



PLEASE PRINT LEGIBLY

GENERAL INFORMATION

Name: _____ Birthday: _____
Address: _____
City: _____ State: _____ Zip: _____
Occupation: _____ Cell ☎: _____ Home ☎: _____
E-mail: _____ Who referred you? _____
Emergency Contact: _____ Emergency ☎: _____ Relationship: _____
Do we have permission to leave detailed messages regarding your health on voicemail? YES NO

FAMILY HISTORY if any blood relative has suffered any of the following – please indicate which relative

Tuberculosis _____ Epilepsy _____ Arthritis _____ Hypertension _____
 Stroke _____ Diabetes _____ Gout _____ Alcoholism _____
 Migraine _____ Cancer _____ Kidney Disease _____ Heart Attack _____
 Mental Illness _____ Allergy _____ Glaucoma _____ Asthma _____

PRIOR SURGERY OR ILLNESS

Date: _____ Illness or operation: _____ Date: _____ Illness or operation: _____

MEDICATIONS

DRUG ALLERGIES

MEDICAL HISTORY

Chief Complaint(s): _____
Cause or how it started: _____
Is your condition due to an accident or an illness? _____
Have you ever had this condition before? YES NO
Have you received treatment for this condition before? YES NO
If you received treatment, when, by whom, and what was the diagnosis? _____
What were the results of the treatment? _____
What makes your condition better? _____
What makes your condition worse? _____
Additional Comments: _____



MEDICAL HISTORY CONTINUED

Please read carefully the symptoms below. Check any and all that apply: = past = present

Eye, Ear, Nose, and Throat

- Decreased Hearing
- Ringing in Ear
- Ear Infections - Frequent
- Dizzy Spells
- Sensitive to Light
- Eye Twitch
- Eye Dryness
- Failing Vision
- Double or Blurred Vision
- Eye Pain
- Eye Infections - Frequent
- Nose Bleeds - Recurrent
- Sinus Trouble
- Sore Throats - Frequent
- Dry Mouth
- Lump in Throat
- Mouth/ Tongue Sores
- Teeth Problems
- Grind Teeth
- Hayfever / Allergies
- Hoarseness - Prolonged

Respiratory

- Pneumonia / Pleurisy
- Bronchitis / Chronic Cough
- Asthma / Wheezing
- Shortness of Breath:
On Exertion Lying Flat
- Difficulty Inhaling
- Sigh Often
- Cough
- Cough with Phlegm
- Cough with Blood

Circulatory

- Heart Problems
- Chest Pain
- Convulsions / Seizures
- Stroke
- High Blood Pressure
- Low Blood Pressure
- Slow Heart Beat Rate
- Irregular Heart Beat
- Heart Murmur
- Palpitations
- Irregular Pulse
- Ankle Swelling
- Facial Swelling
- Hand Swelling
- Fainting Spells
- Numbness/ Tingling
- Leg Pain when Walking
- Varicose Veins / Phlebitis

Digestion

- Recent Loss of Appetite
- Bitter Taste in Mouth
- Nausea / Vomiting
- Foul Breath
- Constant Hunger
- Difficulty Swallowing
- Indigestion or Heartburn
- Persistent Nausea / Vomiting
- Peptic Ulcers
- Abdominal Pain - Chronic
- Hemorrhoids
- Gall Bladder Trouble
- Jaundice / Hepatitis
- Hernia

Stool

- Change in Bowel Habits
- Diarrhea Constipation
- Colon Problems
- Diverticulosis
- Bloody or Tarry Stools
- Burning Anus
- Pain / Cramping
- Undigested Food in Stool
- Intestinal Worms

Urination

- Urine Infections - Frequent
- Burning
- Cloudy
- Urgent
- Strong Smell
- Painful Urination
- Blood in Urine
- Overnight Urination
- Incontinence
- Decrease in force of Urination
- Kidney Stones
- Venereal Disease
- Urethral Discharge

General Symptoms

- Chronic Fatigue
- Weight Loss
- Anemia
- Bruise Easily
- Cancer
- Diabetes
- Thyroid Disease
- Tremor / Hands Shaking
- Muscle Weakness
- Headaches - Frequent
- Dizziness
- Vertigo

General Symptoms Continued

- Sleeping - Difficulty
- Night Sweats
- Perspire without Exertion
- Cold Hands / Feet
- Warm Palms / Soles
- Hot Flashes
- Alternate Chills and Fever

Pain

- Arthritis / Rheumatism
- Back Pain - Recurrent
- Sciatica
- Neck Pain
- Hand/ Wrists
- Hip
- Knee
- Foot/ Ankle
- Muscle Cramp
- Bone Fracture / Joint Injury
- Gout
- Foot Pain
- Cold Numb Feet

Skin

- Rashes
- Hives
- Psoriasis / Eczema
- Dry Skin
- Oily Skin
- Itching
- Boils
- Moles / Warts

Psychological

- Nervousness
- Depression
- Memory Loss
- Excessive Moodiness
- Phobias
- Mental Illness

Disease

- Chicken Pox
- Polio
- Measles / German Measles
- Rheumatic
- Scarlet Fever
- Mumps
- Tuberculosis
- Hepatitis
- Venereal Disease
- Herpes
- HIV-Positive
- AIDS
- Other _____

Habits

- Alcohol _____ oz. / week
- Smoking _____ cig. / day
- Coffee / Tea _____ cups / day
- Soft Drinks _____ cans / day
- Recreational Drugs _____

Male - History

- Reduced Sex Drive
- Seminal Emission
- Impotence
- Discharge
- Genital Pain
- Prostate Problems
- Pain/Burning during Urination
- Dribbling Urine

Female - History

- No. of Pregnancies _____
- No. of Live Births _____
- No. of Miscarriages _____
- Birth Control Method _____
- B.C. Pill Name _____
- Reduced Sex Drive
- Irregular PAP Test
- Facial or Excessive Body Hair

Menses

- ____ Age of Onset ____ Days of Flow
- Age stopped
- Irregular
- Painful
- Heavy Flow
- Scanty Flow
- Dark Color
- Light Color
- Clotting
- Water Retention
- Abdominal Bloating
- Painful / Tender Breasts
- Emotional Changes
- Spotting between Periods
- Lump in Throat
- Constipation
- Diarrhea
- Chest Tightness
- Hormonal Problems
- Backache
- Sigh Often
- Vaginal Discharge
- Flushing / Menopause
- Other _____

Allergies

- _____
- _____

Other important information _____

I certify that above information is true and accurate to the best of my knowledge.

Patient Autograph: _____ Date: _____

(Parent or Guardian if a minor)

The above signed has read the disclosed form.



PLEASE PRINT LEGIBLY

PART I

Name: _____ Age: _____ Sex: _____ Date: _____

Please list the 5 major health concerns in your order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

PART II

Please circle the appropriate number "0 - 3" on all questions below. 0 as the least/never to 3 as the most/always.*

CATEGORY I	0	1	2	3
Feeling that bowels do not empty completely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lower abdominal pain relief by passing stool or gas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alternating constipation and diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hard, dry, or small stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coated tongue of "fuzzy" debris on tongue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pass large amount of foul smelling gas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More than 3 bowel movements daily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use laxatives frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY II	0	1	2	3
Excessive belching, burping, or bloating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gas immediately following a meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offensive breath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficult bowel movements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sense of fullness during and after meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty digesting fruits and vegetables; undigested foods found in stools	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY III	0	1	2	3
Stomach pain, burning, or aching 1- 4 hours after eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use antacids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel hungry an hour or two after eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heartburn when lying down or bending forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Temporary relief from antacids, food, milk, carbonated beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestive problems subside with rest and relaxation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heartburn due to spicy foods, chocolate, citrus, peppers, alcohol, and caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY IV	0	1	2	3
Roughage and fiber cause constipation.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Indigestion and fullness lasts 2-4 hours after eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain, tenderness, soreness on left side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Under rib cage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excessive passage of gas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nausea and/or vomiting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stool undigested, foul smelling,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mucous-like, greasy, or poorly formed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent urination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased thirst and appetite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty losing weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY V	0	1	2	3
Greasy or high-fat foods cause distress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lower bowel gas and or bloating..... several hours after eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bitter metallic taste in mouth, especially in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unexplained itchy skin.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yellowish cast to eyes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stool color alternates from clay colored to normal brown.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reddened skin, especially palms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry or flaky skin and/or hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
History of gallbladder attacks or stones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you had your gallbladder removed	YES	<input type="checkbox"/>	NO	<input type="checkbox"/>

CATEGORY VI	0	1	2	3
Crave sweets during the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritable if meals are missed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depend on coffee to keep yourself going or started	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get lightheaded if meals are missed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating relieves fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel shaky, jittery, or have tremors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Agitated, easily upset, nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poor memory/forgetful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blurred vision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY VII	0	1	2	3
Fatigue after meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crave sweets during the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating sweets does not relieve cravings for sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Must have sweets after meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waist girth is equal or larger than hip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent urination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased thirst and appetite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty losing weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY VIII	0	1	2	3
Cannot stay asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crave salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slow starter in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Afternoon fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness when standing up quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Afternoon headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headaches with exertion or stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weak nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Symptom groups listed in this flyer are not intended to be used as a diagnosis of any disease condition. For nutritional purposes only.

Metabolic Assessment

YAO Lander
785 Garfield Ave
Lander, WY 82520
307-205-6704
yaoclinic.com

YAO Denver
1705 SPearl St STE 2A
Denver, CO 80210
303-777-7891
yaoclinic.com



CATEGORY IX	0	1	2	3
Cannot fall asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Perspire easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Under high amounts of stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight gain when under stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wake up tired even after 6 or more hours of sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excessive perspiration or perspiration with little or no activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY X	0	1	2	3
Tired, sluggish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel cold – hands, feet, all over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Require excessive amounts of sleep to function.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increase in weight gain even with low-calorie diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gain weight easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficult, infrequent bowel movements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression, lack of motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning headaches that wear off as the day progresses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Outer third of eyebrow thins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinning of hair on scalp, face, or genitals or excessive falling hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dryness of skin and/or scalp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental sluggishness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XI	0	1	2	3
Heart palpitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inward trembling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased pulse even at rest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nervous and emotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Night sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty gaining weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XII	0	1	2	3
Diminished sex drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Menstrual disorders or lack of menstruation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased ability to eat sugars without symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XIII	0	1	2	3
Increased sex drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tolerance to sugars reduced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
“Splitting” type headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XIV (MALES ONLY)	0	1	2	3
Urination difficulty or dribbling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent urination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain inside of legs or heels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XIV (MALES ONLY)	0	1	2	3
Feeling of incomplete bowel evacuation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leg nervousness at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XV (MALES ONLY)	0	1	2	3
Decrease in libido	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decrease in spontaneous morning erections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decrease in fullness of erections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty in maintaining morning erections	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spells of mental fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inability to concentrate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Episodes of depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle soreness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decrease in physical stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unexplained weight gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increase in fat distribution around chest and hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweating attacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More emotional than in the past	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XVI (MENSTRUATING FEMALES ONLY)	0	1	2	3
Are you menopausal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alternating menstrual cycle lengths	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extended menstrual cycle, greater than 32 days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shortened menses, less than every 24 days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain and cramping during periods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scanty blood flow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy blood flow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breast pain and swelling during menses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pelvic pain during menses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritable and depressed during menses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acne breakouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facial hair growth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hair loss/thinning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CATEGORY XVII (MENOPAUSAL FEMALES ONLY)	0	1	2	3
How many years have you been menopausal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Since menopause, do you ever have uterine bleeding? ..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot flashes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental foginess	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disinterest in sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood swings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Painful intercourse.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shrinking breasts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Facial hair growth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased vaginal pain, dryness or itching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PART III

How many alcoholic beverages do you consume per week? _____ How many caffeinated beverages do you consume per day? _____

How many times do you eat out per week? _____ How many times a week do you eat raw nuts or seeds? _____

How many times a week do you eat fish? _____ How many times a week do you workout? _____

List the three worst foods you eat during the average week: _____, _____, _____

List the three healthiest foods you eat during the average week: _____, _____, _____

Do you smoke? _____ If yes, how many times a day: _____

Rate your stress levels on a scale of 1-10 during the average week: _____

Please list any medications you currently take and for what conditions: _____

Please list any natural supplements you currently take and for what conditions: _____

* Symptom groups listed in this flyer are not intended to be used as a diagnosis of any disease condition. For nutritional purposes only.



Professional Disclosure, informed consent, Summaries of State and Federal Regulations

SUMMARY OF THE STATE OF COLORADO REGULATIONS

This disclosure is in compliance with the State of Colorado, Department of Regulatory Agencies (DORA). Daniel J. Hudson complies with all rules and regulations specified by the Colorado Department of Health. He follows clean needle technique, using sterilized disposable needles, and follows state guidelines for sanitation and sterilization within the treatment room. Patients may seek a second opinion from any another health care professional or may terminate treatment at any time. In a professional relationship, sexual intimacy is never appropriate and should be reported to the director of the division of registrations in the department of regulatory agencies. Acupuncture is regulated by the Department of Regulatory Agencies. Any Complaints should be directed to: Department of Regulatory Agencies, Office of Acupuncturists Registration at 1560 Broadway, Suite 680, Denver, CO 80202, (303) 894-2464. Patients are entitled to receive information about the methods of therapy, the techniques used and the duration of therapy.

INFORMED CONSENT TO TREATMENT

Daniel Hudson’s training includes the recommendation and application of adjunctive therapies and herbs as defined by oriental medicine concepts, including Herbal medicine (internal and external use), electro-stimulation, cupping, auriculotherapy (ear acupuncture), moxibustion, acupressure, gua sha, bleeding techniques, as well as dietary, nutrition and lifestyle recommendations. I understand that I may be recommended or administered any of the above therapies.

SUMMARY OF THE NOTICE OF PRIVACY PRACTICES AND CONSENT

The U.S. Dept of Health & Human Services had developed the Health Insurance Portability & Accountability Act (HIPAA). A policy that requires all health care providers to make reasonable efforts to protect your personal health information from being released to unauthorized persons. As your Oriental Medicine provider, I only share your health information with your referring physician, your insurance carrier, our billing dept or company and ANY other individuals or entities **specified by you**. All efforts are made by YAO Clinic /YAO Company (YAO) and each of these entities to protect your health information. If you feel your personal health information has been released to any unauthorized person, please notify us in writing (YAO Company PO Box 1399. Lander, WY 82520) and we will take the necessary steps to resolve the problem. For more information about HIPAA , contact the U.S. Department of Health and Human Services Office of Civil rights, 200 Independence Ave, S.W., Washington, D.C., 20201, 202-619-0257, Toll free 877-696-6775.

ACKNOWLEDGEMENT

By signing below, I acknowledge having read the above written notices, having received a copy of the Privacy Notice and having been provided an opportunity to receive/review the complete copy of the Notice of Privacy Practices for YAO Clinic. I give my permission and consent to treatment.

I certify that above information is true and accurate to the best of my knowledge.

Patient Autograph: _____ *Date:* _____



Disclosure: Daniel J. Hudson, Lic Ac.

EDUCATION

2010 – 2011 Golden Gate School of Feng Shui, San Francisco, CA
 2009 – Active Doctorate Fellow, 5 Branches Institute, San Jose, CA
 2007 – 2011 Auricular Diagnosis and Treatment, Colorado
 1999 – Active Lotus Institute of Integrative Medicine, Continued Education:
 - Herbal Complements to Cancer treatment, Prescription Drugs and Herbal Alternatives, Recognition and Prevention Herb Drug Interactions, Herbal Alternatives for Pain Management, New Balance Method, Treating Gynecological Disorders, Science of Herbal Combinations.
 2001 – 2005 Dynamis School for Advanced Homeopathy, Colorado
 1999 – 2000 NAET, Allergy Elimination through Acupuncture
 Advanced BioSET, Allergy Elimination
 2004 – Active Dr. Datis Kharrazian, Continued Education:
 - Functional Endocrinology and Functional Blood Chemistry Analysis
 1997 Colorado School of Acupuncture and Oriental Medicine, Colorado
 1995 Colorado School of Traditional Chinese Medicine, Colorado (1960 hrs)
 1994 Body Therapy Institute of Massage Therapy, Santa Barbara, California

PROFESSIONAL CERTIFICATION, LICENSURE, REGISTRATION

2021 – Current Wyoming Board of Acupuncture (No. 40)
 1998 – Current National Certification Commission for Acupuncture and Oriental Medicine
 1998 – Current CO Dept of Regulatory Agencies, Registered Acupuncturist (No. 465)
 1999 NAET Certification and Advanced BioSET
 1996 Council of Colleges of Acup & Oriental Medicine, Clean Needle Certification

PROFESSIONAL AND CLINICAL EXPERIENCE

2021 – Current Private Practice, Lander, Wyoming
 1998 – Current Private Practice, Denver, Colorado
 2008 – Current Colorado School of Traditional Chinese Medicine, Clinic Supervisor
 1999 – 2002 Wild Oats Wellness Center, Resident Acupuncturist, Colorado
 1998 & 2005 Dr. Yu Yun, Clinical Assistant, California and Spain
 1998 – 1999 Mile High Council of Alcoholism & Drug Abuse, Resident Acupuncturist
 1996 – 1998 Van Troung Acupuncture Clinic, Clinical Assistant, Colorado
 1995 – 1996 Yan Jing Pharmacy Herbal Pharmacist, Colorado

FEES

New Patient Visit \$305
 1.5-2.5 hour appointment
Regular Patient Visit \$140
 1.5 hour appointment
Longtime Returning Patient.....\$190
 1.5 hour appointment
Consultation Visit (i.e. Consultations, Lab Review and Nutritional & Herbal Review, by case time)\$54 - \$259
 15 minute-1 hour
Late cancellation or No-show of appointment full cost of scheduled visit
Prescribed items Additional
Out of town patient management follows the same fee schedule.
Medical Records Reporting - All Records are recorded in Chinese medical diagnosis. We do not translate. We reserve the right to charge a fee for medical records copies & reporting to entities\$300-\$2500

INITIAL VISIT

Our first office appointment is scheduled for 2 hours in length. Please complete the forms we send you **before** the visit so that we can spend our time addressing your current concerns, history, risk factors and perform an acupuncture treatment.

CANCELLATION POLICY

If you need to cancel an appointment, please give at least 24 hour notice, as it is a great inconvenience to both the office and other patients whom we could have seen at an earlier time.
You will be charged the arranged appointment time if less than a 24 hour notice is provided.

PAYMENT

The patient is responsible for payment at the time of service. We accept checks, cash and credit cards. If we are to send botanical items, vitamins or minerals to you between visits, we will use a charge card for that purpose. We do not process insurance. I understand and agree that regardless of my insurance status, I am ultimately responsible for the balance on my account for any professional services rendered.

I certify that above information is true and accurate to the best of my knowledge.

Patient Autograph: _____ *Date* _____