



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Health Care

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Thyroid Health Evaluation

Name: _____	Date: _____	Age: _____
Address: _____	Telephone: _____	
	Cell: _____	
	E-Mail: _____	

Part A: History

Questions		Yes	No
1.	Do you experience weakness, and/or sluggishness often?	Y	N
2.	Do you feel that you have slow thinking?	Y	N
3.	Do you feel that you have diminished reasoning?	Y	N
4.	Do you experience chronic fatigue?	Y	N
5.	Is your metabolism slow?	Y	N
6.	Do you gain and retain weight easily?	Y	N
7.	Are you sensitive to cold weather, or a cold environment?	Y	N
8.	Are you sensitive to hot weather, or a hot environment?	Y	N
9.	Is it difficult for your body to adapt to abrupt temperature changes?	Y	N
10.	Do you often have cold hands, feet, and/or coldness of the nose?	Y	N
11.	Do you have a "subnormal" body temperature (<i>below 98 degrees F.</i>)?	Y	N
12.	Do you have dry skin?	Y	N
13.	Is your hair dry?	Y	N
14.	Do you experience excessive hair loss?	Y	N
15.	Is your voice occasionally hoarse for no known reason?	Y	N
16.	Are you chronically tired or fatigued?	Y	N
17.	Have you had frequent colds, sore throats, and/or tonsil infections?	Y	N
18.	Do you have food allergies?	Y	N
19.	Do you have heart palpitations?	Y	N
20.	Have you spent most of your life in the inland areas?	Y	N
21.	Do you drink water with chlorine and/or fluoride (tap water or "drinking" water)?	Y	N
22.	Do you get drowsy easily?	Y	N
23.	Have you had x-rays in the last six months?	Y	N
24.	Are you exposed to air pollution or environmental pollution?	Y	N
--WOMEN ONLY--			
25.	Have you had a mammogram in the last six months?	Y	N
26.	Do you or did you have irregular menstrual periods?	Y	N
27.	Do you have hot flashes?	Y	N
28.	Do you have uterine fibroids?	Y	N
29.	Do you have breast lumps and/or fibrocystic breast disease?	Y	N
30.	Have you had a hysterectomy?	Y	N