

**Health By Intent**  
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or

106 – 433 4<sup>th</sup> St. NE,  
Centered Physiotherapy

Weyburn, SK

Phone: 1-306-584-1830

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone (Home): \_\_\_\_\_ (Work): \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail address: \_\_\_\_\_ Extended Health Care Carrier: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate (mm/dd/yy): \_\_\_\_\_ Place of Birth \_\_\_\_\_ Blood Type: \_\_\_\_\_

Occupation: \_\_\_\_\_ Employer \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship to you: \_\_\_\_\_ Contact's Phone: \_\_\_\_\_

How did you find out about me? \_\_\_\_\_

Medical doctor \_\_\_\_\_ Your last blood test? \_\_\_\_\_ Your last physical exam? \_\_\_\_\_

List your health concerns:

\_\_\_\_\_

Do you have any known allergies to drugs, herbs, foods, animals or other? \_\_\_\_\_

**Circle any of the following conditions you have or may have had:**

|             |                |                |                     |                        |                |
|-------------|----------------|----------------|---------------------|------------------------|----------------|
| Abcess      | diabetes       | hepatitis      | multiple sclerosis  | rheumatic fever        | tuberculosis   |
| Abortion    | emphysema      | HIV            | mumps               | rubella/German measles | typhoid fever  |
| Alcoholism  | epilepsy       | influenza      | parasites           | scarlet fever          | venereal warts |
| Anemia      | frequent colds | kidney disease | peritonitis         | sexual abuse           | warts          |
| Arthritis   | gallstones     | leukemia       | pelvic inflam. dis. | skin issues            | whooping cough |
| Asthma      | genital herpes | blood press.   | pleurisy            | sinusitis              | worms          |
| Cancer      | gonorrhea      | malaria        | pneumonia           | stroke                 | yellow fever   |
| chicken pox | gout           | measles        | PMS                 | strep throat           | other:         |
| cold sores  | hayfever       | miscarriages   | prostatitis         | syphilis               |                |
| depression  | heart disease  | mononucleosis  | psychiatric illness | tonsilitis             |                |

Do you take any medications? Name, dose, how long? \_\_\_\_\_  
\_\_\_\_\_

Do you take any supplements or herbs? Name, dose, how long?  
\_\_\_\_\_  
\_\_\_\_\_

Do you get sick often? \_\_\_\_\_ How frequently? \_\_\_\_\_

And on the average describe your energy level from 1 – 10 (10 = highest & 1 = lowest) \_\_\_\_\_

What time of day is your best energy? \_\_\_\_\_ Lowest energy of the day? \_\_\_\_\_

Current height? \_\_\_\_\_ Weight? \_\_\_\_\_ Ideal or desired weight? \_\_\_\_\_

Please list the 5 most traumatic or stressful events in your life, from the most recent to the most distant. Are any of these situations continuing to impact your life? (yes or no)

1) \_\_\_\_\_ date \_\_\_\_\_

2) \_\_\_\_\_ date \_\_\_\_\_

3) \_\_\_\_\_ date \_\_\_\_\_

4) \_\_\_\_\_ date \_\_\_\_\_

5) \_\_\_\_\_ date \_\_\_\_\_

Please circle. Are you currently living with? Spouse, partner, parents, friends, children, alone

Are you currently: Married, separated, divorced, widowed, single, in a supportive relationship?

What is your current level of education? \_\_\_\_\_ Are you satisfied with this? Yes or No

Any children? \_\_\_\_\_ If so, how many? \_\_\_\_\_ Have you been hospitalized or had surgeries? \_\_\_\_\_

Dates \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you exercise? If yes, how many times per week and what activities?

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Number of extreme toxic exposures in the past year (radiation, insecticides, chemicals, chemotherapy treatments)? \_\_\_\_\_

**Diet**

How much water do you drink daily? \_\_\_\_\_

What is a typical breakfast for you? \_\_\_\_\_

What is a typical lunch for you? \_\_\_\_\_

What is a typical dinner for you? \_\_\_\_\_

**Family History** Please list ages, health problems, and if deceased, cause of death:

|              | Living (age) | Health Problems | Died (age)  | Cause |
|--------------|--------------|-----------------|-------------|-------|
| Mother       | _____/_____  | _____           | _____/_____ | _____ |
| Father       | _____/_____  | _____           | _____/_____ | _____ |
| Sisters      | _____/_____  | _____           | _____/_____ | _____ |
| Sisters      | _____/_____  | _____           | _____/_____ | _____ |
| Brothers     | _____/_____  | _____           | _____/_____ | _____ |
| Brothers     | _____/_____  | _____           | _____/_____ | _____ |
| Mother's Mom | _____/_____  | _____           | _____/_____ | _____ |
| Mother's Dad | _____/_____  | _____           | _____/_____ | _____ |
| Father's Mom | _____/_____  | _____           | _____/_____ | _____ |
| Father's Dad | _____/_____  | _____           | _____/_____ | _____ |

What is your general outlook on life? \_\_\_\_\_

How committed are you to making changes in your life in order to improve your health? \_\_\_\_\_

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