

Joanne Willcox
Clinics
Colonic Hydrotherapy

Name

DOB

Address :

Email :

Tel.....

MEDICAL HISTORY

Doctor's name

Surgery's address:

Medical conditions and/or past surgery?

What medication, if any, are you on?

QUESTIONNAIRE

What is your blood pressure reading?

If you do not know your BP reading please tick where appropriate

symptoms that can relate to elevated BP

Nose bleeds: Blurred vision: Throbbing in ears :

Headaches, typically in the morning : Numbness or tingling in hands / feet :

CONTRA-INDICATIONS TO COLON(C HYDROTHERAPY

Do you suffer from any of the following (tick where appropriate)

Cancer of the rectum or bowel : Severe haemorrhoids : Anal fissures :

Anal fistula: Recent abdominal cirrhosis : Surgery (less than three months)

Long term steroid use : Gall stones : Severe anaemia : Diabetes :

History of congestive heart failure : Insufficient/low renal function :

Are you pregnant or trying to be : If so, how many months ?.....

CONSENT FORM

Which foods do you avoid? (allergen).....

Which foods do you eat every day and could not give up? (allergen).....

How much alcohol do you consume per week? (stress management)

How many cigarettes do you smoke per day? (stress management)

QUESTIONNAIRE

How much water do you drink per day?

How many cups of coffee or tea do you drink per day? Milk? Sugar?.....

What supplements, if any, are you taking?

For what reason and are they helping?.....

NOTES

PROTOCOL ANALYSIS

ELIMINATION PROFILE: probiotics, fermented foods, bulking/fibre, magnesium, gluten/casein sensitivil cascara based laxatives, bile and liver support, low thyroid, iron

- supplement, medication, pathology
- Less than one or two bowel movement per day
- Difficult/painful to pass Ball or pellet shape Hard consistency
- Not feeling empty Bouts of diarrhoea Bad Breath
- Acne / other skin conditions Headaches

FOOD SENSITIVITY PROFILE: food testing and elimination, FODMAP, probiotic, digestive enzymes, bone broth

- Bloating/flatulence/digestive discomfort Constipation/ Diarrhoea
- I.B.S/mucous colitis Tenderness at McBurney's point
- Sinus congestion/excess mucous Acne Eczema/psoriasis
- Headaches Period pains/pmt Water retention
- Weight problems (low or high) Hives/allergies Asthma

HYPOCHLORHYDRIA PROFILE digestive enzyme supplement containing hydrochloric acid, apple cider vinegar, H Pylori check

- Bloating, wind/flatulence following a meal
- Acidity, nausea before or after eating
 - Uncomfortably full during or after meals, even if small
 - Bad breath Problem with swallowing reflex
 - Sores in the corner of mouth, bumpy skin at the back of arms, hair loss (iron/B 12 deficiency)

LIVER & BILE CONGESTION PROFILE: containing digestive enzyme, digestive bitters, liver support, gall bladder flushing

- Burping, acid reflux acid burning particularly after fatty foods
- Sour metallic or strange taste in mouth
- Tenderness on liver area. Pain under right shoulder blade
- Light coloured/ grey stool

LOW PANCREATIC ENZYMES PROFILE probiotic pancreatic enzyme supplement

- Bloating below the navel not related to eating
- Flatulence, 3-4 hours following a meal
- Bloating worse from eating carbohydrates and sugar

PISBIOSIS AND CANDIDA PROFILE: probiotic, fermented foods, FODMAP, pancreatic enzyme supplement, immune, digestive and anti-candida support

- Bloating/ flatulence all the time
- Flatulence worse from eating vegetables and a high fibre diet
- I.B.S./mucous colitis Coated tongue
- Red/itchy/sore around anus
- Recurrent antibiotics, especially for acne (In the past and in the last three years)
- Contraceptive pill
- Steroids, chemo-therapy and immunosuppressant drugs
- Recurrent thrush/cystitis/ fungal infection

QUESTIONNAIRE

- Sugar craving Fatigue ,aching limbs or joint Hormones (PMT, PCO, breast cancer, fibroid, etc.)
- Headaches like a hang-over with feeling confused, brain fog
- Symptom made worse in damp places and from eating sugar and carbohydrates
- Appendectomy

PARASITE PROFILE: (Diagnostic testing and parasite protocol with follow up testing)

- Positive diagnosis
- Gastro-infection(s) (i.e. food poisoning) leading to onset of symptoms
- Contact with pets or farm animals
- Anal/nose/skin itchiness worse at night

BLOOD SUGAR BALANCE PROFILE: (diet, protein supplement, fibre, food timing)

- Regularly skipping meals and going without food for more than four hours
- Frequently irritable, shaky, confused, irrational, tearful, cold, yawning, tired, sleepy
- sweets/chocolate or salt cravings
- Headaches especially in the afternoon
- Insomnia in the middle of the night
- Tired after eating or drinking alcohol
- Metabolic Syndrome (2 or more of those symptoms borderline fasting blood sugar, excessive intra-abdominal fat, elevated triglycerides, elevated BP)

SUMMARY FOR INITIAL TREATMENT

NAME

DATE

ALL REPORTED SYMPTOMS

RELEVANT PROFILE: (Constipation, food sensitivity, hypochlorhydria, bile congestion, pancreatic insufficiency, disbiosis and candida, parasite, blood sugar).

RELEVANT DETOX PROTOCOL

Liver detox, gall bladder flush, coffee enema, Epsom salts bath, fasting, juicing, kidney cleanse

TREATMENT PROTOCOL

- A. Colonic procedure: Pressure, temperature, massages, implants, I.C.V release, acupressure points, colon reflexes, abdominal breathing, rapport

- B. Adjust lifestyle: Water, fibre, linseeds, potty training, chewing, timing, exercise, skin brushing, Epsom salt bath, stress management, castor oil pack, daylight, sleep, etc.

- C. Eliminate possible causes: Stressors, processed foods, sugar, allergies, toxicity, etc.

- D. Nutritional supplements: Enzymes, probiotic, functional foods, herbs, etc. (quantity/timing).

SUMMARY

NAME

DATE

TREATMENT : N^o : 2 - 3 - 4 - 5 - 6 - 7- 8- 9- 10

SYMPTOM EVALUATION AND PROGRESS IN RELATION TO PREVIOUS ADVICE.

TREATMENT FOLLOW UP PROTOCOL

A) Colonic procedure (Pressure, temperature, massages, implants, ICV release, acupressure points, colon reflexes, abdominal breathing, rapport)

B) Adjust lifestyle (Water, fibre, linseeds, potty training, chewing, timing, etc.).

C) Eliminate possible causes (Processed foods, sugar, etc.)

D) Nutritional supplements (Enzymes, probiotic, nutrients, herbs, etc. with quantity/timing)
