

DR. MORSE'S HERBAL HEALTH CLUB

A Private Sector Private Health Club



Self-Assessment Health Questionnaire

First Name	:						Last Name:				
Gender:	Male	e/ Fe	emale		Age:		Height:	(ft)	(in)	Weight:	(lbs)
Email Addr	ess:						Skype Nam	e:			
Home Add	ress:					City:				State:	
Zip Code:			Сс	ountry:			Pro	vince:			
Home Pho	ne # ()				Cell Phone 7	# ()		
	selor r	-	mmend Gla ircle One)	ndulars to	o <i>'power pu</i> Preferred			se select yo	our pre	ference for GI	andular
(Circle One)		Inrse's Fo	ormulas in t		ntly use Dr.	Morse's Fo		ed Dr. Mor	se's Fo	rmulas before	7
Thave used	1 D1. 1V	10130310	ninaias iir t	пс разт		Vitals:	ave never as	Sa Dr. Ivior	30 3 1 0	Titidias before	,
			If you are	unsure o	f any of the	ese readings	s, you may lea	ave them b	olank.		
Blood Pres	sure:	Right:		Left:		Eye Colo	: (Circle One)	Brown		Blue	
Resting Pu	lse:		(bpm)	Basal T	emp.	(F)	Urine p	ιH:		Saliva pH:	
How Man	y Bow	el Move	ments do '	You Have	e Daily?						
			Are you t	aking ar	ny medica	tions? Plea	ase list indiv	/idually b	elow:		
1.							5.				
2.							6.				
3.							7.				
4.							8.				
	Αı	re you ta	aking any	Herbal F	Products o	r Supplen	nents? Pleas	se list inc	dividua	ally below:	
1.							5.				
2.							6.				
3.							7.				
4.				\M/bot d	looc vour o	urrant dail	8.	t of?			
				vviiai u		as honest as	y diet consis : s possible.	l OI ?			
Breakfast:											
Lunch:											
Dinner:											
Snack:											

What are your primary health concerns?
What do you hope to gain from this program?
Genetic / Family History Please list all known health concerns for each family member. Leave blank if you aren't sure.
Mother:
Father:
Maternal Grandmother:
Maternal Grandfather:
Paternal Grandmother:
Paternal Grandfather:
Sister/Brother:
Sister/Brother:
Sister/Brother:
Sister/Brother: Previous Surgical Procedures
Please list all surgical procedures, minor or major, along with the year
Year:
redi:
Year:
Year:
Year:
Year:

Do you, or have you ever had difficulty with any of the following? Please circle all applicable, and indicate: Current, Past, or N/A Cold Hands or Feet Current O Past O N/A \bigcirc Current O Past O N/A Frequently Cold / Difficulty Warming Cold, but Burning Inside? Current O Past O N/A **Thyroid/ Glandular System** Current O Easy to Gain Weight and Hard to Lose It Past O N/A Irregular Heart Beat / Arrythmia's Current O Past O N/A (Also Adrenals/Cardiovascular) Current O Headaches / Migraines Past O N/A Current O Easily Irritable Past N/A Current O Overweight Past N/A Current O Past O Low Energy / Always Tired N/A Goiter / Hashimoto's / Grave's Reidel's Disease Current O Past O N/A Family Member with Goiter / Hashimoto's / /Reidel's Disease Current O Past Grave's N/A Medium Excessive How Much do You Sweat? Low Brittle Are Your Fingernails: (Check all Applicable) Ridged Weak Varicose Veins / Spider Veins Past O Current O N/A Hemorrhoids / Prolapses Current O Past O N/A Past O Current O Muscle Cramps / Legs Tire Easily N/A A Few Leaks Strong Weak Is Your Bladder: Current O Past N/A Hernia **Parathyroid** Past O Current O N/A Aneurysm Low Bone Density / Low Calcium Current O Past O N/A Osteoporosis / Scoliosis / Kyphosis / Current O Past () N/A Lordosis Mental Health Challenges (Depression, PTSD, OCD, etc.) Please List: Current O Past O N/A Herniated Discs / Spinal Deterioration / **Bone Spurs** Current Past (N/A Current **Bruise Easy** Past N/A

S	Slow Digestion	Current O	Past O	N/A	0
	Food Passes Quickly Through You (Diarrhea)	Current O	Past O	N/A	0
Pancreas	Acid Reflux / Heartburn / Indigestion	Current O	Past O	N/A	0
-an	Undigested Food in Stool	Current O	Past O	N/A	0
	Thin / Difficulty Gaining Weight	Current O	Past O	N/A	0
	Moles (Also Adrenals)	Current O	Past O	N/A	0
	Overweight	Current O	Past O	N/A	0
	MS / ALS / Parkinson's / Palsy	Current O	Past O	N/A	\bigcirc
	Anxiety	Current O	Past O	N/A	0
	Excessive Shyness / Inferiority Complex	Current O	Past O	N/A	0
	Tremors / Nervous Legs	Current O	Past O	N/A	0
	High Blood Pressure (Also Cardiovascular)	Current O	Past O	N/A	0
	Low Blood Pressure	Current O	Past O	N/A	0
	Hypoglycemia (Low Blood Sugar)	Current O	Past O	N/A	0
tem	Diabetes: TYPE I / TYPE 2	Current O	Past O	N/A	0
Sys	Tinnitus (Ringing in Ears)	Current O	Past O	N/A	0
ndular System)	Difficulty Taking Deep Breath / S.O.B (Short of Breath)	Current O	Past O	N/A	0
	Cardiac Arrythmia: (Also Cardiovascular) Please List Which Type:				
)) SIE		Current O	Past O	N/A	\circ
Adrenals (Gla	Sleep Challenges: Difficulty Getting to Sleep (Also Pineal)	Current O	Past O	N/A	0
Ad	Sleep Challenges: Difficulty Staying Asleep (Also Pituitary)	Current O	Past O	N/A	0
	CFS (Chronic Fatigue Syndrome)	Current O	Past O	N/A	0
	Addison's Disease / Congenital Adrenal	2	D 1	N.I. / A	
	Hyperplasia	Current O	Past O	N/A	0
	High Cholesterol Do You Have <i>any</i> "Itis" Condition (Arthritis,	Current O	Past O	N/A	
	Osteoarthritis, Bursitis, etc) Please List:				
		Current O	Past O	N/A	0
	Low Steroids / Low Cortisol	Current O	Past O	N/A	0
	ADD / ADHD / Autism	Current O	Past O	N/A	\bigcirc

	Are You Currently Pregnant?	Yes	0			No	0
	Are You Currently Breastfeeding?	Yes	0			No	0
	Irregular Menses (Also Pituitary)	Current	0	Past	0	N/A	0
,	Excessive Bleeding During Menstruation	Current	0	Past	0	N/A	0
,	Ovarian Cysts / Fibroids	Current	0	Past	0	N/A	0
<u>ک</u> ار	Endometriosis / Atypical Cells	Current	0	Past	0	N/A	0
O	Fibrocystic Breasts	Current	0	Past	0	N/A	0
Females Only	Sore or Painful Breasts, Especially During Menstruation	Current	\circ	Past	0	N/A	0
eH	Low / Excessive Sex Drive	Current	0	Past	0	N/A	0
الله الله	Have You Had a: Complete Hysterectomy / Partial Hysterectomy	Current	0	Past	0	N/A	0
	If Yes, Were Any Other Organs / Lymph Nodes Removed? Please List Which:						
	Difficulty Conceiving	Current	0	Past	\bigcirc	N/A	\bigcirc
	Birth Control Pills? For How Long:	Current	0	Past	0	N/A	\circ
	Do You Have Prostatitis? How Often do You Urinate?	Current	0	Past	0	N/A	0
>			$\widehat{}$				$\overline{}$
Males Only	Have You Been Diagnosed With Prostate 'Cancer'?	Current		Past	0	N/A	0
S	What are Your PSA's?	Current	0	Past	0	N/A	0
<u>a</u>	Testicular Hypertrophy (Enlarged Testicles)	Current	0	Past	0	N/A	0
\geq	Low / Excessive Sex Drive	Current	0	Past	0	N/A	0
	Erection Problems	Current	0	Past	0	N/A	0
	Premature Ejaculation	Current	<u>O</u>	Past	<u>O</u>	N/A	<u>O</u>
	Bowel Movements per Day: 0 -1 O	2	0	3	0	4+	0
,	Crohn's / Colitis / Gastritis / Enteritis / Diverticulitis	Current	0	Past	0	N/A	0
 	Gastroparesis (Paralysis of the Stomach)	Current	0	Past	0	N/A	0
_ 	Hiatus Hernia	Current	0	Past	\bigcirc	N/A	\bigcirc
Gastro-Intestinal Tract	Coated Tongue, Especially Upon Waking: (white, yellow, green, brown)	Current	\bigcirc	Past	\bigcirc	N/A	
est	Diarrhea / Constipation	Current	_	Past	$\overline{\bigcirc}$	N/A	$\overline{\bigcirc}$
	Stomach / Intestinal Ulcers		_		0		0
itro	Gastro-Intestinal 'Cancer': Please Provide	Current	0	Past	O	N/A	\bigcirc
Gas	Location of 'Cancer':	Current	0	Past	0	N/A	0
	Gas Problems (Also Pancreas)	Current	0	Past	0	N/A	0
	Other GI Issues Not Listed:	Current	0	Past	0	N/A	0

	Difficulty Digesting Fats	Current O	Past O	N/A O
Liver/ Gallbladder / Blood	Fats or Dairy Cause Stomach: Bloat / Pain	Current O	Past O	N/A O
	Light Colored or White Stools	Current O	Past O	N/A O
	Pain Mid-Back (Especially After Eating)	Current O	Past O	N/A O
dde	'Liver' or Brown Spots (Not Freckles)	Current O	Past O	N/A O
sallbla	Skin Pigmentation Irregularities or Changes (Also Pituitary)	Current O	Past 🔘	N/A O
er/ G	Jaundice of: Eyes / Skin	Current O	Past O	N/A O
Live	Anemia	Current O	Past O	N/A O
	Hepatitis A, B, or C	Current O	Past O	N/A O
	Alcohol Consumption: Don't Dri	nk Daily	Weekly	Monthly or Less
	7 ileanor consumption.			
	Angina / Chest Pain	Current O	Past O	N/A O
ular	Myocardial Infarction (Heart Attack)	Current O	Past O	N/A O
ardiovascular	Pacemaker / Stents / Other Open Heart Surgery	Current O	Past O	N/A O
	Do You Feel Pressure on Your Chest?	Current O	Past O	N/A O
\circ	Do You Feel 'Prickly' Pains? Please List Where:			
		Current O	Past O	N/A O
	Blemishes / Rashes / Acne	Current O	Past O	N/A O
	Dermatitis / Eczema / Psoriasis	Current O	Past O	N/A O
	Dry, Itchy Skin	Current O	Past O	N/A O
Skin	Excessively Oily Skin	Current O	Past O	N/A O
S	Dandruff	Current O	Past O	N/A O
	Any Other Skin Problems: Please List:	Odiforit O	1 431	19//1
		Current O	Past O	N/A O
	Do You Have Any Tattoos?	Yes O	1 431	No O

Lymphatic System

Hair Loss / Balding / Fully Bald (not by choice)	Current	0	Past O	N/A	0
Have You Ever Had Any Lymph Nodes Removed?	Yes	0		No	0
From Which Area of Your Body Were They Removed?				N/A	\circ
How Many Were Removed?				N/A	0
Swollen Lymph Nodes / Lymphedema	Current	0	Past O	N/A	0
Do You Have Edema (Fluid Retention)? Please Provide Location(s):	Current	\bigcirc	Past O	N/A	0
Fibromyalgia / Scleroderma	Current	0	Past O	N/A	0
Cold & Flu-like Symptoms	Current	0	Past O	N/A	0
Sore Throat / Sinus Problems	Current	0	Past O	N/A	0
Poor Memory / Brain Fog	Current	0	Past O	N/A	0
Blurred Vision	Current	0	Past O	N/A	0
Mucus in Eyes Upon Waking	Current	0	Past O	N/A	0
Have You Been Diagnosed With 'Cancer'? Please					
Provide Location:	Current	0	Past O	N/A	0
	Current Fatty		Past O	N/A N/A	0
Provide Location:					0
Provide Location: Other Type of Non-Malignant Mass / Tumor:		O Ber		N/A	0 0 0
Provide Location: Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor:	Fatty	O Ber	nign O	N/A N/A	0 0 0 0
Provide Location: Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor: AIDS / HIV +	Fatty Current	O Ber	Past O	N/A N/A N/A	
Provide Location: Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor: AIDS / HIV + Low Platelet Count (Also Cardiovascular)	Fatty Current Current	O Ber	Past O Past O	N/A N/A N/A	
Provide Location: Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor: AIDS / HIV + Low Platelet Count (Also Cardiovascular) Appendicitis / Appendectomy	Fatty Current Current	O Ber	Past O Past O	N/A N/A N/A N/A	
Provide Location: Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor: AIDS / HIV + Low Platelet Count (Also Cardiovascular) Appendicitis / Appendectomy Date of Appendicitis / Appendectomy:	Fatty Current Current	O Ber	Past O Past O	N/A N/A N/A N/A N/A	
Provide Location: Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor: AIDS / HIV + Low Platelet Count (Also Cardiovascular) Appendicitis / Appendectomy Date of Appendicitis / Appendectomy: Date of Tonsillectomy (Tonsils Removed):	Current Current Current	O Ber	Past O Past O	N/A N/A N/A N/A N/A	
Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor: AIDS / HIV + Low Platelet Count (Also Cardiovascular) Appendicitis / Appendectomy Date of Appendicitis / Appendectomy: Date of Tonsillectomy (Tonsils Removed): Boils / Pimples / Cysts / Abscesses	Current Current Current	O Ber	Past O Past O Past O	N/A N/A N/A N/A N/A N/A N/A	
Provide Location: Other Type of Non-Malignant Mass / Tumor: Location of Non-Malignant Mass / Tumor: AIDS / HIV + Low Platelet Count (Also Cardiovascular) Appendicitis / Appendectomy Date of Appendicitis / Appendectomy: Date of Tonsillectomy (Tonsils Removed): Boils / Pimples / Cysts / Abscesses Gout	Current Current Current Current Current	BerOOOOO	Past O Past O Past O Past O Past O	N/A N/A N/A N/A N/A N/A N/A N/A	

	UTI / Bladder Infection / Cystitis	Current	\bigcirc	Past	0	N/A	0
_	Burning While Urinating	Current	0	Past	0	N/A	0
Idel	Weak Bladder / Urinary Incontinence	Current	0	Past	0	N/A	0
slac	Restricted Urine Flow	Current	0	Past	0	N/A	0
≪ 	Kidney Stones	Current	0	Past	0	N/A	0
eys	Nephritis	Current	0	Past	0	N/A	0
Kidneys & Bladder	Cramping or Pain Mid-to Lower Back on Either Side	Current	0	Past	0	N/A	0
$\qquad \qquad $	Lower Back Weakness / Lack of Strength	Current	0	Past	0	N/A	0
	Sciatica	Current	0	Past	0	N/A	0
	Bags Under Eyes	Current	0	Past	\bigcirc	N/A	\bigcirc
	Bronchitis / Asthma / COPD / Emphysema / Pneumonia	Current	0	Past	0	N/A	0
	Pain / Difficulty Breathing	Current	\bigcirc	Past	\bigcirc	N/A	\bigcirc
E	Pain / Difficulty Taking Deep Breaths (Also Adrenals)	Current	0	Past	0	N/A	0
/ste	Collapsed Lung: Right or Left	Current	\bigcirc	Past	\bigcirc	N/A	\bigcirc
íS/	Frequent Cough	Current	0	Past	0	N/A	0
Respiratory System	Color of Mucus Expectorated: Clear / Yellow / Green / Brown / Black	Current	0	Past	0	N/A	0
pir	Do You Use a: Nebulizer / Inhaler	Current	0	Past	\bigcirc	N/A	0
Res	What is Your Oxygen Saturation (or SPO2)?					Don't Knov	NO
<u> </u>	Have You Been Diagnosed With Lung 'Cancer'?	Current	0	Past	0	N/A	0
	Are You a Smoker?	Current	0	Past	0	Never Smoked	0
	How Much do You Smoke?	Packs/Da	ay:	or		Cigarettes/ Day:	
<u>U</u>	Exposure to: Nuclear Wastes / By-Products of Nuclear Wastes / Heavy Metals / Toxic Chemicals	Current	0	Past	0	N/A	0
TOX	Exposure to Toxic Substances Such as Asbestos or Coal Mines (Also Respiratory System)	Current	0	Past	0	N/A	0
ther	Have You Gone Through Chemotherapy or Radiation?	Current	0	Past	0	N/A	0
d O	How Many Treatments of Chemo or Radiation?						
ntal and (Exposure	Have You Received the "Standard" Vaccinations?	Yes	\bigcirc			No	\bigcirc
tal X	Have You Received Vaccinations for Travelling to Foreign Countries?	Yes	\bigcirc			No	\bigcirc
l Jen E	Have You Received a Flu Shot?	Yes					$\overline{\bigcirc}$
Πū	Have You Ever Used 'Recreational' Drugs?	res	0			No	
Environmental and Other Toxic Exposure	(this information is confidential and used to help you attain optimal health only!)	Current	0	Past	0	N/A	0
ш	Please List Any 'Recreational' Drugs You Have Used:						