

DISEASE CAUSATION ANALYSIS

EXERCISE

Do you participate in aerobic exercise at least 30 minutes per day?

- 0 days /week 1-2 days /week
 3-4 days /week 5-7 days /week

Do you lift weights or do resistance training?

- P90x
 Crossfit
 Gym
 Other _____

What activities are you involved in that require balance?

- _____ None

How often do you stretch per week?

- 0 days /week 1-2 days /week
 3-4 days /week 5-7 days /week

EMOTIONAL STRESS

Are you currently experiencing, or have you ever experienced significant stress in the following areas?

- Marriage _____
 Kids _____
 Finances _____
 Work _____
 Elderly Parents - Caregiver _____
 Recent Major Life Events (births, deaths) _____

FAMILY HEALTH HISTORY

What significant health concerns have your family members experienced?

Parents / Siblings: _____

Spouse / Partner: _____

Children: _____

CHEMICAL STRESSES: NUTRITION

Do you feel that you make healthy food choices?

- Yes No Don't Know

Do you have a high intake of fruits and vegetables?

- Yes No Don't Know

Do you have a high intake of lean meat for protein?

- Yes No Don't Know

Are you at your ideal body weight?

- Yes No Don't Know

CHEMICAL STRESSES: TOXIC LOAD

Do you presently, or have in the past:

- Smoke? Carry excessive weight?
 Consume Alcohol? Take recreational drugs?

MEDICATIONS

For what condition(s)? _____

SURGERIES

For what condition(s)? List (year performed) _____

Any other details that may assist the Doctor in understanding your lifestyle and health status: _____

WHAT YOU CAN EXPECT NOW

YOUR FIRST VISIT

Today we have started a discovery process with you to determine the source of your health concerns.

THIS HAS INCLUDED:

1. DISCOVERY – HEALTH DANGERS questionnaire.
2. A DISEASE CAUSATION analysis

NEXT WE WILL GO THROUGH:

3. A detailed HEALTH HISTORY with one of our exam specialists.
4. A CRITICAL BLOCK ANALYSIS:

A thorough SPINAL EXAMINATION by your doctor, to determine any abnormal alignment and motion patterns, and how this is detrimentally affecting the central and peripheral nerve systems and organ function (subluxation).

5. ANY FURTHER IMAGING STUDIES that may be necessary such as X-Rays.

YOUR NEXT APPOINTMENT:

After the examination, your doctor will determine if you have critical blocks to healing caused by abnormal alignment or abnormal motion of your spine (subluxations) and if you are a good candidate for reconstructive or structural Chiropractic care. Your doctor will then arrange for your next visit, which is the Doctors Report. The purpose of the Doctor's Report is to review with you the findings from your consultation and examination.

At the Doctor's Report, the doctor will give a detailed overview of how reconstructive structural Chiropractic care works and the scientific evidence supporting the specialized work that we do. The doctor will also review the SAFETY PIN SYSTEM action plan. This will be done in a small group setting with other new patients.

We know that there is tremendous power in you fully understanding your problem and how we will work with you to correct it. That is why the Doctor's Report is detailed and very informative.

We ask that your spouse comes to the Doctor's Report with you. Health information is complex and it can be difficult to explain your results and the SAFETY PIN SYSTEM action plan to your spouse if they are not present at the report. Having support and understanding at home is important to your complete recovery.

After the presentation, your doctor will privately review the results of your examination and X-Rays. Your doctor will outline a course of care, discussing how long it will take to correct your spine, how often you will come in for your adjustments, and the financial investment for your care and correction. At that point you will be able to decide how you would like to proceed.

YOU ARE IN GOOD HANDS. YOUR HEALTH IS OUR #1 PRIORITY.

Thank you for giving us the privilege to determine if we can help you become fully alive.