

Health Overview for a *Consult with Bette* Session

We can't possibly cover a lifetime of health problems in one session, but we need to start someplace.

- Answer as many questions as you can; this will put things in perspective. The questions may not seem to be about your health issues, but the answers will provide good clues to what's going on.
- When you finish, look over the list to determine what's most important to you.
- And let's start with your most urgent questions.
- This form is for you; we'll talk about your answers, but I'll never see this form. Use it however best it can meet your needs.

List the results of your medical tests, diagnoses you received and the surgeries you had.

What medications are you taking?

What medications did you take in the past? Why did you stop taking them?

What time of day are you most alive and productive?

What time of day is hardest for you?

Do you sleep well?

How many hours a night do you sleep?

Do your arms have good muscle tone, or are we talking saggy-baggy?

How much salt do you eat?

How much saturated fat do you eat?

How much protein do you eat?

How much caffeinated coffee do you drink?

Do you avoid monosodium glutamate?

Do you avoid aspartame?

Do you have problems with digestion?

Food sensitivities?

Do you take antacids?

Do you drink alkaline water?

Are you sensitive to more and more foods?

Do you have heartburn?

Bloating?

Gas?

Diarrhea
with unpredictable urgency?

with blood?

Is your water fluoridated?

Do you avoid fluoride in drinking, cooking, bathing, etc.?

Do you use fluoridated toothpaste, mouthwash, etc.?

Hair

Do you have plenty of scalp hair?

Is your scalp hair lifeless or does it have some body?

Do you have hairy toes (at least the big toes)?

Is the hair on your legs patchy?

Do you have underarm hair?

Fingernails

Do you have top-to-bottom ridges in your nails?

Do your nails split and break easily?

Do you have white spots on your nails?

How's the weight battle going? If you're winning, how?

Do you startle easily?

Can you handle stress well?

What's your blood pressure?

What's your body temperature first thing in the morning?

What's your resting pulse per minute?

What nutritional supplements do you take?

Do you take them regularly?
