



FUNCTIONAL
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SERVICES

IMMUNE SYSTEM

1). Have you ever been diagnosed with an autoimmune disease? Please specify the disease, and when you were diagnosed:

Granuloma Annulare on Hands

2). Have you ever had asthma, allergies or acid reflux? If yes, please specify, and when they started:

Allergies and Acid Reflux and took Acid Reflux Medicine for some time

3). Have you ever been diagnosed with a virus? If so, when were you diagnosed?

Mono-2011, Covid-2020, Flu-a few times

Please circle if you have had any of the following:

- Glandular Fever/Mono/Epstein-Barr Virus
- Herpes
- Cold sores
- Chickenpox
- Shingles
- Ross River Fever
- Mumps
- Measles
- Rubella
- Influenza
- HPV/Human Papilloma Virus
- Hepatitis
- Dengue Fever
- Croup
- Gastroenteritis or “Stomach Flu” or Food Poisoning
- Covid 19

4). When stressed, do you experience:

Cold sores, hives, shingles or chronic fatigue? Please specify.

Fatigue and very frequent Migraines

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5) Have you ever had a root canal, or recurrent problems with your teeth? Please specify:

No, but I got my bottom wisdom teeth out

6) Have you ever been diagnosed with a parasite? If yes, what type of parasite and what treatment did you have?

I got told through muscles testing once but my gut test did not show parasites

7) Have you ever been exposed to mould, or lived in a water-damaged building?

Yes, I lived in moldy buildings in college and then worked for 5 years in a moldy school building about 8 years total of exposure I would assume.

HORMONE

1). Any sleep disturbances? Please specify.

Just getting up to pee and clenching teeth, but sleep is fine generally speaking.

2). When you wake up in the morning do you feel energised, or do you feel you want to sleep longer?

Like I want to sleep longer, but my body is reved and I need to get up anyway.

3). Do you feel tired regardless of the number of hours you sleep?

Pretty much always tired and I think sometimes it's just a migraine.

4). Do you get cravings for sugar OR salt? Please specify:

Both, Dark chocolate and Salt

5). Do you have difficulty losing and/or gaining weight regardless of diet/exercise regimen you follow?

I lose weight but I hold all my fat in my stomach which never goes away.

THYROID

1). Do you get cold hands/feet?

Cold hands and sometimes cold feet but the feet are always sweating.

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2). Do you easily gain weight?

I would say weight gain is dependent on my lifestyle, exercise, and food intake-bloat often though

3). Do you experience constipation?

Yes

4). Do you have history of high cholesterol?

My LDLcholesterol has been really high-113 on last one. Also usually have a somewhat high Glucose 95-99



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MEDICINE
SERVICES

which shouldn't be based on how I eat and exercise and a low WBC
3.3 on last one.

ESTROGEN (for Females)

1). Have you ever been diagnosed with PCOS? Fibroids? Endometriosis?

No, I have an IUD. I get bad cramping and bleeding if not

2). Do you have history of migraines?

VERY BAD! I used to get them every day and throw up once a week. Now with lots of medicine they
are somewhat tamed but bad

3). Do you experience hair loss? Low sex drive? Hot flashes? Please specify

def LSD but also could be due to SSNRI i'm on

4). Have you experienced irregular menstrual cycles?

Not too bad

5) Are you getting hair in unwanted places? e.g., face, chin, body? Please specify:

No

TESTOSTERONE (for Males)

1). Do you urinate frequently and/or have difficulty urinating?

Yes, frequently go and often thirsty always drinking water

2). Are you experiencing thinning hair, a receding hair line or baldness?

No

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3). Do you have difficulty gaining muscle weight when working out?

Possibly-I gain muscle but with how much I work out maybe should be more

4). Do you have difficulty losing weight?

Not too bad

5). Do you experience low sex drive?

Yes, very much so



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BLOOD SUGAR

1). Have you ever been diagnosed with Diabetes?

No but I was pre diabetic on a blood test once-A1C is high sometimes

2). Do you frequently get thirsty?

yes

3). Do you frequently feel the urge to urinate?

yes especially before bed

4). Do you feel tired/fatigued after a meal? OR do you feel energized after a meal?

tired

5). Do you feel "hangry" in the morning before breakfast?

Not usually, throughout the day though I do sometimes

DIGESTION

1). Do you experience gas and/or bloating after eating? Any foods in particular?

Can;t put my finger on what causes it but yes. I think the migraines trigger bloating as well

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2). How do you feel after taking probiotics? Any problems?

Don't notice much of a difference

3). Have you ever been diagnosed with:

Stomach ulcers or gastritis?

SIBO (*Small Intestinal Bacterial Overgrowth*)?

Candida? V. yeast infections not in the stomach

Depression?

Anxiety?

ADHD?



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4). Do you experience skin itching/irritation frequently?

OFTEN, its eased up a bit but I thought I was allergic to like every food and product because I got reactions.

5). Have you recently been experiencing food sensitivity/allergies to food not previously experienced?

Yes, I feel like i'm hyper sensitive-took a food sensitivity test that shows so much red

6). Do you have any skin conditions? (e.g. psoriasis, eczema, rosacea, acne, etc.)

Grannuloma Annulare only

7) Do you tolerate alcohol badly?

No just headaches

8) How do you feel after eating fermented foods (e.g. kimchi, sauerkraut, pickles) or drinking kombucha?

nothing noticeable

GENERAL

1). List of medications

Venlafaxine 37.5 (anxiety), Emgality injection 1x a month(migraines), Clonidine .1 for migraines (helped a lot)
Migraine rescue medicines: Nurtec, triptans, and nausea meds, and allergy meds like zyrtec at times

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a). What do you take them for?

described above

b). Do they help you with your symptoms?

yes

2). List of supplements.

Been on tons of things from a naturopath and functional med doctor over last few years

I started myself: Curcumin, Quercetin, Maca, Akkermansia, MSM, Crucera
Took from naturopath: Adrenal Desiccated, Combo supplements that include iodine, copper, porcine kidney powder, black cumin powder, pine bark extract, green tea leaf extract, magnesium taurate, calcium d- glucarate, dandelion root, ellagic extract, rosemary dry extract, pterostilbene, astaxanthin, GI Detox by bioidin Botanicals,

a). What do you take them for?

inflammation, energy, allergies, etc.

b). Do they help you with your symptoms?

Not, sadly still tons of flare ups

3). Any history of surgeries? Please specify ANY surgery, and when.

no
