



Instructions for Distance Testing

1. Take 2 cotton swabs (ie: q tip) and rub on the inside of cheek, do both ends. Roll them around on cheek, not after toothpaste, coffee, gum, candy, or a meal.
2. Couple nail clippings (finger or toe), clean nails
3. Strands of hair, you can cut them or if you get the root that is a bonus. Hair from anywhere without hair spray, gel, etc. Ideally 1/8 teaspoon of hair
4. Place all items together in one baggie (the thinner the bag the better), don't label bag with marker
5. Mail baggie and this form to
 - a. Restore Health
688 McHenry St
Burlington, WI 53105

Name _____ Date _____
 Best phone number or email to contact you at _____

These questions pertain to the time since our last appointment.

Any prescription changes? _____
 Recent trauma? _____
 New supplements that Restore Health does not know of? _____

Digestion

How many bowel movements in one day _____

	No	Yes	If Yes, how often
Heartburn			
Burp			
Nausea after eat			
Cramp after eat			
Gassy			

Stool	No	Yes
Formed		
Diarrhea		
Constipated – needing to bare down		

Any struggles sleeping? If so staying or falling asleep? _____
 Symptoms of fatigue present? _____
 Rash? _____
 Headaches or Migraines? Frequency? _____
 Illnesses? _____
 Allergies? _____
 Vaccine, dental work, or chemical exposure? _____
 The condition that is our main focus; has it increased, decreased in frequency? Less or more intense?

 Any other change you want to mention
