

What to Send Prior to your Phone Consult:

For thorough consideration of your concerns, please fill out your online Health History Questionnaire and also send the following to Dr. Lonsdorf prior to your consultation*

- The completed version of the forms below (please print them out, write your answers on them, and then send them on to Dr. Lonsdorf)*.
- A list of all prescription medications you are taking, with dosage. (Or, ideally, bring the actual bottles with original labels intact.)
- A list of all supplements, herbs, hormones, vitamins, etc you are taking, with dosage. (Or, ideally, the bottles with label intact.)
- Copies of any laboratory reports of bloodwork, MRI, CT, ultrasound, etc. that relate to any condition(s) you wish to discuss. (It is not necessary to bring actual films.)
- Please send all materials by email (as an attachment to drlonsdorf@gmail.com), by fax (315-546-2146) or by mail (Dr. Nancy Lonsdorf, P.O. Box 1480, Fairfield, IA 52556.)

THANK YOU!

QUIZ: WHAT IMBALANCE IS CAUSING YOUR SYMPTOMS?

Put a check by each symptom that applies to you.

Vata (Air and Space) Imbalance

- Vaginal dryness
- Anxiety
- Mood swings
- Dry skin
- Constipation
- Hot flashes
- Feeling cold or cooler than normal when not flashing
- Forgetfulness
- Crying spells
- Tension headache
- Irregular cycles
- Urinary urgency or frequency
- Heart palpitations
- Fluctuating blood pressure
- Insomnia
- Joint or muscle aches
- TOTAL

Pitta (Fire with Water) Imbalance

- Hot flashes
- Feeling warmer than usual when not flashing

- _____ Heavy bleeding
- _____ More days of heavy flow than usual
- _____ Migraine headaches
- _____ Anger or irritability
- _____ Increased bowel movements or loose stools
- _____ Skin rash or acne
- _____ Unpleasant body odor
- _____ Urinary tract infections
- _____ Night sweats or sweating during the day
- _____ TOTAL

Kapha (Earth and Water) Imbalance

- _____ Excessive weight gain
- _____ Fluid retention
- _____ Breast swelling or fullness
- _____ Abdominal heaviness
- _____ Stiffness in the body
- _____ Lethargy
- _____ Lazy or unmotivated feeling
- _____ Elevated cholesterol
- _____ Yeast infections
- _____ TOTAL

PLEASE CHECK ANY THAT APPLY TO YOU:

SOME COMMON SIGNS OF BEING WASTE-FULL

Here are some common signs that ama has accumulated in your tissues.

- You wake up tired even after a good night's sleep.
- You feel lethargic.
- Your tongue is coated.
- You don't feel real hunger, even when you haven't eaten for several hours.
- You have generalized aches and pains.
- You lack mental clarity and energy.
- You feel a sense of heaviness in the abdomen, arms, or legs; or the body as a whole.
- You feel weary and unenthusiastic.
- You experience frequent indigestion, such as gas, bloating, or heartburn.
- You feel blocked anywhere in the body, including constipation, sinus congestion, and difficulty breathing.

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