



RED RIVER HEALTH

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R.A. Angotti, Lic. Ac., Herbalist

First Name _____ Last Name _____ Sex _____

Street Address _____ City _____ State _____ Zip Code _____

Home Phone _____ Cell Phone _____ Work Phone _____

Email _____ Birthdate _____

Insurance Provider _____ Insurance Policy # _____

How did you find Red River Health _____

Emergency Contact Name _____ Relation _____

Emergency Contact Phone Number _____

Please put a check by those that apply, even if they appear more than once:

KD Y

- Low back pain or soreness
- Knee pain or soreness
- Ringing in the ears
- Dizziness
- Early graying of hair
- Vaginal dryness
- Scanty cervical mucus with ovulation
- Dark circles under the eyes
- Night sweats
- Hot flashes
- Tendency towards being warm
- Bladder disease or problems
- Kidney disease or problems
- Sugar in the urine
- Blood in the urine
- Frequent fears or phobias
- Poor hearing
- Ear infections
- Bone disease or weakness
- Teeth problems
- Joint trouble
- Neck pain
- Weakness or pain of the legs
- Excessive fears/phobias
- Prior pregnancy
- Miscarriages
- Abortions
- Contraception past or present
- Infertility
- Nocturnal emissions
- Impotence

KD YA

- Low back pain prior to menses
- Cold feet, especially at night
- Low libido
- Morning urination
- Frequent pale urination
- Early morning BM loose and or urgent
- Profuse vaginal discharge
- Dull colored menstrual blood
- Cold cramps with menstruation
- Tendency towards being cold
- Frequent fears or phobias

SP

- Chronic fatigue
- Poor appetite
- Reduced energy after a meal
- Distension after eating
- Sugar cravings
- Abdominal pains
- Cold hands and feet
- Cold nose
- Feeling of heaviness or sluggishness
- Bruise easily
- Poor circulation
- Varicose veins
- Weakness in arms and legs
- Insufficient exercise
- Excessive worry
- Low blood pressure
- Spontaneous sweating
- Dizziness or lightheadedness or visual changes when standing
- Thin, watery menstruation with pink color

SP

- Fatigue with ovulation and or menstruation
- Spotting prior to period
- Diagnosis of uterine prolapse
- Bearing down sensation with menstrual cramps
- Frequent colds or allergies
- Diagnosis of hypothyroid or anemia
- Frequent belching
- Abdominal distension
- Excess hunger
- Frequent loose stools
- Frequent constipation
- Hemorrhoids
- Diabetes
- Weight changes and or eating disorders
- Bleeding between periods
- Heavy menstruation

LU

- Tuberculosis
- Emphysema
- Asthma
- Throat problems
- Allergies
- Sinus problems
- Frequent colds
- Tobacco use
- Excessive sadness or crying
- Spontaneous sweating

BLD

- Scanty or late menstruation
- Dryness or flakiness of the skin
- Chapped lips
- Brittle nails or hair

- Loss of head hair
- Poor nighttime vision
- Dizziness or lightheadedness around period
- Blurred vision
- Floaters
- Poor memory
- Poor concentration

BL ST

- Black or brown menstrual flow
- Pain around ovaries during ovulation
- Painful, unmovable breast lumps
- Numbness of hands and feet at night
- Varicose or spider veins
- Red spots or cherry spots on skin
- Chronic hemorrhoids
- Clotted menses
- Endometriosis or uterine fibroids
- Abnormal lumps in abdomen
- Piercing or stabbing pain with menses
- Vascular abnormalities
- Strokes
- Rheumatism
- Pain with intercourse
- Convulsions

LV

- Emotional depression
- Anger or rage
- Premenstrual irritability
- Distension or bloating at ovulation
- Prolonged ovulation
- Breast tenderness during menstruation
- Diagnosis of elevated prolactin levels
- Premenstrual bloating or distension
- Difficulty falling asleep
- Heartburn or bitter taste in the mouth
- Painful menstruation
- Cramping of the external genitals with menstruation
- Thick and dark menstrual blood with purple color
- Gallbladder problems
- Liver disease
- Jaundice
- Red or irritated eyes
- Glaucoma or cataract
- Alcoholism
- Drug use or abuse
- Pain or discomfort with stress
- Difficulty making decisions
- Missed periods
- Frequent or severe headaches
- Pain before menstruation
- Leg cramps while walking
- Breast swelling
- Painful breasts
- Prostate trouble
- Painful testicles

HT

- Wake early in am with difficulty falling asleep
- Heart palpitations especially when anxious
- Nightmares
- Low in spirit or vitality
- Agitated or restless
- Fidgety
- Chronic hemorrhoids
- Excessive sweating
- Heart disease
- High blood pressure
- Low blood pressure
- Shortness of breath after mild exercise
- Irregular or rapid heartbeat
- Awareness of heartbeat or palpitations
- Pain in the chest
- Abnormal EKG
- Swelling in ankles and feet
- Shortness of breath at night
- Mental illness
- Anxiety or nervousness
- Insomnia, excessive dreams
- Dry mouth or throat
- Thirst for cold fluids
- Warmer than those around you
- Wake sweating or with hot flashes
- Premenstrual acne which is red
- Vaginal irritation or rashes
- Pain or burning sensation with urination

DP

- Tired or sluggish after a meal
- Fibrocystic breasts
- Cystic or pustular acne
- Urgent, bright or strong smelling stools
- Stringy tissue or mucus in menses
- Yeast infections and vaginal itching
- Achy joints
- Excess weight
- Leucorrhea

DP HT

- Fowl smelling, yellow or green vaginal discharge
- Vaginal or rectal itching during premenstrual phase
- Syphilis
- Gonorrhea
- Gout
- Goiter

- Current Pregnancy
- Family member with diabetes
- Family member with cancer/tumor
- Family member with high blood pressure
- Family member with tuberculosis
- Family member with heart disease

