# **Naturopathic and Allergy Clinic**

Telephone (416) 207-0207, fax (416) 207-0272



## Email:clinic@live.com

Confidential child's Case History (TO BE FILLED BEFORE COMING TO YOUR APPOINTMENT) \*\*Version August 2018\*\*

**Dear Patient:** This form was specifically designed by our **Naturopathic Doctor**, the clinic director Fatch Srajeldin ND, to help our medical team evaluate your current health condition. Please complete this health questionnaire to the best of your knowledge. Your answers will help us determine in what ways we can help restore your child's health. We will only accept your child's case if we believe that you are intending to apply our 1 instructions, 2 remedies, 3 therapies and 4 diet as given to treat your child. Rest assured that all information will remain completely confidential. **Please make sure to answer all questions that have the mark** (\*), **Thank you.** 

information will remain completely c	onfidential. Please make sure to	answer all questions that	have the mark ( ⊁ ), Thank you.
Child's information			
*Last name:	<b>*</b> First name:		ddle name:
*Date of birth: MM. DD. YY.	Sex: Male, Femal	e, Height: Weight:	Last physical date:
*Child has been unwell for:	Yrs., Physician's name who trea	ated my child was:	
My child was treated by a \(\begin{array}{c}\Delta\) Medica	al Dr., $\square$ Chiropractor, $\square$ Nature	path Dr., $\square$ Psychiatrist, $\square$	Hospital, \(\bigcup \) Homeopath, \(\bigcup \) Herbs.
Was treatment terminated? : □ Yes,	■ No, Did treatment achieve its	goal % (explain):	
* My child was treated for:			
* My child is currently suffering from	n and needs treatment for:		
Family members who have similar co		Brother(s), Sister(s),	Daughter(s), □ Son(s), □ Adopted.
Number of older brothers:			· · · · · · · · · · · · · · · · · · ·
Number of younger brothers:			
		City: Pro	
			With Relatives, Foster Home.
Father's Information		Titotimuos Bouncom I uromos,	, _ , , , , , , , , , , , , , , , , , ,
Last name:	First name:	Father's occupation:	Age:
Home address: † Same as above	Suite:	City: Proving	nce: PC code:
Home telephone ( )	Office telepho	one ( ).	Ext.
Home telephone ( ):	email:	,	@
Mother's Information			
	First name:	Mother's occupation:	$\Delta$ ge:
Home address: † Same as above		City: Provide	
Home telephone ( ):	Office telepho		Ext.
Home telephone ( ): Cellular number ( ):	amail:	ліс ( )	EAL
In case of an emergency who may we	contact		
#First name:	<u>⊁</u> I act name:	<b>¥</b> Dala	tionship:
*First name: Telephone (H): ( )	Wy.	Evt Eo	w. ( )
Do one or both parents have an extended	ded health insurance at work $\square$	Zos D No 2 Nama of Insura	unca company:
Do one of both parents have an extens	ded hearth misurance at work	es, a no.: Name of filsura	ince company.
Do we have your permission to email	you information and undates on	ncarning your health plus see	asonal promotions Vas D No D
*Who referred you to this Clinic:	you information and updates co	neerining your neartif plus sea	asonai promotions — i es 🕳, No 🛥
☐ Office sign, ☐ Currently a patient, ☐	Tetabiaaka Guardian D Surfing th	oo Not D Office Remphlet D	TV Interview
	Etooleoke Guardian, 🗖 Surfing ti	ie Net, 🗖 Office Fampfilet, 🗖	1 v Interview
Dear Patient:		12 1 14 701	
The following several pages contain			
which pertain to your child's total he			
total interview and the actual exami			
parents) will be informed about some			
apply the diet as given to help your c	hild recover from the current ailm	nent. Along with the diet, yo	our child's daily remedies, frequency
and therapies will be set too.			
<u>Please note</u> that naturopathic examin			
(OHIP). Naturopathic examinations,			
insurance plan at your place of emplo			
We do not deal directly with insuran	-		erage. We do not deal directly with
insurance companies and we have no	) Information about their coverag	ge.	
Privacy: All your child's files and information	rion are extremely confidential have	over if you have any extra inform	mation concerning more stone of
Privacy: All your child's files and informations are privacy concerning mails, amails, phone			-
privacy concerning mails, emails, phone	ais of leaving phone messages, then	piease give us written instructi	ions nere.
			<u> </u>

#### Parent's or Guardian's Declaration & Consent to Child Examination and Treatment

Name (please print)	·	<b>Date:</b>	
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#### **Assessment and Treatment**

I understand that the clinics Naturopath, Dr. Fateh Srajeldin, B.Sc., ND, practices with an eclectic approach to health care. Initial patients' visit to see the naturopath will include discussing your medical history from birth to date, standard physical examination, evaluation of your child's diet and prescribing remedies based on your child's medical history, physical examination, current symptoms and the results of your child's blood works (if available). Further, I understand that testing with traditional blood work and functional testing may be requested. I understand that the treatments can include Clinical Nutrition, Vitamins, Minerals, Enzymes, Co-Enzymes, Anti-Oxidants, Botanical medicine and Homeopathic medicine, Orthomolecular Supplementation, Acupuncture and Intravenous Therapy.

I understand that the clinic's mission statement is "a Naturopathic Doctor is to provide safe and effective treatments to restore health permanently in the quickest, gentlest, least harmful way."

I understand that Dr. Fateh Srajeldin, B.Sc., ND is a licensed Naturopathic Doctor (ND) not a Medical Doctor and his examinations and treatments are not covered by OHIP. I also understand that Naturopathic examination, treatments, therapies and remedies are not covered by the Ontario Health Insurance Plan (OHIP). I understand that my child's Naturopathic examinations, treatments and therapies could be covered by my extended health insurance plan at my place of employment (if available). I understand that it is my responsibility to consult with my insurance company directly. I understand that The Naturopathic and Allergy Clinic does not deal directly with insurance companies and have no information about my coverage.

I understand that any treatment provided to my child as a patient of Dr. Fateh Srajeldin B.Sc., ND is not mutually exclusive from any treatment or any advice that I may be receiving or may in the future be receiving from another licensed health care provider. I understand that I am at liberty to seek or continue medical care from a physician or surgeon or other health care provider qualified to practice in Ontario. I understand that medical therapy and naturopathic/drugless therapy, including homeopathy, are different kinds of therapies. Dr. Fateh Srajeldin, B.Sc., ND strives to provide the best possible diagnosis and course of treatment. However, many factors will be important in determining actual results. Therefore, no representation or warranty is made with respect to any treatment, action or application of medical advice or information given.

I understand that the total interview and the actual examination may last approximately ninety minutes more or less. Further, I understand that the naturopath may spend approximately sixty minutes with me to setup my child's diet thereafter. I will apply the diet as given. Along with the diet, my child's daily remedies, frequency and therapies will be set too.

I understand that, in the event of a medical emergency, I am advised to seek conventional medical care at a hospital if I am unable to reach Naturopathic Doctor.

#### Fees of Examinations and services

Fees for first examination and intravenous therapy are pre-paid at time of booking the appointment by cash, Visa, Master Card, American Express and Interac. We do not bill insurance companies.

Choice	Code	Explanation	Our fee schedule
	EX1-Child T	Discuss symptoms + Medical History + First Examination + Food caution = 1½ Hrs. (Remedies are not included)	\$175.00 Non-Taxable
	EX-1 Walk In	First Examination, 1 Hrs. Major symptom examination.  Diet setting is not included. (Remedies are not included)	<b>\$125.00</b> Non-Taxable
	EX-5	Subsequent Examination 30 Mins. (Remedies are not included)	<b>\$ 065.00</b> Non-Taxable
	<b>Cancellation Fees</b>	All cancellations are not chargeable if done 48 Hrs. prior to the scheduled appointments. There is a fee for un-cancelled appointments.	\$ 050.00 Non-Taxable

#### **Examples of additional tests are:**

Food and inhalant allergy testing (blood) IgG and IgE	Vitamin and Mineral Status	IgG and IgE immune testing
Comprehensive Digestive Stool Analysis	Detoxification Profile	Blood Typing
Genetic Susceptibility to Cardiovascular Disease	Cancer Markers	Bowel Toxicity Test

I understand that, in the event of a medical emergency, I am advised to seek conventional medical care at a hospital if I am unable to reach Naturopathic Doctor.

This is to acknowledge that I have read the above information and understand that these are the terms and conditions at the Naturopathic and Allergy Clinic. I also consent to the examination of my child as been described above and as the examining naturopath sees necessary to help my child overcome his/her symptoms.

Continue on page (3) please

I will provide a copy of my child's most recent blood work done in the past six months. Alternatively, I will arrange, bring, mail or fax all my child's medical tests, (blood, urine, x-ray, ultrasound, MRI, and surgery results), pertaining to his/her health from his/her physician's office or the hospital if he/she was treated at a hospital.

I will answer the questionnaire concerning my child's health to the best of my ability and knowledge. I will pay for all my child's examinations, treatments, therapies and intravenous therapy immediately when rendered.

I understand that remedies and laboratory blood works are not included in the examination fee. I understand that any appointment(s) cancellation requires 48 hours advanced notice for full refund otherwise there will be a \$50 surcharge applied on each and every examination or therapy missed or cancelled without a notice.

Parent's Signature:	Date:
Office Witness :	Date:

## Hints to help you fill this medical history application:

The following are some hints on how to fill the application form as accurate as possible. Every question has two forms of answers. The first group of answers determine whether a symptom should be marked as **one** of the following answers

**C...** ✓ symptoms are present daily or

F... 

✓ symptoms come and go frequently every few days, every week or every month or

**P...** ✓ symptoms appear every several months or every season.

The second answer is placed under <u>Value</u> which explains the intensity of the symptom when it come using numbers from (1 to 10). Intensity of a symptom has nothing to do with the frequency of the symptom whether daily or once a week or one a month. Number (1 to 3) indicates the symptom's intensity is very small when it comes. On the other hand, a number (4 or 7) indicates that the symptom's intensity is disturbing and bothersome when it come. The number (8 to 10) symptom's intensity is very painful whether the symptom appears every day or once a month. You should assign or estimate number to every question as you see it. This is not a right or wrong questions. For example:

#### **GASTRO-INTESTINAL** Value 3 Gas Gas here is a constant symptom that appears daily and little bothersome given number 3. ablaJaundice $\square$ ② Diarrhea Heart burn here is constant daily symptom that appears daily and very disturbing given the number 7. $\sqrt{\phantom{a}}$ 7 Heart burn-3 Indigestion $\overline{\mathbf{Q}}$ 3 Constipation $\sqrt{\phantom{a}}$ 3 Poor appetite Poor appetite here is moderate symptom that appears frequently and bothersome, given the number 3 2 Hemorrhoids $\square$ $\sqrt{\phantom{a}}$ 3 Liver trouble $\checkmark$ ☐ Colon trouble $\sqrt{\phantom{a}}$ 2 Pain over stomach Pain over stomach here is daily symptom that appears daily but little discomfort, given the number 2. ☐ Gall bladder trouble

This way helps your naturopathic doctor see and feel your child's symptoms through his/her nervous system.

Read through the following list of symptoms that apply to your child now or in the past. Please check mark  $\checkmark$  the boxes under the appropriate columns if a symptom is  $(\mathbf{P}) = \mathbf{Past}$ ,  $(\mathbf{F}) = \mathbf{F}$  request and  $(\mathbf{C}) = \mathbf{C}$  onstant and place a numerical number under  $\mathbf{Value}$ . Thank you

IN GENERAL Sx.	N.	A 🔲		
	Valu	e P	F	C
Anemia Fever or Chills Exhausted Convulsions Chronic Fatigue Mononucleosis Sweats (cold or warm Sudden weight loss Cannot lose weight	00000	00000000	00000000	00000000
RESPIRATORY S	x.		NA	7
	Valu	e P	F	C
Croup	000000	00000000000000000000000000000000000000	0000000000000000000000000000000	000000000000000000
	Ye	s 🗀		
SKIN Sx.		n		4 <b></b>
Acne	Valu	e P		<u> </u>
Boils	000000			000000000000000000
Current Treatments, Proactive Over the counter Salicylic Acid Facial Microdermabrasion Skin Meds	Ye .Ye Ye Ye	s 🗖	No No No No	

ent and (C) = Constant				
MUSCLE, BONE				
TMJ	Value	P 000000000000000000000000000000000000	F 000000000000000000000000000000000000	c
*Shoulders *Between shoulders. *Arms *Elbows. *Hand *Fingers. *Hips *Legs. *Knees *Ankles *Toes. *Bottom of feet. *Arch of feet. Joints Meds	000000000000000000000000000000000000000	00000000000000s	0000000000000000000	
CARDIO-VASCUI	LAR	Sx.	NA	
Heart palpitation Arrhythmia Slow heart beat Septal defect Heart Murmur Angina / Chest pain Poor circulation High cholesterol High blood pressure Low blood pressure Dyspnea on exertion Shortness of breath	000000000	<u>P</u>	<u> </u>	<u>c</u>

GASTRO-INTESTI	NAL	Sx.	N	A 🔲
	Value	P	F	C
Gas  IBS  Ulcer  Diarrhea.  Colitis.  Burping  Fissures  Heart burn.  Indigestion.  Constipation.  Poor appetite.  Hemorrhoids.  Liver trouble.  Colon colic pain.  Intestinal worms.  Colorectal Cancer.  Stomach pain.  Gall bladder pain.  Hepatitis A / B / C  Abdominal distension  Halitosis (bad breath)  Bloated after meals  Lactose intolerant.  Ulcerative colitis.  Rectal bleeding.  Crohn's disease.  Rectal itch.  Bulimia.  Diverticulitis.  Colorectal polyps.  Stomach ulcers.  Sleepy after meals.  Painful to swallow.  Food particles in stool.  Digestive Meds			00000000000000000000000000000000000	000000000000000000000000000000000000000
SCALP & HAIR			NA	
Va Dandruff	alue l		F	C
Psoriasis				0000000
Dry or Oily hair Baldness patches SLEEPING ISSUES		Б Э Р	NA F	
Baldness patches SLEEPING ISSUES	<u> </u>	<u> </u>	NA	

MOUTH Sx.	NA		HEAD Sx	NA		ENDOCRINE Sx,	NA 🗆
MOUTH Sx.  Value P  Mercury filling	NA F O O O O O O O O O O O O O O O O O O	<u>c</u>	Fainting	F	C	Value P  Goiter	F C
Nasal obstruction	NA F		Allergy shots Now / Past.	F 000000000000000000000000000000000000	C	Cannot hold urine	NA U
EYES Sx.    Value P	NA F		Allergy- weeds	000000000000000000000000	0000000000000000000000	ADHD Symptoms	00000000000000000000000000000000000000

MALIGNANCIES S	NA		
•	Value P	F	C
Leukemia			
Lymphoma			
Type of Cancer			
Malignancy Stage			
Metastasized Cancer	Yes 🗖	No	
Receiving Chemo	Yes 🗖	No	
Receiving Radiation	Yes 🗖	No	
Surgeries dates:		N	A 🔲
Hernia operation		14.	
Gallbladder removed			
Tonsillectomy			
Tubes in core			
Appendectomy			
NY 1 1 1 1			
Cancer surgery			
Knee surgery			
Surgery:			
Surgery:			
Surgery:			
List drugs known to you w	hether ·		NA 🗆
Medications	<b>Taking</b>	Allergic	
Antibiotics			
Inhalers Ventolin, Symbicort			
Insulin meds			
Aspirin, Tylenol			
Anxiety meds			
Depression meds			
Metformin meds			
Warfarin meds			
Cortisone			
Hormones			
Gravol /Antacids			
Thyroid meds			
Sleeping pills			
Hypertension			
Intravenous Therapy			
Chelation Therapy	. 🗖		
Myer's cocktail IV	🗖		
Date of Tests:		N	NA 🗆
Chest X-Ray			
Kidney X-Ray			
Colon X-Ray			
Sinus X-Ray			
Gallbladder X-Ray			
Electrocardiogram _			
Sigmoidoscopy			
Polio series			_
Flu shots			
Pap Smear			
Tetanus shots			
Typhoid shots			
Mumps shots			
Measles shots			
Gastro-intestinal serie	es		

FOR MATURED	MALES	NA 🗆
,	Value P	F C
Testicular hernia Painful testicles Lumps in testicles Bed wetting issues		0 0
FOR MATURED	FEMALI	ES NA 🗆
Constant PMS Congested breasts Heavy menstrual flow Hot flashes Irregular cycle Lumps in breast Painful menstruation Vaginal discharge Vaginal itch Vaginal bleeding Bleed between cycles Pads Tampons Oral contraceptive		F C
Date of last cycle:		
Street Drugs Usage	Curre	nt Past
HABITS		
	Descrip	
Street Drugs Usage		Past
Personal Notes		
No parental histor Did not have a hea	ry, child w	

Fo	od H	<b>labit</b>	s and Si	nacks		NA	7 🗖
				Descripti	ons		
Th	e follo	wing	Wate Milk Chee: Yogu Ice C Eggs Legur Nutell Chocc Whey Ice ca Butter Sugar Cakes Proces Eat th Eat or Cigar Street Hard PAREN	Servings se Servings se Servings se Servings se Serving ream Se # mes Per da / Peanu olate Milk Protein S p Per day / / Margar Sugar Processed Foodare meal settes per drugs no drugs no FS pertain	S Per dangs Per	ay / Wk r day / ' R ay / Wk k er Per da day / Wk Per day day / W day / W s Per day day / W s Per day day / W s Per day day / W heattle	Wk Wk ay/Wk ay/Wk /Wk /Wk day/Wk day/Wk
an	swer t	o the	following ild's inner	would h	elp det		
Str	ungun	or cr	ing 5 miles		Mom	None	Dad
_	_			rgies	_	_	
Dι	ıring	preg	nancy gnancy ast feedin	_			000
	_		gnancy ist feedin	raine g		<u> </u>	
Ве	efore	preg	nancy				
			gnancy				]
	_		st feedin Smo mancy				
			gnancy	ō	ā	ō	
			ist feedin				
D.	fore	nree	Epile mancy	epsy	П	П	
			gnancy	_	_	ö	
			ist feedin		ā	ā	
			Asth nancy	ma 			
Dι	ıring	preg	gnancy		_		
Dι	ıring	brea	st feedin <b>Pres</b>	g 📮 cribed	☐ drug	gs	
	_	_	ancy				
			gnancy ist feedin	ug 🗖			
וע	ıımg	DIE		et drug	s/naı	-cotic	_
Ве	efore	preg	nancy				
			gnancy				
Dι	ıring	brea	st feedin	ıg 📮 ımunic	u abla	diess assit	202
Be	efore	pres	nancy	ımunic	able	aisea	ses
			gnancy	ā	_	ō	
			st feedin	ıgs 🔲			

# **My Child's Current Diet (Please Complete)**

☐ I buy frozen or canned fruits and vegetables

The next table revolves around <u>your child's dietary habits</u>. The intention is to unfold food that contain Aluminium and MSG or whether your child's food stimulates or contains histamine. This may be very beneficial in understanding the real causes behind your child's conditions. Please answer the following questions to the best of your abilities.

My child eats the following during breakfast?	My child consumes fruits and vegetables as follows		
1-	My child consumes:		
2-	NO servings of fruit and vegetables at all		
3-	Fruits &/or vegetables during breakfast		
4-	Fruits &/or vegetables during lunch		
5-	Fruits &/or vegetables during dinner		
My child eats the following during lunch?	Fruits &/or vegetables for snacks		
1-	I make time to eat fruits &/or vegetables daily		
2-	I prepare <u>fresh</u> fruits & vegetables		
3-	☐ I prepare <u>canned</u> or <u>frozen</u> fruits & vegetables		
4-	My child eats the following		
5-	My child consumes:		
My child eats the following during dinner?	A wide variety of organic fruits		
why clind eats the following during diffile:	A wide variety of <u>regular</u> fruits		
1-	A wide variety of <b>organic</b> vegetables		
2-	A wide variety of <b>regular</b> vegetables		
3-	☐ A wide variety of vegetables		
4-	A wide range of green leafy vegetables		
5-	A wide color range of fruits & vegetables		
My child eats the following during during snacks?	Broccoli, cauliflower, kale & Brussels sprouts		
Mid-Day:	☐ I add Lemon / Lime juice to my salad		
	My child digestion is best describes as follows		
Afternoon:	☐ My child is often bloated		
	☐ My child has low energy after eating		
Before bed time:	☐ My child is often constipated		
	☐ My child's brain is foggy after eating		
Foods that your child craves?	☐ My child has a general digestive upset after eating		
My child craves the following:	My child has excess mucus after eating		
☐ Chocolate	My child is has gas or flatulence		
Crunchy foods such as chips & crackers	☐ My child has acid reflux &/or heartburn☐ Having a bowel movement is often difficult		
Caffeine such as coffee, tea, & energy drinks	<ul><li>☐ Having a bowel movement is often difficult</li><li>☐ My child runs to the bathroom after food</li></ul>		
Cola, Pop, Soda	My child's stool varies in size & consistency		
Sugary foods and Desserts			
☐ Hard Candy or Gum	My child consumes the followings		
Protein	My child must add the following to food		
Dairy	☐ Vinegar		
☐ Salty foods	☐ Balsamic Vinegar		
Fast foods	Apple Cider		
Wine with meals	Cheese		
Beer with meals	Butter		
My child craves following types of food	Mayonnaise		
☐ I have a strict dietary plan that I follow	I am hungry & often don't know why		
Most of my meals are home cooked whole foods	☐ White sugar ☐ Salt		
☐ I eat out less often today than I did 5 years ago	□ MSG		
☐ I avoid refined grains, breads & pastas			
☐ I avoid deep fried foods	I do not understand why my child has the following symptoms		
☐ I eat sugary foods & dessert less than 3 times wk.	My child always feel like		
☐ I avoid diet foods	■ Eating often eat when I feel guilt or depressed		
☐ I avoid Colas, Pops, Sodas	☐ Eating & not knowing why		
☐ I eat gluten free food	☐ Eat to reward myself		
☐ I avoid foods that I have allergies to	☐ I often eat when I am low energy especially in the		

I am hungry & often don't know why

The following section is required to list your child's medical history, sicknesses, rough times and hospitalizations, I am interested in every medication given to your child especially antibiotics, cortisone and oral contraceptive bill. You should list the starting year of diseases and the year of their cure such as tonsillitis, ears, lungs, throat, skin smoking, street drugs etc. Also list the year of admission to hospital for whatever reason.

### SEE AN EXAMPLE IN THE NEXT PAGE.

Information should be listed from birth until today, chronologically, year after year. You may use additional sheets if needed. You may choose to fill this sheet with your doctor before your examination.

Some important notes to consider are

1- breast feeding at birth, 2- time of food introduction during infancy, 3- smoking and 4- drugs of any kind,

Duration	Year	Age	Description of incidents	L
		Birth		L
		3 Months		L
		6 Months		
		9 Months		
		1 Yr.		
		3 Months		
		6 Months		
		9 Months		Γ
		2 Yrs.		Γ
		3 Months		Γ
		6 Months		
		9 Months		
		3 Yrs.		Γ
		3 Months		Γ
		6 Months		Γ
		9 Months		Γ
		4 Yrs.		Γ
		3 Months		Γ
		6 Months		
		9 Months		
		5 Yrs.		
		6 Yrs.		
		7 Yrs.		
		8 Yrs.		Γ
		9 Yrs.		
		10 Yrs.		
		11 Yrs.		
		12 Yrs.		
		13 Yrs.		
		14 Yrs.		Γ
		15 Yrs.		
		16 Yrs.		

The following section is required to list your child's medical history, sicknesses, rough times and hospitalizations, I am interested in every medication given to your child especially antibiotics, cortisone and oral contraceptive bill. You should list the starting year of diseases and the year of their cure such as tonsillitis, ears, lungs, throat, skin smoking, street drugs etc. Also list the year of admission to hospital for whatever reason.

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