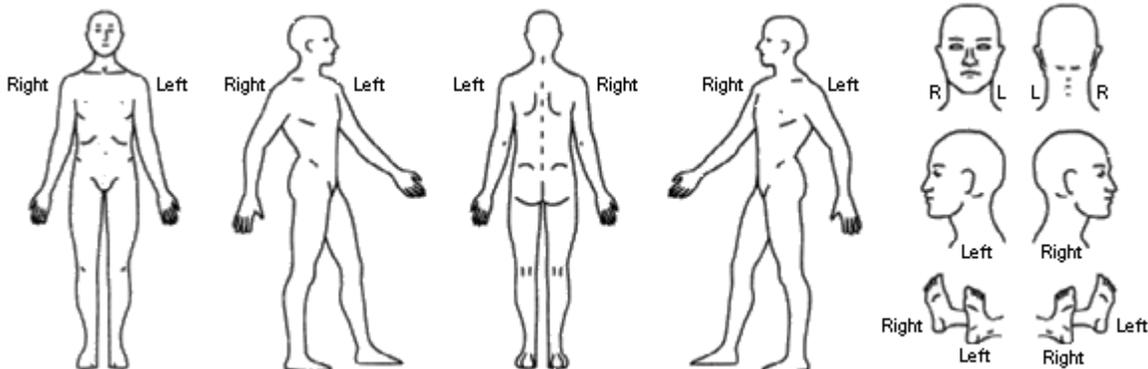
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- Level of exercise (please circle): None, Moderate (days per week) \_\_\_\_\_, Strenuous (days per week) \_\_\_\_\_
- Have you experienced any unexplained or rapid weight changes in the last six months? Yes  No  (please check)  
If yes, how many pound? \_\_\_\_\_

**Please mark off the area of your complaint on the diagram below.**

Use the following symbols:

**P= pain, N= numbness, T= tingling, B= burning, C= cramping**



**Females Only:**

- What age did your cycle begin? \_\_\_\_\_
- Were your cycles regular , light  , or heavy  (please check)
- Did you or do you have a painful cycle? Yes  No  (please check)
- Do you take or have you taken birth control pills? Yes  No  (please check)  
If yes, how long? \_\_\_\_\_
- Do you take or have you taken hormone replacement therapy? Yes  No  (please check)  
If yes, how long? \_\_\_\_\_
- Do you have any children? Yes  No  (please check)  
If yes, how many and male or female? \_\_\_\_\_
- Was the pregnancy full term? Yes  No  (please check)
- Did you have any complications before during or after pregnancy? Yes  No  (please check)
- If yes, please explain. \_\_\_\_\_
- Did you nurse? Yes  No  (please check)  
If yes, how long? \_\_\_\_\_
- Check all that apply: Vaginal delivery  Forceps  Suction  Episiotomy
- Did you suffer from post partum depression? Yes  No  (please check)
- When was your last pap smear? \_\_\_\_\_  
What did the results indicate? \_\_\_\_\_
- When was your last mammogram or thermography? \_\_\_\_\_  
What did the results indicate? \_\_\_\_\_
- Are you interested in learning more about thermography offered through Hurley Wellness Center? Yes  No  (please check)
- Any sex drive complaints? Yes  No  (please check)
- How many times do you wake to urinate at night? \_\_\_\_\_

**Male Only:**

- When did you last have your PSA checked? \_\_\_\_\_
- What was your last PSA score? \_\_\_\_\_
- Do you still wake with an erection? \_\_\_\_\_
- Any sex drive complaints? Yes  No  (please check)  
If yes, please explain. \_\_\_\_\_
- Any pressure while urinating? Yes  No  (please check)
- Do you have a poor slow while urinating? Yes  No  (please check)
- How many times do you wake to urinate at night? \_\_\_\_\_

**All Clients:**

- How many children did your mother have? \_\_\_\_\_
- Which birth number are you? \_\_\_\_\_
- Was your delivery - Check all that apply: Vaginal delivery  Forceps  Suction  Csection \_\_\_\_\_
- Were you breast fed? Yes  No  (please check)
- Can you give us an estimate of how many antibiotics you have taken in your life \_\_\_\_\_
- When did you have your last cold or flu? \_\_\_\_\_
- Have you ever experienced issues with your ears, nose or throat? \_\_\_\_\_
- Have you had tubes for your ears? Yes  No  (please check) \_\_\_\_\_
- Do you have asthma? Yes  No  (please check) Are you currently medicated for it? \_\_\_\_\_
- Do you have COPD? Yes  No  (please check)
- Have you ever had a collapsed lung? Yes  No  (please check)
- Do you have blood sugar complaints? Yes  No  (please check)
- Have you ever had MRSA? Yes  No  (please check)
- Do you have any open wounds? Yes  No  (please check) Please list: \_\_\_\_\_
- Do you have apnea or any other sleep disorder? Yes  No  (please check)
- Do you use a CPAP or BiPAP or have you been told you need to? Yes  No  (please check)
- Do you have any type of implants in your body? Please list, including dental. Please list any complaints associated with implants \_\_\_\_\_
- What did you last eat and at what time? \_\_\_\_\_
- What did you last drink and at what time? \_\_\_\_\_
- When was your last bowel movement? Was it typical? (ie- constipated, diarrhea) \_\_\_\_\_
- Have you ever been in a automobile accident moving more than 25 mph? Yes  No  (please check)
- Have you ever hit your head or been hit in the head? Please discuss details below.

# Neurotransmitter Assessment Form (NTAF)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date: \_\_\_\_\_

\* Please circle the appropriate number "0 - 3" on all questions below. 0 as the least/never to 3 as the most/always.

## SECTION A – GENERAL BRAIN FUNCTION

- Is your memory noticeably declining? 0 1 2 3
- Are you having a hard time remembering names and phone numbers? 0 1 2 3
- Is your ability to focus noticeably declining? 0 1 2 3
- Has it become harder for you to learn things? 0 1 2 3
- Do you have a hard time remembering your appointments? 0 1 2 3
- Is your temperament getting worse in general? 0 1 2 3
- Are you losing your attention span endurance? 0 1 2 3
- Are you depressed more than usual? 0 1 2 3
- Do you fatigue sooner when driving than in the past? 0 1 2 3
- Do you fatigue when reading sooner than in the past? 0 1 2 3
- Do you walk into rooms and forget why? 0 1 2 3
- Do you pick up your cell phone and forget why? 0 1 2 3

## SECTION B – GENERAL BRAIN FUNCTION/STRESS

- Is your stress level high? 0 1 2 3
- Do you always have something that must be done? 0 1 2 3
- Do you feel you never have time for yourself? 0 1 2 3
- Do you feel you are not getting enough sleep or rest? 0 1 2 3
- Do you get regular exercise? 0 1 2 3
- Do you think people care about you? 0 1 2 3
- Do you feel you are accomplishing your life purpose? 0 1 2 3
- Do you have someone to share your problems with? 0 1 2 3

## SECTION C – SUGAR BALANCE

### SECTION C1 – BLOOD SUGAR FLUCTUATION

- Do you get irritable, shaky, or have lightheadedness between meals? 0 1 2 3
- Do you feel energized after eating? 0 1 2 3
- Do you have difficulty eating large meals in the morning? 0 1 2 3
- Does your energy level drop in the afternoon? 0 1 2 3
- Do you crave sugar and sweets in the afternoon? 0 1 2 3
- Do you wake up in the middle of the night? 0 1 2 3
- Do you have difficulty concentrating before eating? 0 1 2 3
- Do you depend on coffee to keep yourself going? 0 1 2 3
- Do you feel agitated, easily upset, and nervous between meals? 0 1 2 3

### SECTION C2 – INSULIN RESISTANCE

- Do you get fatigued after meals? 0 1 2 3
- Do you crave sugar and sweets after meals? 0 1 2 3
- Do you feel you need stimulants such as coffee after meals? 0 1 2 3
- Do you have difficulty losing weight? 0 1 2 3
- Is your waist girth equal to or larger than your hip girth? 0 1 2 3
- Do you have frequent urination? 0 1 2 3
- Has your thirst and appetite been increased? 0 1 2 3
- Do you still have sugar cravings after eating sweets? 0 1 2 3
- Do you have weight gain when under stress? 0 1 2 3
- Do you have difficulty falling asleep? 0 1 2 3

## SECTION 1 – SEROTONIN

- Are you losing your pleasure in hobbies and interests? 0 1 2 3
- Do you feel overwhelmed with ideas to manage? 0 1 2 3
- Do you have feelings of inner rage (anger)? 0 1 2 3
- Do you have feelings of paranoia? 0 1 2 3
- Do you have feelings of depression? 0 1 2 3
- In general, do you feel like you are not enjoying life? 0 1 2 3
- Do you feel you lack artistic appreciation? 0 1 2 3

- Do you feel depressed in overcast weather? 0 1 2 3
- Are you losing your enthusiasm for your favorite activities? 0 1 2 3
- Are you losing enjoyment for your favorite foods? 0 1 2 3
- Are you losing your enjoyment of friendships and relationships? 0 1 2 3
- Do you have difficulty falling into deep restful sleep? 0 1 2 3
- Do you have feeling of dependency on others? 0 1 2 3
- Do you feel more susceptible to pain? 0 1 2 3
- Do you have feelings of unprovoked anger? 0 1 2 3
- Are you losing interest in life? 0 1 2 3

## SECTION 2 – DOPAMINE

- Do you have feelings of hopelessness? 0 1 2 3
- Do you have self-destructive thoughts? 0 1 2 3
- Do you have an inability to handle stress? 0 1 2 3
- Do you have anger and aggression while under stress? 0 1 2 3
- Do you feel you are not rested even after long hours of sleep? 0 1 2 3
- Do you prefer to isolate yourself from others? 0 1 2 3
- Do you have unexplained lack of concern for family and friends? 0 1 2 3
- Are you distracted easily? 0 1 2 3
- Do you have an inability to finish tasks? 0 1 2 3
- Do you feel the need to consume caffeine to stay alert? 0 1 2 3
- Do you feel your libido has been decreased? 0 1 2 3
- Do you lose your temper for minor reasons? 0 1 2 3
- Do you have feeling of worthlessness? 0 1 2 3

## SECTION 3 – GABA

- Do you feel anxious or panic for no reason? 0 1 2 3
- Do you have feelings of dread, or pending gloom? 0 1 2 3
- Do you feel knots in your stomach? 0 1 2 3
- Do you have feelings of being overwhelmed for no reason? 0 1 2 3
- Do you have feelings of guilt about everyday decisions? 0 1 2 3
- Does your mind feel restless? 0 1 2 3
- Is it difficult to turn your mind off when you want to relax? 0 1 2 3
- Do you have disorganized attention? 0 1 2 3
- Do you now worry about things you were not worried about before? 0 1 2 3
- Do you have feelings of inner tension and inner excitability? 0 1 2 3

## SECTION 4 - ACETYLCHOLINE

- Do you feel your visual memory (shapes & images) is decreased? 0 1 2 3
- Do you feel your verbal memory is decreased? 0 1 2 3
- Do you have memory lapses? 0 1 2 3
- Has your creativity been decreased? 0 1 2 3
- Has your comprehension been diminished? 0 1 2 3
- Do you have difficulty calculating numbers? 0 1 2 3
- Do you have difficulty recognizing objects & faces? 0 1 2 3
- Do you feel like your opinion about yourself is changed? 0 1 2 3
- Are you experiencing excessive urination? 0 1 2 3
- Are you experiencing slower mental response? 0 1 2 3

*Symptom groups listed in this flyer are not intended to be used as a diagnosis of any disease condition. For nutritional purposes only.*

# Medication History

Please circle any of the following medication you have been or are currently taking.

## Agonist Modulator of GABA Receptor (benzodiazpines)

Xanax, Lexotanil, Lexotan, Librium, Klonopin, Valium, ProSon, Rohypnol, Dalmane, Ativan, Loramet, Sedoxil, Dormicum, Megadon, Serax, Restoril, Halcion

## Agonist Modulator of GABA Receptors (nonbenzodiazpines)

Ambien, Sonata, Lunesta, Imovane

## GABA Antagonist Competitive binder

Flumazenil

## D2 Dopamine Receptors Blockers (antipsychotics)

Thorazine, Prolixin, Trilafon, Compazine, Mellaril, Stelazine, Vesprin, Nozinan, Depixol, Navane, Iuanxol, Clopixol, Acuphase, Haldol, Orap, Clozaril, Zyprexa, Zydis, Seroquel, Geodon, Solian, Invega, Abilify

## Dopamine Receptors Agonists

Mirapex, Sifrol, Requip

## Acetylcholine Receptor Agonists

Bethenacol, Carbachol, Cervimeline, Pilocarpine, Suberylcholine, Nicotine

## Cholinesterase Inhibitors (reversible)

Donepezil, Galatamine, Rivastigmine, Tacrine, THC, Erophonium, Neostigmine, Phystigimine, Pyridostigmine, Carbamate Insecticides

## Cholinesterase Inhibitors (irreversible)

Ecotiophate, Isoflurophate, Organophosphate Insecticides, Organophosphate-containing nerve agents

## Acetylcholinesterase Reactivators

Pralidoxime

## Acetylcholine Receptor Antagonist – Antimuscarinic Agents

Atropine, Ipratropium, Scopolamine, Tiotropium

## Acetylcholine Receptor Antagonist - Ganlionic Blockers

Mecamylamine, Hexamethonium, Nicotine (high doses), Trimethaphan

## Acetylcholine Receptor Antagonist - Neuromuscular Blockers

Atracurium, Cisatracurium, Doxacurium, Metocurine, Mivacurium, Pancuronium, Rocuronium, uccinylcholine, Tubocurarine, Vecuronium, Hemicholine

## Selective Serotonin Reuptake Inhibitor

Paxil, Zoloft, Prozac, Celexa, Lexapro, Luvox, Cipramil, Emocal, Serpam, Seropram, Cipralext, Esteria, Fontex, Seromex, Seronil, Sarafem, Fluctin, Faverin, Seroxat, Aropax, Deroxat, Rextin, Xentor, Paroxat, Lustral, Serlain, Dapoxetine

## Selective Serotonin Reuptake Enhancers

Stablon, Coaxil, Tatinol

## Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)

Effexor, Pristiq, Meridia, Serzone, Dalcipran, Despramine, Duloxetine

## Noradrenergic and Specific Sertonegic Antidepressants (NaSSaa)

Remeron, Zispin, Avanza, Norset, Remergil, Axit

## Tricyclic Antidepressants (TCAs)

Elavil, Endep, Tryptanol, Trepiline, Asendin, Asendis, Defanyl, Demolox, Moxadil, Anafranil, Norpramin, Pertofrane, Prothiadin, Thanden, Adapin, Sinequan, Trofranil, Janamine, Gamanil, Aventyl, Pamelor, Opipramol, Vivactil, Rhotrimine, Surmontil

## Monoamine Oxidase Inhibitor (MAOI)

Marplan, Aurorix, Maneric, Moclodura, Nardil, Adlegiine, Elepryl, Azilect, Marsilid, Iprozid, Ipronid, Rivivol, Popilniazida, Zyvox, Zyvoxid

## Dopamine Reuptake Inhibitors

Wellbutrin (Bupropion)

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