

ADULT PATIENT PROFILE

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ COUNTY: _____

PHONE #: _____ WORK #: _____

EMAIL: _____

Would you like to receive our informational newsletter, including coupons? Yes / No

Who can we thank for referring you? _____

AGE: _____ HEIGHT: _____ WEIGHT: _____ DOB: _____ M / F

****KNOWN ALLERGIES****: _____

Please list, in order of importance, your primary health concerns:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Please list any medically diagnosed diseases: _____

Please list any pharmaceutical medications that you are currently taking:

Please list any nutritional supplements that you are currently taking:

Please list any surgeries you have had, along with the dates:

Date of last physical/check up: _____ Marital Status: _____

Occupation: _____ Retired?: _____

Where were you raised? _____ Blood Type? _____

Vaccinated? YES: _____ NO: _____ SOME: _____

List any diseases that are prominent in your family: (Indicate whether on Mother or Father's side)

LIFESTYLE PROFILE

Are/Were you a smoker? _____ How long? _____ How much? _____ Quit? _____

Did/Do you drink coffee? _____ How long? _____ How much? _____ Quit? _____

Did/Do you drink carbonated beverages? _____ How much? _____ Quit? _____

Do you eat seafood? What type and how frequently? _____

Do you exercise? _____ How Often? _____ What type? _____

How many amalgam (silver) dental fillings do you have? _____ Have you had any fillings removed? _____

How many root canals do you have? _____ Crowns? _____ Implants? _____

Have you ever been exposed to extreme mold for a prolonged time period? _____

Have you ever suffered from an extreme trauma? Either emotional or physical. _____

What brand of toothpaste do you use? _____ Deodorant Brand? _____

Do you have family pets? Dogs? _____ Cats? _____ Other? _____

Do you sleep on a Sleep Number type bed or use electric blankets? _____

Are there any high-tension power lines or transformers near your home or where you work? _____

List any foods that you currently avoid?

How often do you have a bowel movement?

PLEASE GIVE A GENERAL DIET SUMMARY FOR THE LAST THREE DAYS:

| | BREAKFAST | LUNCH | DINNER | SNACKS |
|-------|-----------|-------|--------|--------|
| DAY 1 | | | | |
| DAY 2 | | | | |
| DAY 3 | | | | |
| | | | | |

WOMEN ONLY:

Date of last menstruation: _____

Are you now on or have you ever taken birth control? _____ How long? _____

If menopausal; date of last GYN visit: _____

Are you pregnant or nursing? _____ Do you have children? _____ How many? _____

Check those that apply: PMS _____ Heavy Periods _____ Irregular Periods _____ Cysts/Fibroids _____

Have you had any cosmetic surgery? _____

SYMPTOM SURVEY

Patient Name: _____

Date: _____

| <u>Please rate the severity of your symptoms</u> | <u>LEAST</u> | | | | | <u>WORST</u> | | | | | |
|---|--------------|----------|----------|----------|----------|--------------|----------|----------|----------|----------|-----------|
| Brain Fog | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Neck/Upper Back Pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Joint/Muscle Pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Headaches/Migraines | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Tingling/Numbness in Extremities | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Blurry vision / Floaters | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Digestive Dysfunction | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Gas/Bloating Indigestion/Reflux Diarrhea/Constipation | | | | | | | | | | | |
| Insomnia / Sleep disturbance | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Fatigue/Exhaustion | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Anxiety | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Depression | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Cardiovascular issues | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Sinus / Chest Congestion | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Hormone/Endocrine Imbalance | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Skin Rash / Irritation | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Urinary tract/Kidney dysfunction | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

STATEMENT OF UNDERSTANDING – PLEASE SIGN BELOW

Neither Seneca Anderson, ND, L.Ac., Alice Honican, ND, L.Ac., Anna Powers, ND, Andrea Lewinter, L.Ac., Cristina McMullen, ND nor Elisabeth Frey, HHP represent themselves as medical doctors. The Longevity Health Center encourages you to see your physician if you are interested in medical diagnosis and treatment.

The modalities employed by Seneca Anderson, ND, L.Ac., Alice Honican, ND, L.Ac. Anna Powers, ND, Cristina McMullen, ND and Elisabeth Frey, HHP are not approved for any sort of medical evaluation. Techniques of modern acupuncture are utilized to enhance energy flow, in accordance with the principles of oriental medicine. Bio-energetic evaluation will reveal "**disturbance signals**" for bacteria, viruses, environmental pollutants, etc. Our experience is that often these "disturbance signals" cannot be corroborated by standard laboratory testing. Longevity Health Center believes our clients have the right to know the results of their testing. This evaluation should in no way be construed as a medical diagnosis. We are not qualified to make a medical diagnosis of any kind. We utilize the information gathered to guide the energetic treatments.

I understand that none of the practitioners or the associates or staff of Longevity Health Center are medical doctors. I choose to undergo an evaluation and treatment in accordance with oriental medicinal principles, utilizing techniques of traditional and modern acupuncture.

I have read and understand this *STATEMENT OF UNDERSTANDING*.

****SIGNATURE OF PATIENT OR PARENT FOR MINOR

DATE

Authorization to Release Health Information

I authorize **Longevity Health Center** to disclose my protected past, present and future health information to the following persons or entities:

This health information may be used by the person I authorize for health treatment or billing/payment purposes. This authorization will remain in effect until such time as I choose to revoke the authority in writing.

****SIGNATURE OF PATIENT OR PARENT OF MINOR

DATE

CANCELLATION POLICY - \$50 missed appointment fee

Our goal is to provide quality health care to all our patients in a timely manner. No-shows, late arrivals, and cancellations inconvenience not only our practitioners, but our other patients as well. Please be aware of our policy regarding missed appointments. When you book your appointment, you are holding a space on our calendar that is no longer available to our other patients. In order to be respectful of your fellow patients, please call our office as soon as you know you will not be able to make your appointment. **If cancellation is necessary, we require that you call at least 24 hours in advance. Appointments are in high demand, and your advanced notice will allow another patient access to that appointment time.**

If you need to cancel your appointment, please call us at **770-642-4646** between the hours of **9am to 5pm** If necessary, you may leave a detailed voicemail message. We will return your call as soon as possible.

Late Cancellations/No-Shows

A cancellation is considered late when the appointment is cancelled less than **24 hours** before the appointed time. A no-show is when a patient misses an appointment without cancelling. In either case, we will charge the patient a **\$50** missed appointment fee.

I have read the above cancellation policy.

****SIGNATURE OF PATIENT OR PARENT OF MINOR

DATE

WHAT IS A BIO ENERGETIC EVALUATION?

Bio energetic regulation begins with the premise that the body's bioelectrical system is the governing system of the body. This can be substantiated by physiological fact. We know that the heart beats due to electrical irritation on its wall, and most of us are aware that death occurs when brain wave function ceases. The importance of biophysics to health is by no means new. This idea is the theoretical basis of traditional Chinese medicine, which is over 4,000 years old.

Homeopathy, which was developed over 200 years ago in Germany, also impacts upon the energetic system of the body. Animal, plant and mineral substances are diluted, often beyond the point where a molecule of the initial substance can still remain. Paradoxically, these diluted substances have greater impact the more times they are diluted. Obviously, this can't be comprehended chemically; the action is energetic.



Rhinehold Voll, MD, is credited with the development of modern bio energetic medicine. He developed equipment capable of electronically locating acupuncture points. He then correlated these points with anatomical parts of the body and physiological functions, thereby synthesizing western science with the centuries-old traditions of Oriental medicine. This was no small achievement. A practitioner trained in utilizing this approach can now functionally assess almost every part of the body in a non-invasive manner by simply taking measurements upon the surface of the skin. There are many thousands of practitioners utilizing these techniques today. As many as one out of three physicians in Europe employ homeopathic medicines in their practices.

This system of health care is growing rapidly in the United States. Most homeopathic pharmacies are enjoying unparalleled growth, and many new companies are forming each year. Hundreds of practitioners are now utilizing these test methods as consumers learn of the viability of this approach in overcoming the kinds of health problems plaguing us today.

What Will the Testing Reveal?

The qualified practitioner can determine which parts of the body are functionally stressed, and, most importantly, where the major disturbances are located. Additionally, the major underlying causes of the disturbances are routinely uncovered, enabling the practitioner to treat the cause of the problem, and not merely offer palliative relief. Other factors routinely assessed include: vitamin and mineral deficiencies, food & airborne sensitivities and endocrine system imbalances. Finally, the remedies selected can be checked for compatibility with the patient. Treatment progresses very quickly with this information.

The bio energetic testing technologies that our practitioners utilize are safe, painless, and completely non-invasive. The tests can be performed daily without endangering either the subject or the practitioner.

BIO TERRAIN URINE ANALYSIS (BTA)

The urine contains a wealth of bio-chemical information. Urine is ideal for measuring and monitoring your metabolic health. All bio-chemical processes of your body leave residues that eventually find their way to the urine.

WHAT TESTS ARE INCLUDED IN THE BTA?

Adrenal Stress Test: This is a specialized test that measures the amount of chloride displaced in the urine. Excess chloride indicates adrenal stress or fatigue, a serious health concern resulting from our fast-paced lifestyles.

Chemstrip Test: The chemstrip measures 10 separate categories, screening for nutritional imbalances that can contribute to serious health problems including tissue degeneration, liver and kidney disorders and chronic disease.

Calcium Urine Test: Calcium is an essential mineral for many cellular functions, as well as for healthy bone development. This test looks at the levels of calcium in the urine and serves as an indicator of diseases related to calcium deficiency.

Ureas: Nitrates & Ammonias: The BTA also measures ureas, or waste products left over from normal chemical reactions in the body. High amounts of these by-products can burden the liver and kidneys over time, resulting in many chronic conditions.

Vitamin C Test: Vitamin C is crucial to the health of the immune system, vascular system and connective tissue, and is a powerful antioxidant. It is also an essential factor in many metabolic processes. This quick urine test will quickly determine your vitamin C status.

Urinary Sugars: Sugar metabolism is crucial in the body's ability to access appropriate energy production pathways. Urinary sugars are tested to measure both high and low levels in the body.

Free Radical Test: Free radical damage can lead to cell degeneration, initiating a host of chronic diseases and acceleration of the aging processes. The BTA provides an accurate assessment of free radical levels.

Malabsorption Test: This test allows us to test for the by-products of harmful anaerobic bacteria and bowel dysbiosis, a condition caused by the decline in beneficial digestive bacteria. Dysbiosis can lead to malabsorption, digestive problems, allergies and inflammatory symptoms.

Electrolytes: Mineral salt compounds can destroy tissue, over-stimulate the nervous system and threaten the health of the heart. The electrolytes test will identify both high and low levels of mineral salts, which can lead to issues like anemia, high blood pressure and hypertension.

IN ORDER FOR THE LAB TO OBTAIN THE CLEAREST INFORMATION FROM YOUR URINE SPECIMEN, PLEASE FOLLOW THE INSTRUCTIONS BELOW.

24 HOURS PRIOR TO YOUR APPOINTMENT:

LIMIT THE FOLLOWING ITEMS:

- ⤴ Nutritional supplements & non-essential pharmaceutical medications
- ⤴ Sugar and artificial sweeteners.
- ⤴ Alcohol, coffee, black tea, sodas and sports drinks.
- ⤴ Excess salt. (MSG)
- ⤴ Processed, adulterated or JUNK foods.
- ⤴ Your known allergenic foods.

EAT WELL BALANCED MEALS, INCLUDING PROTEIN

Try to drink a minimum of 6 glasses of water daily.

Collecting & Transporting Urine Specimen.

Use a **clean** glass or plastic container.

Catch the first morning void (**after 4:00 am**) the day of your appointment.

Wait till mid-stream to catch the sample.

Put container in a baggie for leakage protection.

Do not refrigerate specimen. Keep at room temperature.

WHAT IS THE ALFASIGHT 9000 THERMOMETRY?

The AlfaSight measures how the body responds to stress and compares these measurements to a vast historical library of thermal characteristics and markers which are used to identify early patterns of disease processes. The AlfaSight Thermographic System is a US FDA and CE approved medical device.

How does AlfaSight work?

- Registers skin surface temperature from 119 different points on the body.
- Displays an image of 25 organs, tissues or systems and their function.
- Gives a functional perspective based on physiology and cold stress response.
- Gains a direct index of metabolic activity in various parts of the body.
- Shows inflammation, degeneration and overactive organs and tissues.

What is Regulation Thermometry?

Regulation Thermography is a method of quantifying the thermal response of internal organs to cooling stimuli. When there are disease processes in a human body, the body's organs respond differently to stress. A physiological response called the visceral cutaneous reflex allows us to measure these differences in the skin, using a very accurate thermal sensor.

Why test Skin Temperature?

How well the body maintains an optimum skin temperature is determined by the integrity or health of the organ or tissue directly under the point being measured. Blood vessels in a healthy body will constrict when exposed to cold temperatures. This reaction diverts blood away from the skin and organs causing a cooling effect. When the organ underlying the point being tested is not functioning properly, your skin temperature will show the type of dysfunction by the difference in the first and second AlfaSight temperature readings.

What to expect in a AlfaSight exam.

A professional technician will perform the AlfaSight. You will be asked to sit in a cool room, about 68 degrees. The first measurements of the head, neck, chest and lower abdomen will be taken. This is performed by a gentle touch of the probe to the skin. You will then be asked to remove your clothes, except for your underwear, thereby subjecting your body to the controlled "stress" of the cooling temperature. You will sit exposed to the air for ten minutes. After this time the measurements are repeated, and the test is concluded. The results are immediately available and will be reviewed by your practitioner.

Preparation Instructions

24 hours prior to testing:

- Do not have any energetic therapies, such as acupuncture.
- Do not drink alcohol

On the morning of your exam:

- Do not have any caffeine; coffee, tea, soda, chocolate.
- Do not take a hot or cold shower. *You may wash your face.*
- Do not use lotion or make-up on your face or body.
- Do not exercise the morning of the test.
- Do not smoke.
- Eat a light, room temperature breakfast.
- Wear loose-fit clothing. *A long sleeve button/zip up shirt works best.*
- **WOMEN DO NOT WEAR A BRA OF ANY KIND.**
- You may apply deodorant & brush your teeth.

If you are running a fever, please call to reschedule your AlfaSight

WOMEN: If it the first day of menstruation, please call to reschedule AlfaSight.

DIRECTIONS TO LONGEVITY HEALTH CENTER

1745 Woodstock Rd., Roswell, GA 30075

770-642-4646

From GA-400 Going North: Take **exit# 7-B**, (WEST to Roswell). It will circle you around going West on Holcomb Bridge Rd. Continue for 2 miles. You will cross Alpharetta Hwy. & Crabapple Rd. Continue another 3 miles passing Kohl's, Publix, Home Depot and Target. Continue 1 more mile, under the light at Wildwood Springs Subdivision. **TAKE IMMEDIATE RIGHT** into our office park just past traffic light. (*NOTE: The name of the road will change 3 times during the 6 miles*)

From GA-400 Going South: Take **Exit # 7** - Holcomb Bridge Rd. Go **RIGHT**. Continue for 2 miles, You will cross Alpharetta Hwy. & Crabapple Rd. Continue another 3 miles passing Kohl's, Publix, Home Depot and Target. Continue 1 more mile, under the light at Wildwood Springs Subdivision. **TAKE IMMEDIATE RIGHT** into our office park just past traffic light. (*NOTE: The name of the road will change 3 times during the 6 miles*)

From I-75 Going South: Take **EXIT 267A Canton Rd. Connector**. Merge right onto Canton Rd. Go 1.3 miles and **TURN RIGHT** onto Sandy Plains Rd. Go 8.5 miles and **TURN RIGHT** onto Woodstock Rd. (Hwy 92). Get in Left lane. At 2nd light make a **U-TURN** and then turn immediately into office park.

From I-85 Going South: Exit at Jimmy Carter Blvd. Turn **RIGHT**. Continue 10 miles. Jimmy Carter will become Holcomb Bridge Rd. Cross over GA-400 and continue for 3 miles. You will cross Alpharetta Hwy. & Crabapple Rd. Continue another 3 miles passing Kohl's, Publix, Home Depot and Target. Continue 1 more mile, under the light at Wildwood Springs Subdivision. **TAKE IMMEDIATE RIGHT** into our office park just past traffic light. (*NOTE: The name of the road will change 4 times during the 17 miles*)

From Hwy. 575 South: Take **EXIT # 7** Woodstock Rd. Go **LEFT** on Hwy. 92 toward Roswell. GO 8 miles. Pass Sandy Plains Rd. & Mabry Rd. Stay in left lane and make a **U-TURN** at the next light (Wildwood Springs) Turn into office park immediately at the U-turn.