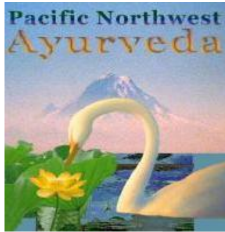

Name: ____
Age today: __________
DOB: _______________ Today's Date: ______________

AYURVEDIC GUIDED CLEANSE INTAKE MEDICAL FORM

Submit via mail (address below), email to trishfoss@gmail.com, or fax to 206-641-4196

Demographics			
Name:			
Address:	City	State	Zip
Contact info: Please check preferred contact method. ☐ Phone: ☐ Email:			
Emergency contact: Name: Phone: Relationship:			

Current Health Status	
Why are you interested in doing this Ayurvedic Guided Cleanse?	
Any chance you are pregnant or becoming pregnant in March? ☐ YES ☐ NO **NOT an appropriate **Are you currently being treated for cancer or other deep disease? ☐ YES ☐ NO time to cleanse.**	
Please rate your overall level of health: (Poor) 1 2 3 4 5 6 7 8 9 10 (Excellent) Please rate your overall level of energy: (Poor) 1 2 3 4 5 6 7 8 9 10 (Excellent) Please rate your overall level of stress: (Low) 1 2 3 4 5 6 7 8 9 10 (High)	
Marital status: ☐ Single ☐ Married ☐ Separated ☐ Divorced ☐ Widowed ☐ Partnered Children & ages: ____	
Occupation:	Education (last grade completed):

Ayurvedic/Medical History	
Place of birth (city, state):	Date & time of birth (if known):
Do you know your Ayurvedic constitution? If so, please list here:	
How close are you to your ideal health? (Far) 1 2 3 4 5 6 7 8 9 10 (Close) Were you sick as a child? (Sick) 1 2 3 4 5 6 7 8 9 10 (Well)	
Do you have a daily routine? ☐ Yes ☐ No ☐ Sometimes What do you do for stress reduction?	
Are you currently under the care of a medical provider for a specific medical condition? ☐ Yes ☐ No If so, for what? ____ Name & contact info for provider:	
Please list any medical conditions diagnosed (ex: high blood pressure) or not (ex: heartburn). Place a STAR next to any conditions that are *current concerns.* 1. 2. 3.	

Name:______________________________________ DOB: ______

4.

Please check any boxes that apply to you personally or your family							
	Myself	Family Member			Myself	Family Member	
		Maternal	Paternal			Maternal	Paternal
Allergies to Food	☐	☐	☐	Stroke	☐	☐	☐
Allergies to Drugs	☐	☐	☐	Cerebro Vascular Accident	☐	☐	☐
Dental Treatment Complications	☐	☐	☐	Cancer	☐	☐	☐
Bleeding Gums	☐	☐	☐	Chemotherapy	☐	☐	☐
Contact Lenses	☐	☐	☐	Radiation Treatment	☐	☐	☐
Glaucoma	☐	☐	☐	Hepatitis A	☐	☐	☐
Eye Surgery	☐	☐	☐	Hepatitis B	☐	☐	☐
Pain in the Ear	☐	☐	☐	Hepatitis Non-A / Non-B	☐	☐	☐
Ringing in the Ear	☐	☐	☐	Mononucleosis	☐	☐	☐
Shortness of Breath	☐	☐	☐	Jaundice	☐	☐	☐
Asthma	☐	☐	☐	Anemia	☐	☐	☐
Pneumonia	☐	☐	☐	Gallstone	☐	☐	☐
TB	☐	☐	☐	Kidney Disease	☐	☐	☐
High Blood Pressure	☐	☐	☐	Kidney Stones	☐	☐	☐
Low Blood Pressure	☐	☐	☐	Bladder Disease	☐	☐	☐
Dizziness	☐	☐	☐	Thyroid Condition	☐	☐	☐
Fainting	☐	☐	☐	Thyroid Medication	☐	☐	☐
Seizures	☐	☐	☐	Ulcers	☐	☐	☐
Convulsions	☐	☐	☐	Intestinal Bleeding	☐	☐	☐
Epilepsy	☐	☐	☐	Chronic Constipation	☐	☐	☐
Diabetes	☐	☐	☐	Recurring Diarrhea	☐	☐	☐
Feet or Ankles Swelling	☐	☐	☐	Arthritis	☐	☐	☐
Chest Pain	☐	☐	☐	Implant	☐	☐	☐
Angina	☐	☐	☐	Prosthesis	☐	☐	☐
Heart Murmur	☐	☐	☐	Prolonged Bleeding When Cut	☐	☐	☐
Heart Attack	☐	☐	☐	Psychiatric Treatment	☐	☐	☐
Heart Disease	☐	☐	☐	Venereal Diseases (STDs)	☐	☐	☐
Heart Surgery	☐	☐	☐	HIV Exposure	☐	☐	☐
Rheumatic Fever	☐	☐	☐	Sleep Disorders	☐	☐	☐

Please list any medication(s)/supplement(s) you are currently taking (dose, for how long?):

Are you taking any blood thinners (coumadin, warfarin, etc)? ☐ Yes ☐ No

1.

2.

3.

4.

5.

6.

7.

8.

Is there anything else we should know or you'd like to share with us about your health, your interest or any concerns you have regarding participating in an Ayurvedic cleanse?

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