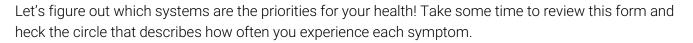
## **DISCOVERY FORM**



Jasmine Norcross HOLISTIC HEALING

	Never	Rarely	Common
Frequent bloating and distention after eating	0	Ο	0
Alternate between constipation and diarrhea	0	Ο	0
Pass foul smelling gas and/or belch	0	Ο	0
Offensive breath	0	Ο	0
Undigested food particles or mucus in stools	0	Ο	Ο
Heartburn 1-4 hours after eating	0	Ο	Ο
Hard, dry, pebbly stool, difficult to produce	0	Ο	0
Difficulty with spicy, scratchy foods, caffeine, chocolate	0	Ο	0
Stomach pain before eating a meal	0	Ο	0
Stomach pain that subsides with rest and relaxation	0	Ο	0
	·		
Diminished or exaggerated libido	0	Ο	Ο
Dizziness when standing quickly	0	Ο	0
Extreme emotions, feely weepy	0	Ο	0
Menstrual disorders or lack of menstruation	0	Ο	0
Slow starter in the morning	0	Ο	0
Cannot stay asleep, feel awake at bedtime	0	Ο	Ο
Unexplained weight gain	0	Ο	Ο
Crave salt	0	Ο	0
Thinning of outer third of eyebrows	0	Ο	0
Hair loss, dry skin, thin and brittle nails	0	Ο	0
		1	1
Brain fog, lack of focus	0	Ο	0
Difficulty with memory, hard to find the right word	0	О	0
Easily over stimulated / overwhelmed by surroundings	0	Ο	0
Mood swings	0	Ο	0
Lack of interest or joy in family, friends, and hobbies	0	Ο	0
Chronically losing things	0	Ο	Ο
Lack of creativity	0	Ο	0

	Never	Rarely	Common
Difficulty with problem solving/computation	0	Ο	Ο
Nervousness/anxiety	0	Ο	0
Difficulty recovery from workout, massage adjustment	0	Ο	0
Muscle aching, cramping	0	0	0
Weakness at joints	0	0	0
Surgical history on extremities	0	0	0
Plantar fasciitis, carpal tunnel	0	0	0
Hypermobility and/or frequent popping of joints	0	Ο	0
Shortened muscles, difficulty in stretching	0	0	0
Chronic sprain and/or strains	0	Ο	0
Can't hold adjustment	0	0	0
Muscle asymmetry	0	0	0
	I	I	
Recent vaccinations	0	Ο	0
Frequent cold, infections, flu	0	Ο	0
Difficulty in recovering from cold, infections, flu	0	Ο	0
Low / high white blood cell count	0	Ο	0
Chronically fatigued	0	Ο	0
Low Vitamin D levels	0	Ο	0
Regular presentation of herpes symptoms	0	Ο	0
Frequent use of antibiotics or over the counter cold remedies	0	Ο	0
Sun sensitivity, skin easily irritated with solar exposure	0	О	Ο
Frequent pain / inflammation	0	0	0
Inflammatory joint conditions (e.g., arthritis, rheumatoid arthritis)		0	
Allergies		0	
Use of anti-inflammatories (e.g., ibuprofen, Tylenol, NSAID's)		<b>O</b>	
Sensitivity to nightshades (e.g., tomato, potato, eggplant, peppers)		0	
Obesity		<b>O</b>	0
Pelvic pain, cramping and heavy flow during period		0	0
Digestive disorder (e.g., ulcerative colitis, Crohn's Disease, IBS)		0	0
Pain migrates around body		0	
Family / personal history of cardiovascular disease		0	
Farmiy / personal mistory of cardiovascular disease			

Jasmine Norcross, Holistic Health Practitioner (HHP) # All rights reserved. © 2021 # Page 2 of 3 (970) 773-3159 # jasminenorcross@gmail.com # jasminenorcross.com

	Never	Rarely	Common
Intolerance to smells / perfumes	0	Ο	Ο
Hot flashes / hormone imbalances	0	Ο	Ο
Foul smelling sweat	Ο	Ο	Ο
Acne / skin eruptions	0	Ο	Ο
Difficulty losing weight	0	Ο	Ο
Easily affected or hung-over by alcohol	0	Ο	Ο
Body swelling for no apparent reason	0	Ο	Ο
Overall sense of bloating	0	Ο	Ο
Sensitivity to detergents / bleaches / shampoos	0	Ο	0
Exposure to EMF (e.g., powerlines, cell phones, computers, microwaves)	0	0	0
Fungal overgrowth	Ο	Ο	0
History of cigarette smoking or 2 <sup>nd</sup> hand smoke	Ο	Ο	Ο
Sensitivity or exposure to pesticides or herbicides	Ο	Ο	Ο
Consumption of fish or food out of cans	Ο	Ο	Ο
Reactions to jewelry	0	Ο	Ο
Exposure to new pain, carpet building materials	0	Ο	Ο
Seasonal allergies	0	Ο	Ο
Frequent sneezing and/or congestion in home	Ο	Ο	Ο