Pure North S'Energy Foundation
Feeling better. Living longer.

THE PURE NORTH S'ENERGY FOUNDATION
"Feeling Better, Living Longer"

Pure North Clinical Form

Summary	Priority

☐ New Participant ☐ Re-GRIP ☐ HIPP ☐ SCP Transfer

Account2, Test22 - 67939 Occupation: _____ (outdoors/indoors - please circle) ☐ Retired

Current Location: _____ Original Location: _____

Contact phone number: _____ Family Physician: _____

Physician Location: _____ Physician Phone/Fax: _____ Release results to Physician: ☐ Yes ☐ No

Past Medical History

Tachycardia	2012/04/01
Darier's Disease	2014/01/01
Facial Reconstructive Surgery	2014/01/01
CABG (Coronary Artery Bypass Graft)	unknown
Basal Cell Carcinoma	unknown
Carbon Monoxide Poisoning	2004/07/01

Have you had any kidney stones in the last year?
☐ No ☐ Yes

Family History

Mother	Decreased Lung Capacity	unknown
	Facial Blindness	unknown
	Factor V Leiden	unknown
Father	Facial Blindness	2014/04/01
	Calcification	1996/08/01
	CCSVI (Chronic Cerebrospinal Venous Insuffic...	1944/04/01
Siblings	Decreased Lung Capacity	unknown
	Acid Reflux	unknown
	CABG (Coronary Artery Bypass Graft)	unknown

Lifestyle Questions

Tobacco use: ☐ Yes: _____ cig. - pk./d _____ yrs
☐ Never ☐ Chew ☐ Quit <1yr >1yr

Exercise: ☐ No ☐ Yes: _____ / 7
☐ cardio ☐ resistance ☐ cross
☐ mild ☐ moderate ☐ strenuous

Sleep: ☐ Well _____ / 10
☐ fall ☐ stay ☐ enough ☐ apnea

Stress: ☐ Work _____ / 10 ☐ Home _____ / 10

Alcohol: _____ average units per **week / month**

Water: _____ g/d **Caffeinated Drinks:** _____ d-wk.

Nutrition: On average do you eat 5 or more servings of fruits and vegetables a day? ☐ Yes ☐ No

Chief Complaint / Health Goals

blah blah b

lah chief complaints??? ddddddddddddddd akjsdf;kjsd;flkjs ;dfklajs;dkfjas;dkfja;sldkfj a;slkdfj;aslkdjf;laskdjf ;askldjf ;lksthis is a bunch of really long text so it pushes thyroid quesitons down lbalbhalb alskdf laksfj;aksdjf ;klsdf asdfsdblah blah blah chief complaints??? ddddddddddddddd akjsdf;kjsd;flkjs ;dfklajs;dkfjas;dkfja;sldkfj a;slkdfj;aslkdjf;laskdjf ;askldjf ;lksthis is a bunch of really long text so it pushes thyroid quesitons down lbalbhalb alskdf laksfj;aksdjf ;kl

Thyroid Questions

☐ macroglossia	☐ cool body temperature
☐ low mood	☐ unrefreshing sleep
☐ low energy _____ / 10	☐ brain fog
☐ weight gain	☐ unrefreshing sleep

TOTAL _____ **/ 7**

Biometrics

Height (cm)	_____
Weight (kg)	_____
BMI	_____
Waist Girth (cm)	_____
Hip Girth (cm)	_____
Waist-to-hip ratio	_____
BP (mmHg)	_____
Saliva pH	_____
Fasting Hours	_____
Amalgams (current)	_____
Amalgams (original)	_____
# Root Canals	_____
Tooth Extraction (Y/N)	_____
Blood Type	_____
Oligoscan	☐ Completed
Initials	_____

Current Medications

Dermovate
Felodipine

Allergies

Sulfa Allergy ☐ Yes ☐ No

Supplements

	Current	Recommended
Vitamin D	5	_____ **drops/day**
50K Vitamin D	605	_____ **caps**
MP	12	_____ pt/day
VP	3	_____ pt/day
Omega 3	3	_____ cap/day
NAC/ALA Combo	0	_____ tab/day
B12	0	_____ tab/day
Magnesium	0	_____ tab/day
BB536	0	_____ cap/day
Pro-12	0	_____ cap/day
Caprylic Acid	0	_____ tab/day
Fulvic Minerals	0	_____ drops/day
Raw Materials	5	_____ mL/day
Vit C	4	_____ cap/day
Lypo C	0	_____ pt/day
ReadiSorb	0	_____ tsp/day
Selenium	7	_____ cap/day
Chromium (500 mcg)	6	_____ tab/day
Iodine (100 mcg)	0	_____ drops/day
Niacin	0	_____ tab/day
Others:		

Plan

UTM ☐ Required ☐ Not Required ☐ Declined ☐ Completed

Referrals ☐ Tennant ☐ Myosymmetries ☐ HMR

Most Recent 25(OH)D
_____ nmol/L

Current Dose of Vitamin D
_____ IU/d

Duration @ above dose
_____ days / weeks / months / years

NEW RECOMMENDED TOTAL DOSE OF VITAMIN D
_____ IU/d

Practitioner: _____ Signature: _____ Visit Date: _____