

1. Personal information

- 1.01 Names
- 1.02 Fixed Phone
- 1.03 Cell Phone
- 1.04 Email
- 1.05 Date of Birth (day-month-year)
- 1.06 Age
- 1.07 Sex
- 1.08 Nationality
- 1.09 Civil Status
- 1.10 Number of children under age
- 1.11 Number of adult children
- 1.12 What kind of lifestyle: simple, normal, luxurious etc.
- 1.13 Do you have an employee / cook / babysitter
- 1.10 Address

2. Information and Clinical Exam, and Complementary

- 2.01 Height in centimeters
- 2.02 Current weight in kilograms
- 2.03 Weight you want to have
- 2.04 Blood pressure (mmHg)
- 2.05 Pulse (pulse / min)
- 2.06 Blood type
- 2.07 Blood sugar level (mg/dl)

3. Clinical Background

- 3.01 Previous diseases
- 3.02 Actual diseases
- 3.03 Previous medical treatments
- 3.04 Medications you are currently taking
- 3.05 Family history of diseases
- 3.06 Accident history
- 3.07 Vaccines received during childhood
- 3.08 Vaccines received during adulthood
- 3.09 Past visits to doctors and why
- 3.10 Last visits to doctors and why
- 3.11 What kind of doctors have you visited?
- 3.12 Have you received Acupuncture treatments?
- 3.13 Have you received Homeopathy treatments?
- 3.14 Have you received Enemas, and what kind?
- 3.15 Have you fasted and what kind of fast?
- 3.16 Have you do a water fast and for how many days?
- 3.17 Have you fasted intermittently (12, or 16, or 18 hours without food)?
- 3.18 What kind of dental fillings do you have?
- 3.19 Do you have good teeth?

4. Sleep Quality

- 4.01 How many times do you wake up while you sleep?
- 4.02 Do you sleep naked, with clothes, what clothes?
- 4.03 How many hours do you usually sleep?
- 4.04 What time do you normally sleep?
- 4.05 In what position do you prefer to sleep?
- 4.06 What kind of mattress do you use?
- 4.07 What is your time to wake up?
- 4.08 Do you use an alarm clock?
- 4.09 Does it sleep "grounded" (connected to the ground)?
- 4.10 Do you turn off the Wifi modem at night?
- 4.11 Is the bedroom completely dark?
- 4.12 How much time and at what time do you pray / meditate?

5. Lifestyle and Habits

- 5.01 Do you bathe with cold / hot water?
- 5.02 How many times a day do you bathe or wash your hair?
- 5.03 How many times does hair dry in the sun?
- 5.04 Do you wear perfumes?
- 5.05 Do you use deodorant, what kind?
- 5.06 Do you use makeup?
- 5.07 Do you use lipstick?
- 5.08 Do you dye your hair?
- 5.09 Do you use gel?
- 5.10 Do you paint your fingernails?

- 5.11 Do you paint your toenails?
- 5.12 Do you put creams / what?
- 5.13 What kind of clothes do you prefer?
- 5.14 What kind of shoes do you prefer?
- 5.15 Do you use bra?
- 5.16 What kind of toothpaste do you use?
- 5.17 Out of work how many minutes on the cell phone?
- 5.18 Out of work how many minutes on a cordless phone?
- 5.19 Do you use earphones with your cell phone outside of work?
- 5.20 How many hours of television or games with the cell phone?
- 5.21 How many hours of reading a book (not the newspaper)?
- 5.22 How many hours of crafts?
- 5.23 How many hours in nature?
- 5.24 How many hours of rest without doing anything during the day?
- 5.25 How many meters do you walk in a day at home or at work?
- 5.26 How many hours walking in nature?
- 5.27 How many hours other activities?
- 5.28 How many hours in the sun with clothes?
- 5.29 How many hours in the sun without clothes?
- 5.30 How many hours walking barefoot in concrete or earth / grass?
- 5.31 How many minutes do you do fun things every day and what?
- 5.32 What kind of lifestyle do you live, simple / luxurious?
- 5.33 How much time do you spend with friends?
- 5.34 How much time do you spend alone?
- 5.35 How much time do you spend in Clubs / Associations?
- 5.36 Do you have addictions (smoking / alcohol / medications etc.)?
- 5.37 Do you have hobbies?

6. Food

- 6.01 What do you normally eat for breakfast?
- 6.02 At what time do you have breakfast?
- 6.03 What do you drink with breakfast?
- 6.04 For how much time do you have breakfast?
- 6.05 What do you eat between meals in the morning?
- 6.06 What do you drink between meals in the morning?
- 6.07 What do you have for lunch normally?
- 6.08 At what time do you have lunch?
- 6.09 What do you drink with your lunch?
- 6.10 What desserts do you eat after lunch?
- 6.11 What do you eat between meals in the afternoon?
- 6.12 What time do you have dinner?
- 6.13 What do you have for dinner normally?
- 6.14 What do you drink with your dinner?
- 6.15 What desserts do you have after dinner?
- 6.16 What snacks do you eat after dinner?
- 6.17 What drinks do you have after dinner?
- 6.18 How many times do you go to a restaurant per week?
- 6.19 How many times do you go to a bar, dance, party, meeting, cinema, etc.?
- 6.20 What do you eat and drink on these occasions?
- 6.21 What fat / oil do you use for hot / fried foods?
- 6.22 What kind of oil do you use for salads?
- 6.23 What do you use to sweeten food and drinks?
- 6.24 What kind of bread do you eat?
- 6.25 What kind of rice do you eat?

- 6.26 Which dairy products do you eat?
- 6.27 What kind of potatoes do you eat?
- 6.28 What fruits do you eat?
- 6.29 Which vegetables / roots do you eat?
- 6.30 What kind of prebiotic legumes (beans, peanuts, lentils) do you eat?
- 6.31 Other prebiotics, bananas, garlic, apples, onions, artichokes, leeks, carrots, etc.?
- 6.32 What kind of Probiotics Sauerkraut, Cambucha, pickled cucumbers, Kefir etc.?
- 6.33 What kind of salt do you use?
- 6.34 What kind of supplements (Magnesium Chloride, Kelp, Iodine)?
- 6.35 What kind of water do you drink?
- 6.36 What kind of condiments do you use (MSG, Maggie, Curry, Pepper etc.)?
- 6.37 Herbs / Roots (Turmeric / Ginger / Garlic / Parsley)?
- 6.38 What processed and / or packaged foods in cans or plastic do you eat?
- 6.39 Where do you buy your fruits and vegetables?
- 6.40 What percentage of fruits / vegetables and other products are organic?
- 6.41 What kind of food ate your parents?.....
- 6.42 What kind of food ate your grandparents?

7. Work and Physical Activity

- 7.01 What is your job?
- 7.02 How do you get to work and how long does it take?
- 7.03 What time do you work?
- 7.04 How much stress in transport or at work?
- 7.05 How much time do you spend sitting at work?
- 7.06 How much time do you spend in front of the computer?
- 7.07 At work how many minutes do you walk?

- 7.08 At work how many minutes on the cell phone?
- 7.09 At work how many minutes on a cordless phone?
- 7.10 At work, are you using headphones with your cell phone?
- 7.11 How do you return home and how long does it take?
- 7.12 How many hours do you exercise?

8. Home

- 8.01 How many Savings Bulbs?
- 8.02 How many LED bulbs?
- 8.03 Do you use a microwave?
- 8.04 How many Cell phones?
- 8.05 How many cordless phones?
- 8.06 How many Laptops / Tablets?
- 8.07 How many computers?
- 8.08 How many aluminum pans?
- 8.09 How many Teflon pans?
- 8.10 Do you use aluminum foil?
- 8.11 How many TV-sets do you have?
- 8.12 How many modems with Wifi?
- 8.13 Where in the house is the modem?
- 8.14 How many fumigations per year?
- 8.15 What soaps and detergents do you use?
- 8.16 Do you use fabric softeners?
- 8.17 Do you put the clothes in the sun to dry?
- 8.18 Is there a road near where it dries?
- 8.19 Do you live near a busy road?

- 8.20 Do you live near an antenna tower, how close?
- 8.21 Do you live near an electric transformer, at what distance?
- 8.22 Do you live near a factory with noise or odors?

9. Childhood 0-7 years

- 9.01 Up to 7 years there was physical / verbal / sexual abuse?
- 9.02 For what time / how many times / at what age?
- 9.03 Were there accidents, death, or divorce of the parents during this time?
- 9.04 What kind of relationship did your parents, and grandparents have?.....

10. Adolescence 8-25 years

- 10.01 After 7 years, was there physical / verbal / sexual abuse?
- 10.02 For what time / how many times / at what age?
- 10.03 Were there accidents, death, or divorce of the parents during this time?