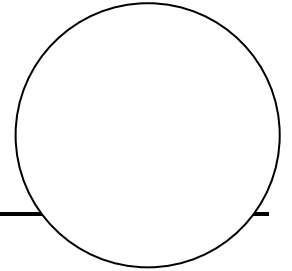


Lifestyle Management Form B4H051
Patient Confidential Constitutional Registration questionnaire
Homeopathy & Herbal Medicines

Bible4Health Missions Health Center
 86 Kingsway,
 Worksop, Nottinghamshire, S81 0AG
 Tel: +44 (0) 1909473806 Cell: (44) 07865579660



DATE: _____

Surname: First Name:

Middle Name(s) or initial(s): Date of Birth:

Address:

Contact Phones: Email:

Note:

Tick the boxes that best describes you. If a particular feature does not apply to you at all, then leave the box blank

PERSONAL STRESS

STRESS EVALUATION	YES / ALWAYS	PROBABLY / USUALLY	I SUPPOSE / IT DEPENDS	RARELY / NOT A LOT	NO / NEVER
	TICK ↙ HERE	TICK ↙ HERE	TICK ↙ HERE	TICK ↙ HERE	TICK ↙ HERE
Do you eat at least one hot, balanced meal a day?					
Do you have seven hours of sleep at least four nights a week?					
Do you give and receive affection frequently?					
Do you have a relative within 80 km (50 miles) on whom you can rely?					
Do you exercise to perspiration at least twice a week?					
Do you smoke fewer than ten cigarettes a day or you don't smoke at all?					
Do you drink alcohol less than five times a week or you do not drink alcohol at all?					
Do you keep within the appropriate weight for your height?					
Do you have an adequate income for your needs?					
Do you get strength from religious, philosophical or some other deeply held beliefs?					
Do you regularly attend social gathering?					
Do you have a network of friends and acquaintances?					
Do you have a close friend to confide in?					
Do you have good health?					
Do you express feelings of anger or worry?					
Do you have regular domestic discussions with those you live with?					
Do you do something for fun at least once a week?					
Do you organize your time effectively and have some quiet time to yourself each day?					
Do you drink less than three cups of caffeine (tea, coffee or cola) a day?					
Do you have an optimistic outlook on life?					

PERSONALITY AND TEMPERAMENT

PERSONALITY AND TEMPERAMENT	YES DEFINITELY (5)		I SUPPOSE / IT DEPENDS (3)		SLIGHTLY (1)	
	⬇️ TICK HERE		⬇️ TICK HERE		⬇️ TICK HERE	
Do you cry readily?		<i>NM, PULS, SEP, SULPH</i>		<i>NM, PULS, SEP, SULPH</i>		<i>GRAPH, LYC</i>
Do you cry when thanked?		<i>LYC</i>		<i>LYC (Score 5)</i>		<i>LYC</i>
Do you cry from anxiety?		<i>GRAPH</i>		<i>GRAPH (Score 5)</i>		<i>ARS, NM</i>
Do you cry from self-pity?		<i>CALC, PULS</i>		<i>CALC, PULS</i>		<i>CALC, PULS</i>
Do music moves to tears?		<i>GRAPH, NM</i>		<i>GRAPH, NM</i>		<i>NV</i>
Do crying relieves?		<i>LACH, PULS</i>		<i>LACH, PULS</i>		<i>GRAPH, LYC</i>
Do you cry premenstrual?		<i>PULS</i>		<i>PULS</i>		<i>LYC, NM, PHOS, SEP</i>
Do you like sympathy?		<i>PHOS, PULS</i>		<i>PHOS, PULS</i>		<i>PHOS, PULS</i>
Do you dislike sympathy?		<i>IGN, NM, SEP, SIL</i>		<i>IGN, NM, SEP, SIL</i>		<i>ARS</i>
Are you sympathetic?		<i>PHOS, PULS</i>		<i>PHOS, PULS</i>		<i>IGN, NM, NV</i>
Do you lack sympathy?		<i>PHOS, SEP</i>		<i>PHOS, SEP</i>		<i>LYC, PHOS, SEP</i>
Do you tend to sigh frequently?		<i>IGN</i>		<i>IGN (Score 5)</i>		<i>GRAPH, NM, NV, PULS, SEP</i>
Do you tend to brood or sulk?		<i>IGN, NM</i>		<i>IGN, NM</i>		<i>ARS</i>
Are you irritable?		<i>NV</i>		<i>NV</i>		<i>ARS, CALC, NM, PHOS</i>
Are you irritable premenstrual?		<i>SEP</i>		<i>SEP</i>		<i>LACH, LYC, NM, NV, PULS</i>
Are you easily angered?		<i>LYC, NV</i>		<i>LYC, NV</i>		<i>PHOS</i>
Are you dictatorial?		<i>LYC</i>		<i>LYC (Score 5)</i>		<i>LYC</i>
Do you angry when contradicted?		<i>IGN, LYC, SEP</i>		<i>IGN, LYC, SEP</i>		<i>NV, SIL</i>
Are you prone to contradict?		<i>IGN, LACH</i>		<i>IGN, LACH</i>		<i>ARS, LYC, MERC, SEP</i>
Do you act on impulse?		<i>ARG, IGN, PULS</i>		<i>ARG, IGN, PULS</i>		<i>ARS</i>
Are you changeable and inconsistent?		<i>IGN</i>		<i>IGN</i>		<i>GRAPH</i>
Are you jealous?		<i>LACH, NV</i>		<i>LACH, NV</i>		<i>LYC, PULS</i>
Are you suspicious?		<i>ARS, LACH, LYC</i>		<i>ARS, LACH, LYC</i>		<i>MERC, NV, PHOS, SULPH</i>
Are you critical?		<i>ARS, GRAPH, SULPH</i>		<i>ARS, GRAPH, SULPH</i>		<i>LACH, LYC, MERC, NV, PHOS</i>
Are you fastidious?		<i>ARS, NV, PULS</i>		<i>ARS, NV, PULS</i>		<i>CALC, GRAPH, NM</i>
Are you concerned with precision accuracy?		<i>ARS</i>		<i>ARS</i>		<i>PULS</i>
Are you conscientious about trivial matters?		<i>ARS, IGN, SIL, SULPH</i>		<i>ARS, IGN, SIL, SULPH</i>		<i>LYC, NV, PULS</i>
Do you do things in vain?		<i>LYC, SULPH</i>		<i>LYC, SULPH</i>		<i>LYC, PULS, SULPH</i>
Are you egotistical?		<i>LYC, SULPH</i>		<i>LYC, SULPH</i>		<i>LACH, PULS, SIL</i>
Are you ambitious?		<i>NV</i>		<i>NV</i>		<i>ARS, IGN, LACH, LYC, SULPH</i>
Do you tend to theorize?		<i>SULPH</i>		<i>SULPH</i>		<i>LACH, SEP</i>
Are you pessimistic?		<i>ARS</i>		<i>ARS</i>		<i>NV</i>
Do you tend to work about everything?		<i>ARS, CALC, IGN</i>		<i>ARS, CALC, IGN</i>		<i>LYC, NM, PULS, SULPH</i>
Are you anxious in company?		<i>LYC</i>		<i>LYC (Score 5)</i>		<i>LYC</i>
Are you anxious when anything is expected of you?		<i>ARS, LYC</i>		<i>ARS, LYC</i>		<i>ARG, IGN</i>
Are you anxious with a hurried feeling?		<i>ARG, NM</i>		<i>ARG, NM</i>		<i>ARG, NM</i>
Are you anxious and cautious?		<i>ARS</i>		<i>ARS</i>		<i>IGN, LYC, PULS</i>
Are you anxious and indecisive?		<i>GRAPH</i>		<i>GRAPH (Score 5)</i>		<i>GRAPH</i>

PERSONALITY AND TEMPERAMENT	YES DEFINITELY (5)		I SUPPOSE / IT DEPENDS (3)		SLIGHTLY (1)	
	TICK HERE		TICK HERE		TICK HERE	
Are you yielding / passive?		PULS, SIL		PULS, SIL		ARS, IGN, LYC, NM, NV, PHOS
Do you lack confidence?		LYC, SIL		LYC, SIL		NM, NV, PULS
Are you fearful of others opinions?		NV, PULS		NV, PULS		LYC
Do you avoid undertaking new things for fear of failure?		ARG, ARS, LYC, SIL		ARG, ARS, LYC, SIL		ARG, ARS, LYC, SIL
Are you timid about public speaking?		LYC, SIL		LYC, SIL		LYC, SIL
Are you apprehensive?		ARG, LYC, NM		ARG, LYC, NM		ARS, SIL
Are you inhibited?		MERC		MERC		LYC, NM, PULS, SIL
Are you impressionable?		PHOS		PHOS		ARG
Do you think rapidly?		IGN, LACH, PHOS		IGN, LACH, PHOS		NV, SULPH
Do you think slowly?		ARS, CALC, PHOS		ARS, CALC, PHOS, PULS		GRAPH, SEP, SULPH
Are you talkative and frequently change subject?		LACH		LACH (Score 5)		LACH
Do you tend to procrastinate?		LYC		LYC (Score 5)		SULPH
Are you restless while at work?		GRAPH		GRAPH (Score 5)		GRAPH
Are you anxious on waking in the morning?		GRAPH, LACH		GRAPH, LACH		LYC, NV, PHOS
Are you anxious about your health?		ARG, LYC, PHOS		ARG, LYC, PHOS		CALC, PULS, SEP
Do you suppress grief following bereavement?		IGN, NM		IGN, NM		IGN, NM
Are you affectionate?		PHOS		PHOS, PULS		ARS, IGN, NM
Do you feel better mentally after vigorous		SEP		SEP		IGN
Do you dislike being touched?		NM, SEP		NM, SEP		IGN, LACH, SIL
Are you clairvoyant?		PHOS		PHOS (Score 5)		CALC, LACH, SIL
Do you have low sex drive? (female)		NM, SEP		NM, SEP		GRAPH, LACH, LYC, PHOS,
Do you have low sex drive? (male)		GRAPH, LYC		GRAPH, LYC		IGN

FOOD PREFERENCE

FOOD PREFERENCES	YES DEFINITELY (5)	I SUPPOSE / IT DEPENDS (3)	SLIGHTLY (1)
	TICK HERE	TICK HERE	TICK HERE
Do you like warm foods and drinks?	ARS	ARS (Score 5)	LYC
Do you desire warm foods?	GRAPH, PHOS, PULS	GRAPH, PHOS, PULS	CALC, IGN, LACH, LYC, SIL
Do you like raw foods?	SIL, SULPH	SIL, SULPH	CALC, IGN
Do you lose appetite during menstruation?	IGN	IGN (Score 5)	LYC, PULS
Do mixtures of foods disagree?	LYC	LYC	PULS, SIL
Do you eat to bursting point?	LYC, PULS	LYC, PULS	CALC, SULPH
Do fruit disagrees?	ARS, PULS	ARS, PULS	LYC, SEP
Do you dislike fruit?	IGN, PHOS, PULS	IGN, PHOS, PULS	ARS, IGN, PHOS, PULS
Do you like eggs? (especially soft-boiled eggs)	CALC	CALC	PULS
Do you dislike eggs?	PULS, SULPH	PULS, SULPH	PHOS
Do beans / peas disagree?	LYC	LYC	CALC
Do you like starchy foods?	LACH, LYC	LACH, LYC	CALC, NM, SULPH
Do you like bread and butter?	MERC	MERC (Score 5)	IGN, PULS
Do you like rich, fatty foods?	NV, SULPH	NV, SULPH	ARS, PHOS, SIL
Do rich, fatty foods cause digestive upset?	GRAPH, PULS	RAPH, PULS	ARS, LYC, SEP, SULPH
Do you like ice cream?	PHOS	PHOS	CALC, PULS, SIL
Do you like peanut butter?	PULS	PULS (Score 5)	PULS
Do you like cheese?	ARG, PHOS	ARG, PHOS	CALC, IGN, PULS, SEP
Do you like olive oil?	ARS, LYC	ARS, LYC	CALC, SULPH
Do you dislike pork?	PULS	PULS	SEP
Do you like sweet foods?	ARG, LYC, SULPH	ARG, LYC, SULPH	ARS, CALC, PHOS, PULS
Do you dislike sweet foods?	GRAPH	GRAPH	ARG, ARS, LYC, MERC, PHOS
Do you like sweet foods but they disagree?	ARG, LYC, SULPH	ARG, LYC, SULPH	CALC, PHOS, PULS
Do you like sweet foods but not upset by them?	ARS, SEP	ARS, SEP	ARS, SEP
Do pastries disagree?	PULS	PULS	LYC, PHOS
Do you like salty foods?	ARG, NM, PHOS	ARG, NM, PHOS	CALC
Do you dislike salty foods?	GRAPH	GRAPH	MERC, NM, SEP
Do you like oysters?	LACH	LACH	CALC, LYC, NM, SULPH
Do you dislike fish?	GRAPH	GRAPH	PHOS
Do shellfish disagree?	LYC	LYC (Score 5)	LYC
Do you like lemons?	SEP	SEP	MERC, NM, PULS
Do you like pickles?	SEP	SEP	ARS, JGN, LACH, SULPH
Do you dislike tomatoes?	PHOS	PHOS (Score 5)	PHOS
Do you like spicy foods?	NV, PHOS, SULPH	NV, PHOS, SULPH	ARS
Do garlic disagree?	PHOS	PHOS (Score 5)	PHOS
Do onions disagree?	LYC	LYC	IGN, PULS, SULPH
Do you like milk?	ARS, CALC, MERC, NM, NV	ARS, CALC, MERC, NM, NV	ARS, CALC, MERC, NM, NV
Does milk disagree?	CALC, SEP, SULPH	CALC, SEP, SULPH	ARS, LYC, NM, NV, PHOS, PULS
Are you reluctant to take breast milk in infancy?	SIL	SIL	CALC, MERC
Do hot drinks disagree?	LACH, PHOS, PULS, SULPH	LACH, PHOS, PULS, SULPH	LACH, PHOS, PULS, SULPH
Do iced drinks disagree?	ARS	ARS	NV, PULS
Do you like fizzy drinks?	PHOS	PHOS (Score 5)	PHOS
Do you like alcohol?	ARS, LACH, NV, SULPH	ARS, LACH, NV, SULPH	CALC, LYC, PHOS, PULS
Do beer disagrees?	NV	NV (Score 5)	LYC, PULS, SIL, SULPH
Do you little thirst?	PULS	PULS (Score 5)	ARG, ARS, LYC, SEP
Do you like coffee?	NV	NV (Score 5)	ARS
Do you dislike coffee?	CALC, NV	CALC, NV	MERC, NM, PHOS, SULPH
Do coffee disagree?	IGN, NV	IGN, NV	MERC, PULS

FEARS

FEARS	YES DEFINITELY (5)		I SUPPOSE / IT DEPENDS (3)		SLIGHTLY (1)	
	TICK HERE		TICK HERE		TICK HERE	
Do you fear heights?		ARG		ARG		SULPH
Do you fear enclosed spaces?		ARG, LYC, NM, PULS		ARG, LYC, NM, PULS		CALC, IGN
Do you fear crowd / public places?		ARG, LYC, NM, NV, PULS		ARG, LYC, NM, NV, PULS		ARG, LYC, NM, NV, PULS
Do you fear mice?		CALC		CALC (Score 5)		CALC
Do you fear snakes?		LACH		LACH (Score 5)		CALC
Do you fear water?		LACH, PHOS		LACH, PHOS		LACH, PHOS
Do you fear thunderstorms?		PHOS		PHOS		CALC, GRAPH, MERC, NM, SEP
Do you fear sharp pointed objects?		SIL		SIL (Score 5)		ARS, MERC, NM
Do you fear ghosts?		ARS, LYC, PHOS, PULS, SULPH		ARS, LYC, PHOS, PULS, SULPH		CALC, SEP
Do you fear darkness?		PHOS		PHOS		ARS, CALC, LYC, NM, PULS
Do you fear burglars?		ARS, NM		ARS, NM		ARG, IGN, LACH, MERC, PHOS
Do you fear being alone?		ARG, ARS, LYC, PHOS		ARG, ARS, LYC, PHOS		PULS, SEP
Do you fear being late?		ARG		ARG		NM
Do you fear being hurt emotionally?		NM		NM (Score 5)		IGN
Do you fear being poisoned? (by bad food or pollution)		ARS, LACH		ARS, LACH		ARS, LACH
Do you fear illness?		ARS, PHOS		ARS, PHOS		ARG, CALC, NV
Do you fear insanity?		CALC, PULS		CALC, PULS		ARG, GRAPH, MERC, NM, NV, PHOS, SEP
Do you fear cancer?		ARS, CALC, PHOS		ARS, CALC, PHOS		ARS, CALC, PHOS
Do you fear death?		ARS, CALC, GRAPH, NV, PHOS		ARS, CALC, GRAPH, NV, PHOS		ARG, LACH, LYC, MERC, NM, PULS
Do you fear for the health of your family?		MERC		MERC (Score 5)		ARS, PHOS
Do you fear failure in business?		LYC, NV		LYC, NV		ARG, NM, PHOS, SIL, SULPH
Do you fear poverty?		ARS		ARS		CALC, SEP
Do you fear loss of self control?		ARG		ARG		IGN, NM
Do you fear physical / mental exertion?		SIL		SIL (Score 5)		PHOS

GENERAL FEATURES

GENERAL FEATURES	YES DEFINITELY (5)		I SUPPOSE / IT DEPENDS (3)		SLIGHTLY (1)	
	TICK HERE		TICK HERE		TICK HERE	
What happens with ailment when it is warn and isn't made worse by heat?		<i>PULS, SULPH</i>		<i>ARG, PULS, SULPH</i>		<i>ARG, PULS, SULPH</i>
Do your ailments are worse in stuffy rooms?		<i>GRAPH, LYC, PULS, SULPH</i>		<i>GRAPH, LYC, PULS, SULPH</i>		<i>ARG, MERC</i>
Do your feet are hot in bed?		<i>PULS, SULH</i>		<i>PULS, SULPH</i>		<i>CALC, PHOS</i>
Do you chilly but made worse by heat?		<i>MERC, PULS</i>		<i>MERC, PULS</i>		<i>CALC, GRAPH, LACH, LYC, NM</i>
Do you chilly and better for heat?		<i>ARS, NV</i>		<i>ARS, NV</i>		<i>CALC, IGN, PHOS, SEP, SIL</i>
Are your feet sweaty and smelly usually?		<i>GRAPH, LYC, PULS, SIL</i>		<i>GRAPH, LYC, PULS, SIL</i>		<i>CALC, PHOS, SEP, SULPH</i>
Are your ailments worse after sweating?		<i>MERC, SEP</i>		<i>MERC, SEP</i>		<i>CALC, PHOS, PULS, SULPH</i>
Do you usually sweat in heads when you are in bed?		<i>CALC</i>		<i>CALC (Score 5)</i>		<i>MERC, SIL</i>
Are your ailments worse from prolonged standing?		<i>PULS, SEP, SULPH</i>		<i>PULS, SEP, SULPH</i>		<i>CALC, SIL</i>
Are your ailments worse in cold, wet weather?		<i>ARS, CALC, SIL</i>		<i>ARS, CALC, SIL</i>		<i>ARG, GRAPH, LACH, LYC, MERC, PULS, SULPH</i>
Are your ailments worse in cold, dry weather?		<i>NV</i>		<i>NV</i>		<i>ARS, SIL</i>
Are your ailments worse in windy weather?		<i>LYC, NV, PHOS, PULS</i>		<i>LYC, NV, PHOS, PULS</i>		<i>ARS, LACH, SIL</i>
Do you feel better for sea air?		<i>NM, PULS</i>		<i>NM, PULS</i>		<i>NM, PULS</i>
Do you feel worse for sea air?		<i>NM, SEP</i>		<i>NM, SEP</i>		<i>ARS</i>
Do you love to watch thunderstorms?		<i>SEP</i>		<i>SEP (Score 5)</i>		<i>LYC</i>
Do you suffer a headache before thunderstorms?		<i>PHOS</i>		<i>PHOS</i>		<i>SEP, SIL</i>
Are you sensitive to smells?		<i>GRAPH, IGN, LYC, NV, PHOS, SEP</i>		<i>GRAPH, IGN, LYC, NV, PHOS, SEP</i>		<i>ARS, CALC, SULPH</i>
Are you sensitive to the smell of tobacco?		<i>IGN</i>		<i>IGN</i>		<i>NV, PULS, SEP</i>
Are your eyes sensitive to sunlight?		<i>GRAPH, NM, SULPH</i>		<i>GRAPH, NM, SULPH</i>		<i>ARS, IGN, MERC, PHOS</i>
Are you sensitive to the slightest noise?		<i>NV, SIL</i>		<i>NV, SIL</i>		<i>LYS, PHOS, SEP</i>
Do you suffer a headache or fell faint on missing a meal?		<i>GRAPH, LYC, PHOS, SIL, SULPH</i>		<i>GRAPH, LYC, PHOS, SIL, SULPH</i>		<i>GRAPH, LYC, PHOS, SIL, SULPH</i>
Do you feel better when fasting?		<i>NM</i>		<i>NM (Score 5)</i>		<i>SIL</i>
Do you feel better after a short nap?		<i>PHOS</i>		<i>PHOS (Score 5)</i>		<i>NV</i>
Are your ailments relieved by onset of menstruation?		<i>LACH</i>		<i>LACH (Score 5)</i>		<i>CALC, PHOS, PULS, SEP, SULPH</i>
Are your ailments seem worse between 4-8 a.m. /p.m.?		<i>LYC</i>		<i>LYC (Score 5)</i>		<i>SULPH</i>
Are your ailments seem worse between 4-6a.m. /p.m.?		<i>SEP</i>		<i>SEP (Score 5)</i>		<i>LYC, SULPH</i>
Are your ailments seem worse between 1-2a.m.?		<i>ARS</i>		<i>ARS (Score 5)</i>		<i>ARS</i>
Are your ailments seem worse between 2-5 a.m.?		<i>NV</i>		<i>NV (Score 5)</i>		<i>SULPH</i>
Are your ailments worse in the spring?		<i>CALC, LACH, LYC</i>		<i>CALC, LACH, LYC</i>		<i>NM, PULS, SEP, SIL, SULPH</i>
Are your ailments worse around full noon?		<i>ARG, ARS, CALC, LYC, PHOS, PULS, SIL</i>		<i>ARG, ARS, CALC, LYC, PHOS, PULS, SIL</i>		<i>GRAPH, LACH, MERC, SEP, SULPH</i>
Are your ailments worse in the morning and evening?		<i>SEP</i>		<i>SEP</i>		<i>CALC, GRAPH, LYC, PHOS</i>
Are your ailments worse from sunset to sunrise?		<i>MERC</i>		<i>MERC (Score 5)</i>		<i>MERC</i>
Do you avoid lying on the left side of the body in bed?		<i>PHOS, PULS</i>		<i>PHOS, PULS</i>		<i>ARG, NM, SEP, SULPH</i>
Do you avoid lying on the right side of the body in bed?		<i>MERC</i>		<i>MERC</i>		<i>NV, PHOS</i>
Are you prone to left sided complaints?		<i>ARG, GRAPH, LACH, PHOS, SEP, SULPH</i>		<i>ARG, GRAPH, LACH, PHOS, SEP, SULPH</i>		
Are you prone to right sided complaints?		<i>ARS, CALC, LYC, NV, PULS</i>		<i>ARS, CALC, LYC, NV, PULS</i>		