



New Client Questionnaire

Welcome! Tell me about yourself.

Name	_____	Birthdate	_____
Address	_____	Age	_____
City	_____	Height	_____
State/Province	_____	Weight	_____
Zip/Postal Code	_____	Gender	_____
Country	_____	Occupation	_____
Email	_____	Phone	_____

How did you learn about me?

I understand that: 1) Mineral-Nutritional Balancing is a means to reduce stress and balance body chemistry. 2) Susan Cachay is not a medical doctor. 3) Nothing here is intended to discourage me from seeking or following the advice of a medical doctor. 4) This is not meant to diagnose, treat or cure any diseases and isn't a substitute for standard medical care.

Sign or type your name _____

Date _____

What are your main health concerns or conditions?

Write the details of your health history starting when you can remember feeling well and on from there. Include any vaccinations, illnesses, and trauma and their approximate dates.

What medications and/or supplements are you currently taking? Include Botox/Dyport if using now or used in the past.

List any 'out of range' (high or low) results from recent medical tests (e.g. blood tests).

List illnesses in your immediate family (e.g., heart disease, cancer, TB, diabetes, arthritis).

What kind of movement/exercise do you do and how often?

Approximately how many hours of sleep do you get each 24 hours and what is the quality?

List therapies, diets, supplements, medications, etc. that you've found helpful.

List therapies, diets, supplements, medications, etc. that haven't worked well for you.

What are typical examples of your meals and snacks?

Breakfast	Beverage
Mid-morning Snack	Beverage
Lunch	Beverage
Mid-afternoon Snack	Beverage
Dinner	Beverage
Evening Snack	Beverage

Health Issues & Life Experiences

acne
addiction – alcohol
addiction – other substances
addiction – other
allergies – other than food
anemia
anger
angina
anxiety
arteriosclerosis
arthritis – osteo
arthritis - rheumatoid
asthma
attention deficit disorder
autism
bipolar disorder
bloating
blood pressure – low
blood pressure – high
body temperature – low
brain fog
bronchitis
bruising – easy
bursitis
cataracts
cholesterol – high
circulation – poor
cirrhosis
cold – feeling of
colitis
confusion
constipation
cough
depression
dermatitis
development – delayed
diabetes
diarrhea
diverticulitis
dizziness
dry skin
dyslexia
eczema
emphysema
eyes – glaucoma
eyes – macular degeneration
fatigue
fear
fissures
food - allergies
food cravings – fats
food cravings – starches
food cravings – sweets
food cravings – other
food – can't skip meals
fractures

gallstones
gout
hair loss
headaches – migraine
headaches – sinus
headaches – tension
heart attack
heart – atrial fibrillation
heart – palpitations
heart rate – rapid
heartburn
hemorrhoids
hives
hunger – excessive
hunger – little to none
hyperkinesis
hyperglycemia
hyperthyroidism
hypoglycemia
hypothyroidism
infection – bacterial
infection 2 fungal / candida
infection – urinary tract
infection – viral
infertility
intestinal gas
irritability
irritability – before meals
joint pain
joint stiffness
kidney infections
kidney stones
learning disability
memory – poor
meniere's disease
mind racing
mood swings
multiple sclerosis
muscle – cramps
muscle – pain
muscle – weakness
neuritis
obsessive/compulsive
osteoporosis
panic attacks
parkinson's disease
postnasal drip
psoriasis
schizophrenia
scleroderma
seizures
sinus – congestion
sleep – insomnia
sleep – disturbance
smoking
stomach pain

sugar reactions
suicidal thoughts
teeth – decay
teeth – dental amalgams
teeth – excessive plaque
teeth – gum disease
triglycerides – high
tumors/cancer
ulcer
urination – frequent
urination – painful
vertigo
water retention
weight – tend to gain
weight – tend to lose
wound healing - slow

Men

impotence
prostate problems

Women

breasts – fibrocystic
breasts – tumors
cramps
fibroid tumors
hot flashes
menopause
menstruation – none
menstruation – heavy
menstruation – irregular
menstruation – light
ovarian cysts
pap smear – abnormal
pregnant – currently
premenstrual syndrome
water retention
yeast infection

Trauma

abuse – emotional
abuse – physical
abuse – sexual

Comments