

# HEALTH HISTORY

A guide to start recalling your health history in preparation for your first functional medicine visit. Fill out the following areas as best as you can.

## FAMILY HISTORY

*genetic predispositions; trauma, toxicity, abuse, intestinal permeability, infection, dietary insufficiencies, drug use*

PRECONCEPTION

PRENATAL  
concerns/traumas during your mother's pregnancy

ONGOING PSYCHOLOGICAL STRESS, ENVIRONMENTAL EXPOSURES, ETC.

PHYSICAL OR EMOTIONAL TRAUMA, MEMORIES, STRESSFUL EVENTS, SURGERY, INFECTION, ETC. "I HAVEN'T FELT WELL SINCE..."

BIRTH

CURRENT CONCERNS

SYMPTOMS OR DISEASES REPORTED

