

Anxiety										
Arthritis										
Asthma										
Autism										
Backache										
Bedwetting										
Behavioural problems										
Bipolar disorders										
Constipation/ diarrhoea										
Ear infections										
symptoms	1	2	3	4	5	6	7	8	9	10
Cancer (Type?)										
Crohn's disease										
Eat disorder (type)										
Eczema										
Exercise induced allergies										
Eye disorder										
Fatigue syndrome										
Fibromyalgia										
Frequent urination										
Head Aches										
Heart disease										
Hives										
Hot flashes										
Hyper tension										
indigestion										

insomnia										
Irritable bowels										
Kidney Disease (Type)										
Learning difficulties / lack of concentration										
Liver disorder (type)										
Lupus										
M.S										
Migraine										
Milk allergies										
Pain anywhere in the body										
symptoms	1	2	3	4	5	6	7	8	9	10
Poor memory										
Rashes										
Sea sickness										
Sinusitis										
Other										

Are you allergic to any of the following that you know of? 10= severe										
Anaesthesia										
Aspirin										
Chemicals										
Corn/ mealies										
Egg										
Fish/shellfish										
Food additives										
Food colour										

Formaldehydes										
Ice cream										
Latex										
Milk										
Mushrooms										
Peanuts										
Penicillin										
Perfume										
Wheat/gluten										
Other										

Please answer the following questions	
Were you a planned baby?	
Do you have brothers and/or sisters?	
Give a breakdown of the children e.g. boy, girl, me, etc.	
Is there anything that happened when your mom was pregnant with you?	
How was your birth, caesarean, natural, complications?	
Were you put in an incubator/baby ward?	
Have you been hospitalised when you were young?	
Did you parents get divorced? If yes, how old were you?	

Is there anything traumatic that happened to you	
How do you feel about you? Do you like yourself?	
Are you married /divorced /separated / single?	
How high are your stress levels on a scale 1-10?	
Is there anything else that stands out that could have caused stress in your life?	