Woodstock Chiropractic & Functional Medicine

47 Pleasant St., Woodstock, VT
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802.457.7012

Dear Patient,

Welcome!

HOW THE PROCESS WORKS:

STEP 1:

During your initial consultation Dr. Naomi Malik will review your health history and make recommendations for lab tests that are appropriate for your specific health issues.

STEP 2:

Once you have completed your lab tests, she will explain the meaning of your test results to you in a follow up consultation. At this time she will create an individualized therapeutic program for you including diet changes, nutritional supplements, and exercise, lifestyle and stress management advice.

STEP 3:

Subsequent consults are scheduled to monitor your progress as needed. Typically every 4-6 weeks during the first 6 months depending on progress.

We invite you to contact us via email or phone should you have any questions during the course of your treatment.

We look forward to assisting you in achieving your current wellness goals, and to guiding you in maintaining wellness throughout your life.

In health,

Dr. Naomi Malik, D.C.

New Patient Paperwork

I clearly understand and agree that all services rendered to me are charged directly to me and that I am responsible for payment. I also understand that if I suspend or terminate my care and treatment, any fees for professional services rendered to me will be immediately due and payable.

Patient's Signature: _____ Date: _____

Name:				Date:
Address:				Country:
City:		State:		Zip/Postal Code:
Home Phone:	Work Phone:			Fax:
E-mail:			Cell Phone:	
Please mark your preference for occasional follow up communication from our office: _____Email _____Phone				
Age:	Birth date:	Sex: M F	Status: M S W D	No. Children:
Occupation:		Employer:		Years Employed:
Spouse's Name:		Occupation:		Employer:
Person responsible for this account:				Referred by:
What is your major complaint?				
Other complaints?				
What are your overall health goals once your complaints are resolved?				
How long has it been since you really felt good?				

Please answer all questions frankly, to the best of your knowledge. All information is confidential.

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Weight _____ **Height** _____ **Blood Pressure** (if known) _____

1. Are you presently taking any medications, nutritional supplements or vitamins? _____
please list (attach sheet if necessary)

_____

2. In the past, have you used birth control pills and/or antibiotics?_____

a. For how long?_____

3. If you have fillings, please list material(s) used:_____

4. Do you presently, or have you ever had any of these conditions? (circle)

Anemia	Frequent Headaches	Skin condition
Arthritis	Heartburn	Thyroid condition
Asthma	High blood pressure	Unexplained weight change
Chest pains	High cholesterol	
Chronic cold/flu symptoms	Hypoglycemia	
Chronic fatigue	Kidney problems	
Depression	Liver problems	
Diabetes	Osteoporosis	

5. How much sleep do you get each night on average?_____

6. Do you have any food allergies, sensitivities or restrictions?_____

_____

7. Do you smoke, drink alcohol or use recreational drugs?_____

a. How much, how often?_____

b. How often do you drink caffeinated beverages?_____

8. Please list foods you tend to overeat or crave (Sweets, breads, fatty foods, meats, milk, etc.):_____

_____

9. Are there foods that you eat on a daily basis, almost daily basis?_____

a. Do you "miss" these foods if you do not eat them?_____

10. Write briefly about your weight gain/loss history:_____

_____

a. What do you feel triggered your weight fluctuation? (circle) heredity stress eating habits boredom

b. Was your weight gain/loss: (circle) sudden gradual problem since childhood

11. Please list close relatives that have diabetes, heart disease or obesity:_____

_____

12. What methods have you tried to lose/gain weight_____

_____

13. How is your energy level?_____

a. Are there times in the day that you feel best?_____**worst?**_____

14. Are you happy in your life right now?_____

15. What are your main sources of stress_____

_____

16. How do you deal with your stress?_____

_____

17. Please answer the following questions Yes or No:

a. I get tired and/or hungry in the mid-afternoon. Yes_____ No_____

b I get a sleepy, almost "drugged" feeling after eating a meal containing bread, pasta or dessert. Yes_____ No _____

c. Now and then I think I am a secret eater. Yes _____ No_____

d. I have difficulty concentrating, or frequent fuzzy or spacey thinking patterns. Yes_____ No_____

e. I experience cravings for sugar, breads, pasta and baked goods. Yes _____ No_____

f. I feel shaky or irritable if I don't eat on time or if I don't snack. Yes_____ No_____

18. Check off any of the following that have applied to you <u>within the last 30 days:</u>

_____Do you feel nauseous?	_____Do you have abdominal/intestinal pain?
_____Do you have bloating?	_____Do you get bloated after meals?
_____Do you get heartburn?	_____Do you have diarrhea?
_____Do you have constipation?	_____Do you travel outside of the U.S.?
_____Do you have gas?	_____Are your stools compact/hard to pass?
_____Do you belch following meals?	_____Do you have gurgles in your stomach?
_____Do your bowel movements alternate between constipation and diarrhea?	

24. In your estimation, how physically fit are you right now?

Unfit_____ Below average_____ Average _____ Above average_____ Very fit_____

25. How often do you exercise? _____

a. What is your regimen?_____

_____

_____

26. If you do not currently exercise, what types of exercise have you enjoyed doing in the past? _____

_____

28. Surgeries, starting with most recent:_____

29. Hospitalizations:_____

Signature:_____ Date:_____