

# Healthy Hormones Information Form

Wellness Solutions, Dr. Julia Lewis, D.C.  
2674 N. First St., Suite 108 San Jose, CA 95134  
408.526.9423

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Age: \_\_\_\_\_ Birth date: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Sex: \_\_\_\_\_  
Occupation: \_\_\_\_\_ S.S.#: \_\_\_\_\_  
Who referred you? \_\_\_\_\_

## Please list your four main complaints in order of importance:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Current Medications / Vitamins taking:

\_\_\_\_\_  
\_\_\_\_\_

## Please list all surgeries or medical procedures:

\_\_\_\_\_  
\_\_\_\_\_

## History of illness and treatments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Allergies / Sensitivities:

\_\_\_\_\_  
\_\_\_\_\_

## Ever taken any of the following medications? (Please check all that apply)

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Birth control pills or shot | <input type="checkbox"/> Hydrocortisone creams | <input type="checkbox"/> Thyroid medications |
| <input type="checkbox"/> Hormone replacement         | <input type="checkbox"/> Prednisone            | <input type="checkbox"/> Insulin             |
| <input type="checkbox"/> Progesterone                | <input type="checkbox"/> Bronchial inhalers    | <input type="checkbox"/> Diabetic medication |

I understand that Dr. Julia Lewis, D.C. and Wellness Solutions do not claim to diagnose or treat any disease or condition. The goal of the treatments given is to help restore balance and function so my body can heal itself. I further understand that the Body Restoration Technique (BRT) treatments are not covered by insurance and if for any reason I can't keep my appointment I will give 24 hours notice to avoid being charged the full fee for the missed session.

\_\_\_\_\_  
Patient signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Medicare? Yes / No  
(please circle)

## Healthy Hormone Assessment

### Symptom Survey

Please check all that apply

Name \_\_\_\_\_

#### Blood Sugar

- History of diabetes in family
- Cravings for sweets, refined carbohydrates
- Tired at 3:00 pm (afternoon)
- Insomnia (difficulty sleeping)
- Acne and skin problems
- Lack of energy
- Depression
- Anxiety
- Numbness or tingling in finger tips or toes
- Eye sight getting worse
- Excessive thirst
- Gets irritable or shaky when hungry

#### Thyroid

- Fatigue
- Intolerance to cold
- Cold hands or feet
- Sluggish elimination or constipation
- Mental sluggishness or lethargy
- Hair loss
- High cholesterol
- Ridged nails (vertical–up and down) or brittle nails
- Weight (sluggish)

#### Digestion/Kidney

- Bad breath
- High blood pressure
- High cholesterol
- Stomach bloats when eating wheat or sugar
- Skin problems
- Burning feet
- Pain between shoulder blades
- Intestinal gas
- Coated tongue (white film)
- Indigestion, acid reflux
- Irritable bowel problems
- History of antibiotics
- Toe nail fungus
- Headaches or Migraines
- Painful joints
- Right shoulder pain or tightness
- Itchy private parts

#### Prostate (male only)

- Urination difficulty or dribbling
- Night urination frequency
- Enlarged prostate

#### Adrenal

- Out of breath when walking up stairs
- Dizziness
- Excessive facial hair - female
- Fatigue during the day
- Difficulty getting out of bed in morning
- Waking up in the middle of the night
- Arthritis or stiff and painful joints
- Nervousness
- Fluid retention
- Swollen ankles
- Allergies
- Asthma
- Craving salt (chips, pretzels)
- Muscle cramps, worse during exercise
- Dull pain in chest or radiating in left arm

#### Menstrual (female only)

- PMS
- Irregular periods
- Ovarian cysts
- Heavy bleeding during menstruation
- Fibrocystic breasts

#### Menopause (female only)

- Hot flashes
- Night Sweats
- Vaginal Dryness
- Leaky bladder
- Frequent urination at night
- Bone loss/osteoporosis

#### Stubborn Weight

- Craves refined carbohydrates
- Frustrating stubborn weight
- History of low-calorie diets
- Fluid retention
- History of birth control pills
- History of Hormones Replacement Therapy
- High protein diets don't work
- Lack of willpower
- Can't lose weight despite exercise