

QUESTIONNAIRE

PRIVATE AND CONFIDENTIAL

Name : D.O.B :

Address :

.....

Email : Tel.....:.....

MEDICAL HISTORY

Doctor's name :

Surgery's address:

Medical conditions and/or past surgery ? :

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What medication, if any, are you on ?
(check for emergency medications and interventions)

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What is your blood pressure reading ?

If you do not know your BP reading please tick where appropriate
(symptoms that can relate to elevated BP and will require a BP reading prior to your treatment)

- | Nose bleeds : | Blurred vision : || Throbbing in ears :
| Headaches, typically in the morning : || Numbness or tingling in hands / feet :

POSSIBLE CONTRA-INDICATIONS TO COLONIC HYDROTHERAPY

Do you suffer from any of the following (tick where appropriate)

- | Cancer : Epilepsy | Haemorrhoids : | Anal fissures :
| Anal fistula : || Recent abdominal surgery : || Bowel/liver/kidney disease :
| Long term steroid use : || Gall stones : || Severe anaemia : || Diabetes :
| Heart disease : Spinal Injury above T6 : || Hernia (abdominal/inguinal) :
| Are you pregnant or trying to be : || Allergies

CONSENT FORM

I : (your Name).....

Agree to a digital examination and colonic irrigation treatments.

To the best of my abilities, I have informed my therapist of any medical conditions, medication and passed surgery, which could affect my treatment. I understand that colonic irrigation is part of an overall approach to diet and lifestyle and is not a medical treatment.

It is not generally advisable to undertake colon hydrotherapy with the following conditions:

- Recent Abdominal, Bowel or Rectal surgery (less than 26 weeks)
- Abdominal or Sever Inguinal Hernia (can't be pushed back)
- Severe/inflamed Haemorrhoids, Anal Fissure or Anal Fistula, Tight Anal Sphincter
- Bowel or Rectal Cancer
- Hirschsprung's disease (Megacolon) and Small Intestinal Obstruction (Ileus)
- Active Inflammatory Bowel Conditions (Diverticulitis, Ulcerative Colitis and Chron's Disease)
- Severe Liver, Heart or Kidney Disease
- Spinal injury above T6 (possible risk of Autonomic Dysreflexia)
- High or Very Low Blood Pressure unless controlled by medications
- Sever Eating Disorder and/or Anxiety
- Pregnancy

➤ I have informed my therapist of possible latex allergy

➤ In case of medical emergency risks (Diabetes, Epilepsy, Angina, Allergies, Asthma, etc.)
I have informed my therapist on how I would like to be handled

Signature : Date :



Main reason(s) for seeking help through colonic hydrotherapy?

Actively listen for the need (Health; Pain; Vanity; Fear)

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How long have you had the problem(s) for and how did it start?

Be aware of recently developing symptoms with no obvious cause (change of diet, traveling, illness, medications, stress). Send to the doctor if unexplained symptoms that have not been medically assessed

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Bowel emptying habit (frequency, size, shape, consistency feeling empty afterwards, colour)?

Ask when their last bowel movement was prior to seeing you and plan for a toilet break if severely constipated

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How did you hear about us?

Marketing feedback and if sent to another practitioner make sure to acknowledge/message the practitioner

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Reported symptoms:

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LIFE STYLE

Assess stress levels and self-care/health management

Work :

Relationships :

Children :

Exercise / Interests/Sleep (amount, quality, timing)

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DIET

Look for amount of fibre, processed foods, sugar/carbohydrates, animal protein; establish timing of food

Breakfast :

Lunch :

Dinner :

Snacks :

Which foods do you avoid because it gives you symptoms or/and is unhealthy

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Which foods do you eat every day and could not easily give up?

Addiction to a food indicates possible food sensitivity

How much alcohol do you consume per week? (is this part of stress management)

Alcohol is a gut irritant; small amounts of quality wine with food can be helpful for digestion

How many cigarettes do you smoke per day?

Nicotine is a known laxative and IBS irritant

How much water do you drink per day?

Best to drink water away from food

How many cups of coffee or tea do you drink per day? Milk? Sugar?

What supplements, if any, are you taking? For what reason and are they helping?

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NOTES :

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SYMPTOM ANALYSIS

ELIMINATION PROFILE:

Probiotics (Udo’s Choice); fermented foods (Kefir, Kimchi, etc.); bulking/fibre; magnesium (citrate or oxide – Now); gluten/casein elimination; cascara-based laxatives (SHS); bile and liver support (SHS); check for low thyroid (York Test laboratory); alternative iron supplement (Liver or/and IV infusion); microbiome testing Atlas Biomed Laboratory

- Less than one or two bowel movement per day or not feeling fully empty
- Difficult/painful to pass; hard consistency, ball or pellet shaped
- Hypothyroidism or Hashimoto’s disease
- Pain killers/medications/iron
- Gall stones and poor liver condition
- Bouts of diarrhoea
- Bad breath
- Acne/other skin condition
- Stool test showing high methanogens

FOOD SENSITIVITY PROFILE:

Food testing/elimination; probiotic; digestive enzymes; liver support; York Laboratory testing

- I.B.S. diagnosis (abdominal pain, flatulence and bloating, constipation or/and diarrhoea)
- Tenderness at McBurney's point
- Sinus congestion/excess mucous/mucous colitis
- Skin disorders (acne, eczema, psoriasis)
- Asthma
- Headaches
- Water retention
- Weight problems (low or high)
- Hives/allergies
- Fatigue
- Food sensitivity testing



HYPOCHLORHYDRIA and STOMACH PROFILE:

Acid test with lemon juice or apple cider vinegar; digestive enzyme supplement containing hydrochloric acid (Nutrigest - Nutri Advance); in case of acid burning on lemon juice check for H Pylori (BTS or GP or home test) and treat with mastic gum/propolis/neem

- Bloating, wind/flatulence following a meal
- Acidity, acid reflux, nausea when hungry or soon after eating
- Uncomfortably full during or after meals, even if small
- Sour breath
- Problem with swallowing reflex and/or regurgitation
- Sores in the corner of mouth, bumpy skin at the back of arms, hair loss (iron/B12 deficiency) or/and issues with calcium absorption
- Positive Helicobacter pylori (Hp) test

BILE CONGESTION PROFILE:

Bile containing digestive enzyme (Gall Plus - Nutri Advance); digestive bitters (Dig drops - SHS); Herbal liver support (SHS); liver and gall bladder flushing

- Burping, acid reflux
- Acid burning and bloating particularly after fatty foods
- Sour metallic or strange taste in mouth
- Tenderness on liver area/pain under right shoulder blade
- Light coloured/grey stool/gall stones

SIBO PROFILE (SMALL INTESTINES):

Low FODMAP diet; probiotic (Udo's Choice); herbal liver support; digestive enzyme (Similase - Nutri Advance); ICV work; anti-microbial (Allicin, berberine, etc.); chlorophyll; charcoal; zeolite/diatomaceous earth; Food Marble home devise to monitor breath/diet;

- Positive Lactulose test from Gastroenterologist
- Tenderness at ICV point
- Constant abdominal bloating not seemingly related to eating
- I.B.S. diagnosis (abdominal pain. flatulence and bloating, constipation or/and diarrhoea)
- Flatulence, 3-4 hours following a meal
- Flatulence worse from eating fruits, vegetables and a high fibre diet



CANDIDA AND/OR PARASITE PROFILE (LARGE INTESTINE AND PELVIS):

Anti-candida support (CandiClear – Higher Nature, Allicin); [Parasite protocol](#); probiotic (Udo’s Choice); fermented foods (Kefir, Kimchi, etc.); digestive enzyme (Similase - Nutri Advance); vitamin D supplement (with vitamin K2 – Nutri Advance); herbal immune support (SHS); low sugar/carbohydrate diet; laboratory test from BTS); microbiome testing Atlas Biomed Laboratory

- Positive diagnosis from BTS or the GP
- Red/itchy/sore around anus; anal or nose itchiness often worse at night
- Recurrent thrush/cystitis/ fungal infection
- Coated tongue or/and mouth ulcers
- Contraceptive pill
- Recurrent antibiotics, especially for acne, bladder infections and strep infections
- Steroids, chemotherapy and/or immunosuppressant drugs
- Sugar craving
- Appendectomy

LEAKY GUT PROFILE (GI TRACT INTEGRITY/IMMUNITY)

In addition to gut cleansing measures (against SIBO and Candida): bone broth; vitamin D supplement (with vitamin K2 – Nutri Advance); herbal immune support (SHS); laboratory test from BTS; microbiome testing Atlas Biomed Laboratory; digestive enzymes (Similase - Nutri Advance); slippery elm, chlorophyll; low sugar/carbohydrate diet; elimination/mono-diets and carnivore diet

- I.B.S and severe digestive discomfort
- Headaches like a hang-over with feeling confused and brain fog
- Hormonal imbalances (PMT, PCO, breast cancer, fibroid, etc.)
- Poor immunity and auto-immune conditions
- Depression and Anxiety
- Inflammation and autoimmune disorders
- Tired all the time and in pain
- Diabetes and mental health issues



SUMMARY FOR INITIAL TREATMENT

DATE :

REPORTED SYMPTOMS

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RELEVANT PROFILE *(underline where appropriate)*

Constipation, Food Sensitivity, Hypochlorhydria, Bile Congestion, SIBO, Candida, Parasite, Leaky Gut.

RELEVANT DETOX PROTOCOL *(circle where appropriate)*

Alkaline Diet, Liver Detox, Gall Bladder Flush, (Coffee) Enema, Epsom Salts Bath, Fasting, Juicing, Kidney Cleanse, Skin Brushing, Castor Oil Packs, other

RELEVANT LABORATORY TESTING

Stool testing for parasites and/or candida (BTS), H-Pylori testing (doctor/BTS/home), Food sensitivity testing (York Lab), SIBO testing (Gastro/Food Marble), Leaky Gut Test (BTS), Vitamin D/Iron (York Lab), Thyroid test (York Lab), Cortisol (York Lab), Microbiome test (Atlas-Biomed)

TREATMENT PROTOCOL

A) **Colonic procedure:** Pressure, temperature, massages, implants, I.C.V release, Notable and effective acupressure points, colon reflexes, abdominal breathing, rapport

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 B) **Adjust lifestyle:** Water, fibre, linseeds, potty training, chewing, timing, exercise, stress management, daylight, sleep, apple cider vinegar and fermented foods etc.

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 C) **Eliminate possible causes:** Stressors, processed foods, sugar, allergies, toxicity, SIBO, etc.

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 D) **Nutritional supplements:** Enzymes, probiotic, functional foods, herbs, etc. (quantity/timing).



SUMMARY FOR TREATMENT 2 (obligatory)	Date
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Symptom evaluation and progress in relation to previous advice.

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A) **Colonic procedure:** Pressure, temperature, massages, implants, I.C.V release,
Notable and effective acupressure points, colon reflexes, abdominal breathing, rapport

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B) **Adjust lifestyle:** Water, fibre, linseeds, potty training, chewing, timing, exercise, stress management, daylight, sleep, apple cider vinegar and fermented foods etc.

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C) **Eliminate possible causes:** Stressors, processed foods, sugar, allergies, toxicity, SIBO, etc.

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D) **Nutritional supplements:** Enzymes, probiotic, functional foods, herbs, etc. (quantity/timing).

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SUMMARY FOR TREATMENT 3 (optional)	Date
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Symptom evaluation and progress in relation to previous advice.

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A) **Colonic procedure:** Pressure, temperature, massages, implants, I.C.V release,
Notable and effective acupressure points, colon reflexes, abdominal breathing, rapport

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B) **Adjust lifestyle:** Water, fibre, linseeds, potty training, chewing, timing, exercise, stress management, daylight, sleep, apple cider vinegar and fermented foods etc.

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C) **Eliminate possible causes:** Stressors, processed foods, sugar, allergies, toxicity, SIBO, etc.

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D) **Nutritional supplements:** Enzymes, probiotic, functional foods, herbs, etc. (quantity/timing).

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COLONIC PROGRESS CHART

DATE	DURAT.	COLOUR	CONSIST.	FATS	WIND	QUANTITY	DISCOMF.	UNDIG. FOOD