# The Spring
## Center for Natural Medicine

2416 S. Lamar Blvd., Suite B, Austin, TX 78704 www.thespringatx@gmail.com 512-445-7373

**Please remember to bring ALL your completed paperwork with you.**

**If you do not bring your paperwork in or if your paperwork is not FULLY completed, we will not be able to see you.**

## New Health Evaluation

Your New Health Evaluation will last 45 minutes to 1 hour and will include a thorough non-invasive history and exam, a Heart Rate Variability Test and may include a neurological and kinesiology examination using the Nutrition Response Testing.

We will use these evaluations to determine if your case is a good fit for us and you use this time to decide if we are a good fit for you. If we decide we are a good fit for each other, we will structure a program for you based on our findings and present this to you at your second visit.

## Report of Findings

The Report of Findings visit will last 30 minutes. We discuss all our findings and our plan of action moving forward. We will typically schedule this visit the same day or within 2 days of your first visit. We will present you with your Report of Findings prior to the visit, so that you can read through it and prepare any questions you may have in advance. We will also determine if any lab testing is warranted at this stage.

If you agree with our treatment plan and choose to follow our suggested plan we will start treatment on this day using Nutritional Response Testing and any other modality needed on the day.

## Subsequent visits

These visits typically last 15 minutes and treatment modalities will be determined on the day based on your specific needs. Longer appointments may be required to go over test results but this will be discussed in advance.

# New Client Evaluation

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**PERMISSION AND AUTHORIZATION FORM**
REGARDING THE USE OF
NUTRITION RESPONSE TESTING™

Please read before signing:

I specifically authorize the natural health practitioners at The Spring, Center for Natural Medicine to perform a Nutrition Response Testing health analysis and to develop a natural, complementary health improvement program for me which may include dietary guidelines, nutritional supplements,scar treatment etc., in order to assist me in improving my health, **and not for the treatment or cure of any disease.**

I understand that Nutrition Response Testing is a safe, non-invasive, natural method of analyzing the body's physical and nutritional needs; and that deficiencies or imbalances in these areas could cause or contribute to various health problems.

I understand Nutrition Response Testing is not a method for diagnosing or treating any disease including conditions of cancer, AIDS, infections, or other medical conditions, and that these are not being tested for or treated.

I understand that I am not seeing a physician and that no promise or guarantee has been made regarding the results of Nutrition Response Testing or any natural health, nutritional or dietary recommendations.

**Cancellation Policy** No fee is charged if a 24 hour notice is given for a cancellation. Late cancellations or 'no shows' will be charged .

**I have read and understand the foregoing.**
**This permission form applies to subsequent visits and consultations.**

Date: _____

Print Name: _____

Address: _____

City, State, ZIP:_____

Phone: _____

Signature: _____

Signature parent/guardian if minor: _____

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## Client Health Information Consent Form

We want you to know how your Client Health Information (**CHI**) is going to be used in our office and your rights concerning those records. Before we are able to start any health care operations we must require you to read and sign this consent form stating that you understand and agree with how your records will be used. If you would like a more detailed account of our policies and procedures concerning the privacy of your CHI we encourage you to read the HIPAA NOTICE that is available at the front desk before signing this consent.

1. The client understands and agrees to allow the office to use their CHI for the purpose of treatment, payment, health care operations and coordination of care.
2. The client has the right to examine and obtain a copy of his or her own records at any time and request corrections. The client may request to know what disclosures have been made and submit in writing any further restrictions on the use of their CHI. Our office is not obligated to agree to those restrictions.
3. A client's written consent need only be obtained one time for all subsequent care given the client in this office.
4. The client may provide a written request to revoke consent at any time during care. This would not affect the use of the records for care given prior to the written request to revoke consent but would apply to any care given after the request has been presented.
5. For your security and right to privacy, all staff has been trained in the area of client record privacy and a privacy official has been designated to enforce those procedures in our office. We have taken all precautions that are known by this office to assure that your records are not readily available to those that do not need them.
6. Client have the right to file a formal complaint with our privacy official about any violations of these policies and procedures.
7. If the client refuses to sign this consent for the purpose of treatment, payment and health care operations, the practitioner has the right to refuse to give care

I have read and understand how my Client Health Information will be used and I agree to these policies and procedures.

_____

Signature of client Date Name of Client

_____

Signature of parent if minor Date Name of Client

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Today's Date:_____ Referred by:_____

Name:_____ M ☐ F ☐ Birthdate:_____Age:_____

Mailing Address: _____

City:_____State:_____Zip:_____Occupation: _____

Daytime phone:_____ Evening phone:_____

Email address: _____

Marital Status: S ☐ M ☐ D ☐ W ☐ Spouse's Name: _____

Emergency Contact- Name_____ Phone: _____

Chief complaints. Please tell us the main reason you are here- _____

_____

_____

Secondary Complaints. Please tell us about other health concerns you may have-_____

_____

_____

Previous Treatments for these Complaints - _____

_____

_____

Are you currently under the care of a physician or health care professional? If yes, please give name and date of last visit- _____

_____

Major Illness- Please list all major illness and approximate dates- _____

_____

_____

Surgeries - Please list all surgeries and approximate dates- _____

_____

_____

Injuries- Please list all injuries and traumas and approximate dates- _____

_____

_____

Current Medication(drugs) and dosage (use separate sheet if needed)- _____

_____

_____

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Current nutritional supplements and dosage (use separate sheet if needed)- _____

_____

_____

Please list any allergies (including food)- _____

_____

Weight:_____ Height:_____

Any family history of serious illnesses (circle all that applies) Cancer/ Diabetes/ Heart disease/Other -_____

Describe health of spouse/partner- _____

No. of Children( if any):_____

| Name of child | Age | Sex | Health or health concerns |
|---|---|---|---|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Do you drink coffee? Y☐ N☐ How much per day? _____

Do you drink alcohol? Y☐ N☐ Type and quantity- _____

Do you smoke? Y☐ N☐ Type and quantity- _____

Do you exercise? Y☐ N☐ Type and duration- _____

Do you have any trouble with sleep? Y☐ N☐ Please explain-_____

_____

Do you have pets? Y☐ N☐ What Kind and how many- _____

**What can we do to make you happier?** _____

_____

**WOMEN ONLY**

Are you pregnant? Y☐ N☐ Are you trying to conceive? Y☐ N☐ Are you nursing? Y☐ N☐

Do you have regular monthly periods? _____

Circle any of the following symptoms you experience associated with your period:

Cramping Bloating Moodiness Heavy bleeding Back pain Headaches Clots

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## Dietary Intake for 2 days before appointment

| **Day 1** | **Day 2** |
| --- | --- |
| **Breakfast:** | **Breakfast:** |
| **Snacks:** | **Snacks:** |
| **Lunch:** | **Lunch:** |
| **Snacks:** | **Snacks:** |
| **Dinner:** | **Dinner:** |
| **Snacks:** | **Snacks:** |
| **Water and other liquids:** | **Water and other liquids:** |

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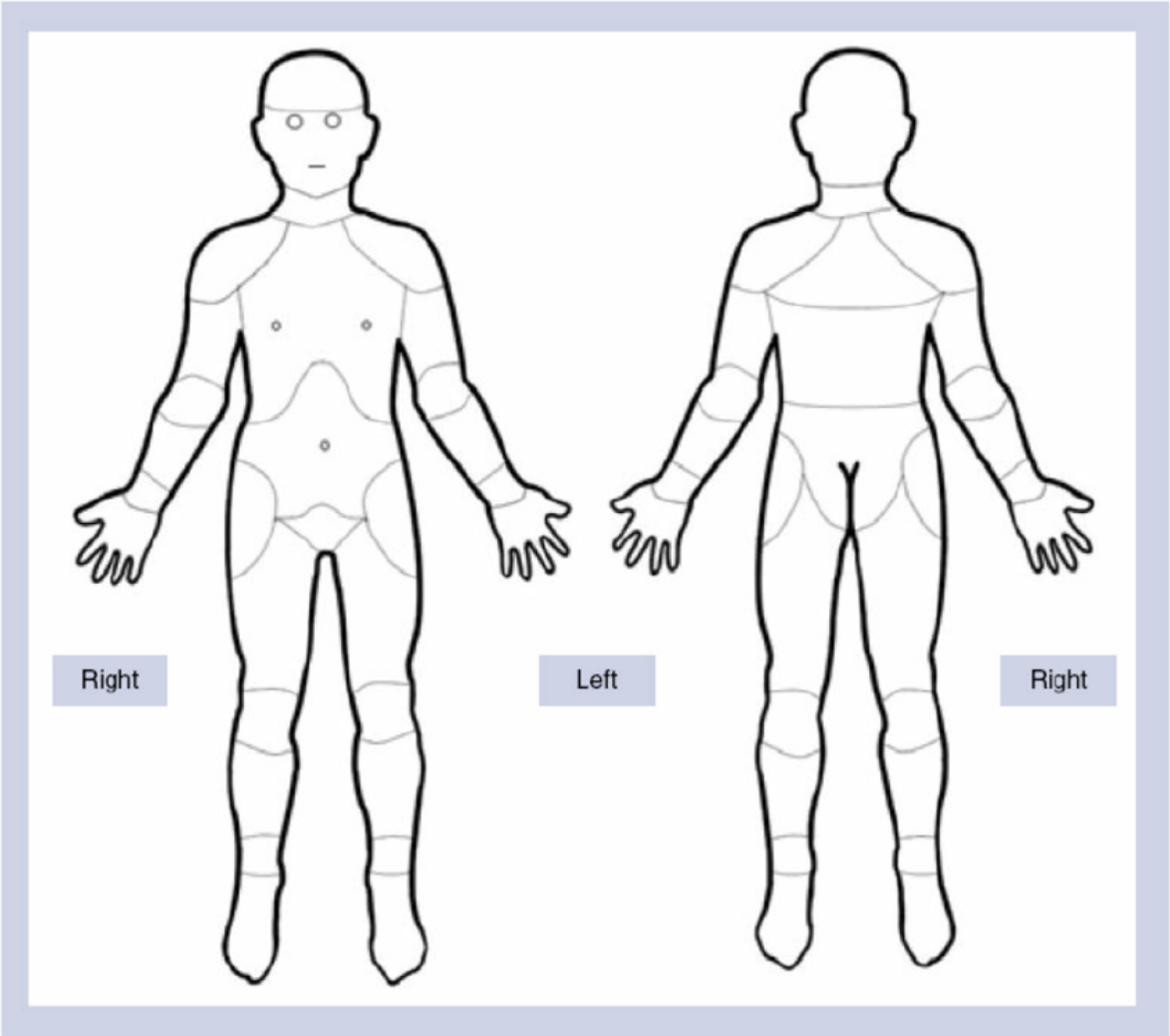



## Scars, Surgeries, Piercings, Tattoos and Metal Implants

On the diagram above please indicate where you have any scars, piercings, tattoos and metal implants.

Don't forget about C-sections, episiotomies, cosmetic surgery, vasectomies, laparoscopic surgeries, metal pins, trauma scars, joint replacements and vaccination scars

Office use only

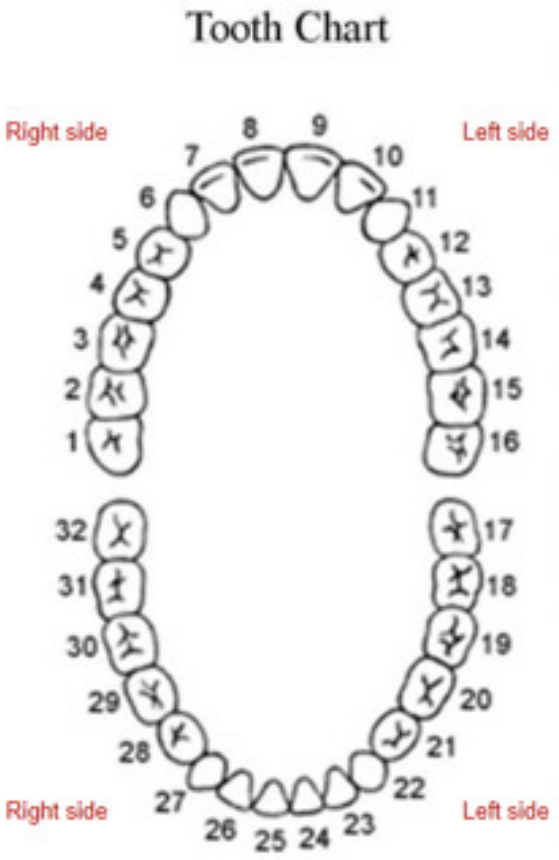
Scars ☐
Piercings ☐
Tattoos ☐

Surgery ☐
Trauma ☐
Implants ☐

## Dental Chart

On the chart below please indicate the following:

- Silver fillings
- Composite or porcelain fillings
- Gold Fillings
- Crowns
- Root canals
- Veneers
- Bridges
- Dentures
- Extracted teeth ( don't forget about the wisdom teeth)



# SYMPTOM SURVEY FORM

Patient _____ Doctor _____ Date _____

Birth Date ___/___/___ Approx Weight _____ Sex: Male Female

Pulse: Recumbent _____ Standing _____ Vegetarian: Yes No

Blood pressure: Recumbent _____/_____ Standing _____/_____ Ragland's Test is Positive

INSTRUCTIONS: Fill in only the circles which apply to you.
● ○ ○ MILD symptoms (occurred once or twice last 6 months).
○ ● ○ MODERATE symptoms (occurred once or twice last month).
○ ○ ● SEVERE symptoms (chronic, occurred once or twice last week).
○ ○ ○ **Leave circles BLANK if they don't apply to you!**

| | 1 | 2 | 3 | |
|---|---|---|---|---|
| | | | | **GROUP 1** |
| 1 | ○ | ○ | ○ | Acid foods upset |
| 2 | ○ | ○ | ○ | Get chilled often |
| 3 | ○ | ○ | ○ | "Lump" in throat |
| 4 | ○ | ○ | ○ | Dry mouth-eyes-nose |
| 5 | ○ | ○ | ○ | Pulse speeds after meal |
| 6 | ○ | ○ | ○ | Keyed up - fail to calm |
| 7 | ○ | ○ | ○ | Cut heals slowly |
| 8 | ○ | ○ | ○ | Gag easily |
| 9 | ○ | ○ | ○ | Unable to relax; startles easily |
| 10 | ○ | ○ | ○ | Extremities cold, clammy |
| 11 | ○ | ○ | ○ | Strong light irritates |
| 12 | ○ | ○ | ○ | Urine amount reduced |
| 13 | ○ | ○ | ○ | Heart pounds after retiring |
| 14 | ○ | ○ | ○ | "Nervous" stomach |
| 15 | ○ | ○ | ○ | Appetite reduced |
| 16 | ○ | ○ | ○ | Cold sweats often |
| 17 | ○ | ○ | ○ | Fever easily raised |
| 18 | ○ | ○ | ○ | Neuralgia-like pains |
| 19 | ○ | ○ | ○ | Staring, blinks little |
| 20 | ○ | ○ | ○ | Sour stomach often |
| | | | | **GROUP 2** |
| 21 | ○ | ○ | ○ | Joint stiffness on arising |
| 22 | ○ | ○ | ○ | Muscle-leg-toe cramps at night |
| 23 | ○ | ○ | ○ | "Butterfly" stomach, cramps |
| 24 | ○ | ○ | ○ | Eyes or nose watery |
| 25 | ○ | ○ | ○ | Eyes blink often |
| 26 | ○ | ○ | ○ | Eyelids swollen, puffy |
| 27 | ○ | ○ | ○ | Indigestion soon after meals |
| 28 | ○ | ○ | ○ | Always seems hungry; feels "lightheaded" often |
| 29 | ○ | ○ | ○ | Digestion rapid |
| 30 | ○ | ○ | ○ | Vomiting frequent |
| 31 | ○ | ○ | ○ | Hoarseness frequent |
| 32 | ○ | ○ | ○ | Breathing irregular |
| 33 | ○ | ○ | ○ | Pulse slow; feels "irregular" |
| 34 | ○ | ○ | ○ | Gagging reflex slow |
| 35 | ○ | ○ | ○ | Difficulty swallowing |
| 36 | ○ | ○ | ○ | Constipation, diarrhea alternating |
| 37 | ○ | ○ | ○ | "Slow starter" |
| 38 | ○ | ○ | ○ | Get "chilled" infrequently |
| 39 | ○ | ○ | ○ | Perspire easily |
| 40 | ○ | ○ | ○ | Circulation poor, sensitive to cold |
| 41 | ○ | ○ | ○ | Subject to colds, asthma, bronchitis |
| | | | | **GROUP 3** |
| 42 | ○ | ○ | ○ | Eat when nervous |
| 43 | ○ | ○ | ○ | Excessive appetite |
| 44 | ○ | ○ | ○ | Hungry between meals |
| 45 | ○ | ○ | ○ | Irritable before meals |
| 46 | ○ | ○ | ○ | Get "shaky" if hungry |
| 47 | ○ | ○ | ○ | Fatigue, eating relieves |
| 48 | ○ | ○ | ○ | "Lightheaded" if meals delayed |
| 49 | ○ | ○ | ○ | Heart palpitates if meals missed or delayed |
| 50 | ○ | ○ | ○ | Afternoon headaches |
| 51 | ○ | ○ | ○ | Overeating sweets upsets |
| 52 | ○ | ○ | ○ | Awaken after few hours sleep - hard to get back to sleep |
| 53 | ○ | ○ | ○ | Crave candy or coffee in afternoons |
| 54 | ○ | ○ | ○ | Moods of depression - "blues" or melancholy |
| 55 | ○ | ○ | ○ | Abnormal craving for sweets or snacks |
| | | | | **GROUP 4** |
| 56 | ○ | ○ | ○ | Hands and feet go to sleep easily, numbness |
| 57 | ○ | ○ | ○ | Sigh frequently, "air hunger" |
| 58 | ○ | ○ | ○ | Aware of "breathing heavily" |
| 59 | ○ | ○ | ○ | High altitude discomfort |
| 60 | ○ | ○ | ○ | Opens windows in closed rooms |
| 61 | ○ | ○ | ○ | Susceptible to colds and fevers |
| 62 | ○ | ○ | ○ | Afternoon "yawner" |
| 63 | ○ | ○ | ○ | Get "drowsy" often |
| 64 | ○ | ○ | ○ | Swollen ankles, worse at night |
| 65 | ○ | ○ | ○ | Muscle cramps, worse during exercise; get "charley horses" |
| 66 | ○ | ○ | ○ | Shortness of breath on exertion |
| 67 | ○ | ○ | ○ | Dull pain in chest or radiating into left arm, worse on exertion |
| 68 | ○ | ○ | ○ | Bruise easily, "black and blue" spots |
| 69 | ○ | ○ | ○ | Tendency to anemia |
| 70 | ○ | ○ | ○ | "Nose bleeds" frequent |
| 71 | ○ | ○ | ○ | Noises in head, or "ringing in ears" |
| 72 | ○ | ○ | ○ | Tension under the breastbone, or feeling of "tightness", worse on exertion |
| | | | | **GROUP 5** |
| 73 | ○ | ○ | ○ | Dizziness |
| 74 | ○ | ○ | ○ | Dry skin |
| 75 | ○ | ○ | ○ | Burning feet |
| 76 | ○ | ○ | ○ | Blurred vision |
| 77 | ○ | ○ | ○ | Itching skin and feet |
| 78 | ○ | ○ | ○ | Excessive falling hair |
| 79 | ○ | ○ | ○ | Frequent skin rashes |
| 80 | ○ | ○ | ○ | Bitter, metallic taste in mouth in mornings |
| 81 | ○ | ○ | ○ | Bowel movements painful or difficult |
| 82 | ○ | ○ | ○ | Worrier, feels insecure |
| 83 | ○ | ○ | ○ | Feeling queasy; headache over eyes |
| 84 | ○ | ○ | ○ | Greasy foods upset |
| 85 | ○ | ○ | ○ | Stools light colored |
| 86 | ○ | ○ | ○ | Skin peels on foot soles |
| 87 | ○ | ○ | ○ | Pain between shoulder blades |
| 88 | ○ | ○ | ○ | Use laxatives |
| 89 | ○ | ○ | ○ | Stools alternate from soft to watery |
| 90 | ○ | ○ | ○ | History of gallbladder attacks or gallstones |
| 91 | ○ | ○ | ○ | Sneezing attacks |
| 92 | ○ | ○ | ○ | Dreaming, nightmare type bad dreams |
| 93 | ○ | ○ | ○ | Bad breath (halitosis) |
| 94 | ○ | ○ | ○ | Milk products cause distress |
| 95 | ○ | ○ | ○ | Sensitive to hot weather |
| 96 | ○ | ○ | ○ | Burning or itching anus |
| 97 | ○ | ○ | ○ | Crave sweets |
| | | | | **GROUP 6** |
| 98 | ○ | ○ | ○ | Loss of taste for meat |
| 99 | ○ | ○ | ○ | Lower bowel gas several hours after eating |
| 100 | ○ | ○ | ○ | Burning stomach sensations, eating relieves |
| 101 | ○ | ○ | ○ | Coated tongue |
| 102 | ○ | ○ | ○ | Pass large amounts of foul-smelling gas |
| 103 | ○ | ○ | ○ | Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs. |
| 104 | ○ | ○ | ○ | Mucous colitis or "irritable bowel" |
| 105 | ○ | ○ | ○ | Gas shortly after eating |
| 106 | ○ | ○ | ○ | Stomach "bloating" after eating |

| | 1 | 2 | 3 | |
|---|---|---|---|---|
| | | | | **GROUP 7A** |
| 107 | O | O | O | Insomnia |
| 108 | O | O | O | Nervousness |
| 109 | O | O | O | Can't gain weight |
| 110 | O | O | O | Intolerance to heat |
| 111 | O | O | O | Highly emotional |
| 112 | O | O | O | Flush easily |
| 113 | O | O | O | Night sweats |
| 114 | O | O | O | Thin, moist skin |
| 115 | O | O | O | Inward trembling |
| 116 | O | O | O | Heart palpitates |
| 117 | O | O | O | Increased appetite without weight gain |
| 118 | O | O | O | Pulse fast at rest |
| 119 | O | O | O | Eyelids and face twitch |
| 120 | O | O | O | Irritable and restless |
| 121 | O | O | O | Can't work under pressure |
| | | | | **GROUP 7B** |
| 122 | O | O | O | Increase in weight |
| 123 | O | O | O | Decrease in appetite |
| 124 | O | O | O | Fatigue easily |
| 125 | O | O | O | Ringing in ears |
| 126 | O | O | O | Sleepy during day |
| 127 | O | O | O | Sensitive to cold |
| 128 | O | O | O | Dry or scaly skin |
| 129 | O | O | O | Constipation |
| 130 | O | O | O | Mental sluggishness |
| 131 | O | O | O | Hair coarse, falls out |
| 132 | O | O | O | Headaches upon arising, wear off during day |
| 133 | O | O | O | Slow pulse, below 65 |
| 134 | O | O | O | Frequency of urination |
| 135 | O | O | O | Impaired hearing |
| 136 | O | O | O | Reduced initiative |
| | | | | **GROUP 7C** |
| 137 | O | O | O | Failing memory |
| 138 | O | O | O | Low blood pressure |
| 139 | O | O | O | Increased sex drive |
| 140 | O | O | O | Headaches, "splitting or rending" type |
| 141 | O | O | O | Decreased sugar tolerance |
| | | | | **GROUP 7D** |
| 142 | O | O | O | Abnormal thirst |
| 143 | O | O | O | Bloating of abdomen |
| 144 | O | O | O | Weight gain around hips or waist |
| 145 | O | O | O | Sex drive reduced or lacking |
| 146 | O | O | O | Tendency to ulcers, colitis |
| 147 | O | O | O | Increased sugar tolerance |
| 148 | O | O | O | Women: menstrual disorders |
| 149 | O | O | O | Young girls: lack of menstrual function |
| | | | | **GROUP 7E** |
| 150 | O | O | O | Dizziness |
| 151 | O | O | O | Headaches |
| 152 | O | O | O | Hot flashes |
| 153 | O | O | O | Increased blood pressure |
| 154 | O | O | O | Hair growth on face or body (female) |
| 155 | O | O | O | Sugar in urine (not diabetes) |
| 156 | O | O | O | Masculine tendencies (female) |
| | | | | **GROUP 7F** |
| 157 | O | O | O | Weakness, dizziness |
| 158 | O | O | O | Chronic fatigue |
| 159 | O | O | O | Low blood pressure |
| 160 | O | O | O | Nails weak, ridged |
| 161 | O | O | O | Tendency to hives |
| 162 | O | O | O | Arthritic tendencies |
| 163 | O | O | O | Perspiration increase |
| 164 | O | O | O | Bowel disorders |
| 165 | O | O | O | Poor circulation |
| 166 | O | O | O | Swollen ankles |
| 167 | O | O | O | Crave salt |
| 168 | O | O | O | Brown spots or bronzing of skin |
| 169 | O | O | O | Allergies - tendency to asthma |

| | 1 | 2 | 3 | |
|---|---|---|---|---|
| 170 | O | O | O | Weakness after colds, influenza |
| 171 | O | O | O | Exhaustion - muscular and nervous |
| 172 | O | O | O | Respiratory disorders |
| | | | | **GROUP 8** |
| 173 | O | O | O | Apprehension |
| 174 | O | O | O | Irritability |
| 175 | O | O | O | Morbid fears |
| 176 | O | O | O | Never seems to get well |
| 177 | O | O | O | Forgetfulness |
| 178 | O | O | O | Indigestion |
| 179 | O | O | O | Poor appetite |
| 180 | O | O | O | Craving for sweets |
| 181 | O | O | O | Muscular soreness |
| 182 | O | O | O | Depression; feelings of dread |
| 183 | O | O | O | Noise sensitivity |
| 184 | O | O | O | Acoustic hallucinations |
| 185 | O | O | O | Tendency to cry without reason |
| 186 | O | O | O | Hair is coarse and/or thinning |
| 187 | O | O | O | Weakness |
| 188 | O | O | O | Fatigue |
| 189 | O | O | O | Skin sensitive to touch |
| 190 | O | O | O | Tendency toward hives |
| 191 | O | O | O | Nervousness |
| 192 | O | O | O | Headache |
| 193 | O | O | O | Insomnia |
| 194 | O | O | O | Anxiety |
| 195 | O | O | O | Anorexia |
| 196 | O | O | O | Inability to concentrate; confusion |
| 197 | O | O | O | Frequent stuffy nose; sinus infections |
| 198 | O | O | O | Allergy to some foods |
| 199 | O | O | O | Loose joints |
| | | | | **FEMALE ONLY** |
| 200 | O | O | O | Very easily fatigued |
| 201 | O | O | O | Premenstrual tension |
| 202 | O | O | O | Painful menses |
| 203 | O | O | O | Depressed feelings before menstruation |
| 204 | O | O | O | Menstruation excessive and prolonged |
| 205 | O | O | O | Painful breasts |
| 206 | O | O | O | Menstruate too frequently |
| 207 | O | O | O | Vaginal discharge |
| 208 | | | O | Hysterectomy / ovaries removed |
| 209 | O | O | O | Menopausal hot flashes |
| 210 | O | O | O | Menses scanty or missed |
| 211 | O | O | O | Acne, worse at menses |
| 212 | O | O | O | Depression of long standing |
| | | | | **MALE ONLY** |
| 213 | O | O | O | Prostate trouble |
| 214 | O | O | O | Urination difficult or dribbling |
| 215 | O | O | O | Night urination frequent |
| 216 | O | O | O | Depression |
| 217 | O | O | O | Pain on inside of legs or heels |
| 218 | O | O | O | Feeling of incomplete bowel evacuation |
| 219 | O | O | O | Lack of energy |
| 220 | O | O | O | Migrating aches and pains |
| 221 | O | O | O | Tire too easily |
| 222 | O | O | O | Avoids activity |
| 223 | O | O | O | Leg nervousness at night |
| 224 | O | O | O | Diminished sex drive |

List the five main complaints you have in the order of their importance:

1. _____

2. _____

3. _____

4. _____

5. _____