

Transitions
461 Seventh St. West, Suite 5, Sonoma, CA 95476
707.938.4755 Fax 707.938.4745

Health History Intake Form

Date: _____

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

E-mail _____ Occupation _____

Age _____ Height _____ Weight _____ Birth Date _____

How were you referred? _____ Build (Circle One): Small Medium Large

Blood Type _____ Last Cholesterol Test: _____ / _____ / _____
LDL/HDL TTL

Are you now under the care of a medical doctor, chiropractor, naturopathic doctor, chinese medicine doctor, acupuncturist or any other health care professional? No Yes Name: _____

If Yes, please explain what you are being treated for : _____

When was your last complete physical? _____

Major physical complaint _____ Are you pregnant? (Circle One) Yes No

Name and phone numbers of medical and alternative health care providers, if accessible

Name:	Phone:

Serious Illnesses/Injuries/Surgeries: (date and outcome)

Type of Illness/Injury/Surgery:	Date:	Outcome:

Allergies/Sensitivities: (please specify)	Typical Reaction:
Animal hair/dander:	
Chemicals:	
Drugs, medications:	
Dust, molds:	
Food:	
Gasses, weeds, pollen:	
Other	

Please list all medications that you are taking at this time:

Type: (include brand name)	Dosage and duration that you have been taking this medication

Please list all supplements that you are taking at this time:

Current Exercise : Duration of work outs Minutes Times Per Week

Type(s)

Why have you chosen to have a Colonic/Colon Hydrotherapy session(s)? Please check all that apply:

Doctor Suggested _____ Personal Right to Self Treat _____
 How many Colonics have you had? _____ Open _____ Closed _____
 How frequently do you have a bowel movement? _____ When was your last bowel movement? _____

CONTRAINDICATIONS	
Have you ever been diagnosed with any of the following:	Please check if you currently have any of the following:
_____ Abdominal Hernia	_____ BM Painful/Difficult
_____ Abdominal Surgery	_____ Bladder Infection
_____ Abnormal Distension	_____ Blood in Stool
_____ Acute Liver Failure	_____ Burning/Itching Anus
_____ Severe Anemia	_____ High Blood Pressure
_____ Aneurysm - All Types	_____ Infectious Disease
_____ Carcinoma of the Colon	_____ Hemorrhoids
_____ Cardiac Disease	_____ Rectal Bleeding
_____ Chrohns Disease	_____ Recent Barium Enema
_____ Colitis	_____ Recent Colonoscopy
_____ Dialysis Patients	_____ Strain
_____ Diverticulosis/Diverticulitis	_____ Use of Laxitives
_____ Fissures & Fistulas	_____ Vomiting
_____ Hemorrhaging	_____ Hay Fever
_____ Hemorrhoidectomy	_____ Headaches
_____ Intestinal Peforation	_____ Increased Body Odor
_____ Lupus	_____ Insomnia
_____ Pregnant (1st / 3rd Trimester)	_____ Indigestion After Meal
_____ Recent colon Surgery (6 months)	_____ Irritability
_____ Renal Insufficiencies	_____ Lack of Vitality
_____ Uncontrolled Hypertension	_____ Nausea
_____ Congestive Heart Failure	_____ Overweight
_____ Severe Hemorrhoids	_____ Poor Appetite
_____ Cirrhosis	_____ Protruding Abdomen
_____ Are you currently taking	_____ Skin Problems
_____ any medications which may	_____ Sour Stomach
_____ weaken the intestinal walls?	_____ Stool (very foul odor)
_____ Patient Initials	_____ Underweight
	_____ Patient Initials

I have never been diagnosed with any contraindications for colon irrigation (see above list.) I am aware that colon hydrotherapist is not a Physicians and therefore do not insert, diagnoise or prescribe. I am aware adverse events such as peforation, injury and illness have been alleged and claimed with the use of colon irrigation and enema devices. I am responsible for my own self-insertion, if I experience resistance during the insertion, I will immediately stop my session. If during the session I experience discomfort or pain, I am responsible for immediately stopping my session. This facility does not claim to cure or treat any condition or disease.

Client Signature: _____ Date: _____

(For clients 18 years of age or under, the signature & attendance of the parent or guardian for insertion is required.)

How To Prepare For Colon Hydrotherapy Session

How To Prepare For Colon Hydrotherapy Session

Start 1-2 weeks prior to colon therapy:

- Get plenty of rest, treat yourself gently
- Drink filtered or reverse-osmosis water. For each pound of body weight drink _ ounce of water i.e. 150#person needs 75 ounces of water daily.

Exercise regularly:

- inversion therapy, slant board, laying with the head lower than the pelvis and massaging the colon clockwise
- exercises that bring blood flow to the pelvis region will improve colon function i.e. leg lifts, walking, "bridge pose"
- stretching, yoga, t'ai chi and movement

Stress reduction:

Become conscious of the things that create anxiety in your life and explore ways to minimize them. Breath work, meditation, journaling, quiet baths, counseling, herbal nerviness, time for self.

Start eating a cleansing diet:

- raw or lightly steamed vegetables esp. dark, leafy greens
- fruits are best to eat alone or 30 minutes before the meal
- whole grains especially millet, quinoa and brown rice
- soup broths (miso, vegetable)
- seaweed, like kombu and nori provides calcium, vitamins and trace minerals that are often depleted from our soil
- light proteins like tofu, Tempeh, egg whites, fish (no shellfish) and free-range, hormone-free, chicken and turkey
- extra-virgin olive oil and unrefined oils are best unheated
- raw garlic or kyolic garlic pills can be cleansing and anti-parasitic to the colon
- cultured vegetables, rejuvelac, goat's milk yogurt or kefir to establish more of the "friendly flora" or good bacteria in the intestines
- herb teas like milk thistle, burdock, dandelion, nettles, red clover and alfalfa can be cleansing and mineralizing to the blood and liver

General Eating Habits:

It is best to eat first thing in the morning to flush toxins from the liver and gallbladder. This is especially important for women 30-50 years old who are prone to gallstones. Eat small frequent meals or snacks. Meals earlier in the day can be more complex and larger. Keep the evening meal light and do not eat 3-4 hours before bed to allow the liver time to enter its anabolic phase of processing and rebuilding the body. Foods eaten late at night can become allergens because digestion is slower and food remains in the digestive tract longer than normal. The best food combinations are proteins and vegetables, or starches and vegetables, rather than all three together. Always eat fruits and sweets alone or 30 minutes before a meal.

Foods to avoid during a cleanse:

- refined foods are congesting in the digestive tract and slow down the transit time, i.e. sugar, flour products, foods with preservatives and additives and foods with preservatives and food colorings
- dairy products especially cow's milk, cheese and butter
- red meat and pork
- irritating spices like cayenne, onions, black pepper
- vinegar, mustard, ketchup
- caffeinated drinks like black tea, coffee, soda
- salty foods like smoke meats, potato chips, popcorn,
- iceberg lettuce and popcorn can irritate ileo-cecal valve
- diarrhetic drinks like coffee, soda and certain herbs teas can dehydrate the digestive system
- sugar, candy, chocolate
- fried foods, heated oils and baked goods
- very cold or hot foods and drinks because extreme temperatures will impair digestive secretory function
- alcohol and other fermented products like soy sauce

Avoid Over-Eating And Eating Late At Night

When making changes in the diet it is best to start slowly and gradually eliminate the congesting foods. Radical diet shifts can create a stress on the system. Slow changes that can become more permanent are best. Focus on the new foods you can eat rather than the foods to avoid.

The Day Of The Colon Hydrotherapy Session:

It is best to avoid eating 2-3 hours before the session. Eat a light breakfast or lunch and plan to have a meal after the session.

After The Colon Hydrotherapy Session:

- Allow for time off (several hours) after the treatment to eat, rest, reflect, and integrate the experience.
- Start pro-biotics or acidophilus, 2 times a day on an empty stomach. Continue for 2-3 weeks or longer if there has been recent anti-biotic use
- Continue eating the cleansing diet and a healthy lifestyle
- Discuss with the therapist the benefits of a series of colon therapy sessions.
- Generally the bowel function and tone is strengthened by colon therapy. Make notice of any changes in bowel habits and discuss them with your therapist.

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TUMMY MASSAGE

Become familiar with this Tummy Massage the night before or the day of your colon hydrotherapy appointment. Your Colon Therapist will administer a similar massage when you receive your colonic. When used along with colon cleansing, this Tummy Massage helps to loosen deposits in the colon and to gently work the waste down toward the rectum to be eliminated.

Like on your back on a firm surface with your knees up to relax the colon and abdominal organs. Warm a little castor oil in your hands and start on the lower right side of your abdomen massaging with your fingers in a circular motion, press as deeply as is comfortable. As you massage deeply, you may encounter areas that are tender, do not be alarmed by this; just make note of the tender places and breathe into them and massage them away.

Continue to work your way up the right side just below the rib cage, then move across the upper abdomen above the navel, massaging deeply in firm circular motions, again noting any tender areas. You may feel some hard masses as you move across the abdomen; this may be congestion in your colon. Move across the tummy to your left side. Work slowly, trying to relax into any area that feels tender. These tender areas provide you with feedback on where your colon may be congested.

Now, work your way down along the left side of your abdomen. Massage deeply, all the way down to the pelvic bone on the left. You have now massaged all along the course of the colon, following the natural direction in which the waste moves out of the body.

Once you have gone around the colon, go up again under the rib cage on the right. This area is the home of your liver. Massage there and feel if there is any hardness or tenderness. Then massage below the rib cage in the middle of the abdomen. Press in under the rib cage; this is the solar plexus, where the diaphragm is located. We often hold a lot of tension and stress in this area. If anything feels tender or tight, breathe into it to loosen it up and really relax. As you massage, you will feel a release of tension. Massage under the left side of the rib cage, in the area of the spleen, breathing and relaxing into any tender spots.

Allow fifteen or twenty minutes for your Tummy Massage. End with gently laying your heated hands on your abdomen. First, generate heat in your hands by rubbing your palms together for at least 30 seconds, and then lay your hands on your abdomen in any area that feels tight, or where you feel you want to direct healing, loving energy. Allow the warmth to go into your tummy, into all your abdominal organs, helping them to let of the waste, congestion and tension.

Follow this Tummy Massage with the Hot Castor-Oil Abdominal Wrap.



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HOT CASTOR OIL ABDOMINAL WRAP INSTRUCTIONS

The Hot-Oil Abdominal Wrap has the same benefits as expensive herbal wraps in salons, but its effects are more lasting. The Hot Castor Oil Wrap helps to break down the toxins stored in the tissues, and to loosen the waste in the colon so that it can be flushed away. There are a large amount of lymph nodes around the small and large intestinal area. The results of colon cleansing are enhanced when a Hot Castor Oil Treatment is used the night before.

The Castor Oil Wrap is useful for a wide variety of problems including headaches, abdominal tenderness, congestion, problems with the digestive system, sex organs, menstrual cramps and muscular tension. In addition, Castor Oil has a particularly relaxing effect on the nervous system.

This information is to assist you with preparing and applying a castor oil pack.

- Step 1:** From your health food store purchase wool flannel and a bottle of castor oil
- Step 2:** Lay a piece of plastic the size of the wool flannel or larger. (I use a small basket size garbage bag). Place the wool on top of the plastic and pour the castor oil on to the wool saturating it fully. Then fold the plastic and wool in half and into thirds and put it between a heating pad with the temp on high for 10-15 minutes. When pack is hot, unfold and apply with wool side towards your skin on your abdomen and intestinal area. Make sure to cover your liver and spleen. Your liver is directly under your rib cage on the right side of your body and your spleen is directly opposite on the left side of your body under your rib cage.
- Step 3:** Apply a heating pad (set at Med or Low setting) or a hot water bottle on top of the pack on the plastic. Place a large towel underneath your body because the castor oil has a tendency to run when heated. It is a little messy but well worth the effort. Don't use heat if you feel gaseous. Lie on your back in a quite place for 1-1 hours. The castor oil

has a calming effect on the nervous system. You will find yourself feeling very relaxed and calm.

Step 4: Remove the pack and discard the plastic. Put the wool flannel into a zip lock bag and store it in the refrigerator for the next time you will need to use it. Do not attempt to wash the wool. You will need to add more castor oil the next time you use it and a new piece of plastic. The wool flannel will last you a long time as long as you keep it in a cool place so the oil does not rancid. After taking off the pack, wash your abdomen with baking soda (baking soda will cut the oil and neutralize the toxins that are transdermally pulled through the skins surface) or take a shower. Do not leave the oil on the skin because the toxins will reabsorb into the body.

No one really knows exactly why the Castor Oil Wrap works. The oil from the castor bean has long been a popular folk remedy. It has been applied externally for all sorts of skin problems, rubbed on the breasts to increase the flow of milk, and rubbed into the chest to relieve chest colds or bronchitis. It is also used as a base in lipstick and other make-up because it is so stable and soothing to the skin.

Castor Oil Wrap has a tremendously calming effect on the central nervous system, helping people to fall asleep with ease.

