

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Referred By \_\_\_\_\_  
 Present Complaint or Illness \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Duration \_\_\_\_\_  
 Events Preceding Onset \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Personal Health Goals \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  Male  Female Age \_\_\_\_\_  
 Occupation \_\_\_\_\_  
 Marital Status \_\_\_\_\_  
 # of Children \_\_\_\_\_ Ages \_\_\_\_\_  
 Have you had any of the following? If yes, briefly describe:  
 Accidents: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Surgery: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Are you presently taking any medications? \_\_\_\_\_  
 If Yes, please list: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 WOMEN ONLY: Age of Onset Menstruation \_\_\_\_\_  
 # of Children \_\_\_\_\_ Complications \_\_\_\_\_  
 # of Miscarriages \_\_\_\_\_ # of Abortions \_\_\_\_\_ # of C-Sections \_\_\_\_\_  
 Menopause \_\_\_\_\_

MEDICAL HISTORY: Check any diseases that you or your relatives have had:

Relatives	Arthritis	Asthma	Cancer	Diabetes	Epilepsy	Glaucoma	Gout	Heart Disease Stroke	High Blood Pressure	Hypo- thyroidism	Kidney Disease	Neurological Disease	Stomach Ulcer	Periodontal Disease	Tuberculosis	Athero- sclerosis	Obesity	Senility
You																		
Father																		
Mother																		
Brothers																		
Sisters																		
Spouse																		
Children																		
Grandparents																		

Check any other illnesses that you now have or have had:

<input type="checkbox"/> Abscesses	<input type="checkbox"/> Covid-19	<input type="checkbox"/> Gingivitis	<input type="checkbox"/> Major Surgery	<input type="checkbox"/> Rheumatic Fever
<input type="checkbox"/> Acne	<input type="checkbox"/> Crohn's Disease	<input type="checkbox"/> Goiter	<input type="checkbox"/> Measles	<input type="checkbox"/> Rheumatoid Arthritis
<input type="checkbox"/> AIDS/HIV	<input type="checkbox"/> Depression	<input type="checkbox"/> Gonorrhea	<input type="checkbox"/> Migraines	<input type="checkbox"/> Scarlet Fever
<input type="checkbox"/> Alcohol Addiction	<input type="checkbox"/> Diphtheria	<input type="checkbox"/> Hay Fever	<input type="checkbox"/> Mononucleosis	<input type="checkbox"/> Sciatica
<input type="checkbox"/> Allergies	<input type="checkbox"/> Diverticulosis	<input type="checkbox"/> Hearing Problems	<input type="checkbox"/> Multiple Sclerosis	<input type="checkbox"/> Skin Ulcers
<input type="checkbox"/> Alopecia	<input type="checkbox"/> Drug Addiction	<input type="checkbox"/> Hemorrhoids	<input type="checkbox"/> Mumps	<input type="checkbox"/> Skipped Heart Beats
<input type="checkbox"/> Anemia	<input type="checkbox"/> Ear Infections	<input type="checkbox"/> Hernia	<input type="checkbox"/> Myopia	<input type="checkbox"/> Stroke
<input type="checkbox"/> Attempted Suicide	<input type="checkbox"/> Eczema	<input type="checkbox"/> Herniated Disc	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Thyroid Disease
<input type="checkbox"/> Back Problems	<input type="checkbox"/> Emphysema	<input type="checkbox"/> Herpes	<input type="checkbox"/> Neuralgia	<input type="checkbox"/> Ulcerative Colitis
<input type="checkbox"/> Benign Breast Tumor	<input type="checkbox"/> Endometriosis	<input type="checkbox"/> Hives	<input type="checkbox"/> Night Blindness	<input type="checkbox"/> Vision Problems
<input type="checkbox"/> Bleeding Gums	<input type="checkbox"/> Excessive Fatigue	<input type="checkbox"/> Insomnia	<input type="checkbox"/> Numbness	Other _____
<input type="checkbox"/> Bronchitis	<input type="checkbox"/> Eye Disease	<input type="checkbox"/> Jaundice	<input type="checkbox"/> Pancreatitis	Other _____
<input type="checkbox"/> Candida Albicans	<input type="checkbox"/> Fainting/Dizzy Spells	<input type="checkbox"/> Kidney Stones	<input type="checkbox"/> Persistent Cough	
<input type="checkbox"/> Cataracts	<input type="checkbox"/> Fibromyalgia	<input type="checkbox"/> Liver Disease	<input type="checkbox"/> Pneumonia	Have you received:
<input type="checkbox"/> Chest Pains	<input type="checkbox"/> Gallstones	<input type="checkbox"/> Low Blood Pressure	<input type="checkbox"/> Polio	<input type="checkbox"/> Childhood Vaccines
<input type="checkbox"/> Chicken Pox	<input type="checkbox"/> Gastritis	<input type="checkbox"/> Lupus	<input type="checkbox"/> Psoriasis	<input type="checkbox"/> Covid-19 Vaccination

The above information is provided to this facility for nutritional information. The information being sought is of a nutritional nature and NOT a medical diagnosis, prescription, treatment, disease prevention or health assessment. I understand: According to the Federal Food, Drug and Cosmetic Act, as amended, Section 201(g)(1), the term "Drug" is defined to mean: Articles intended for the use in the DIAGNOSIS, CURE, MITIGATION, TREATMENT, or PREVENTION of disease. In other words, to "say" that a vitamin, mineral, herb, trace element or amino acid will have any effect on disease or symptoms thereof, that particular nutrient then becomes a DRUG under the law as written. Therefore, any suggested nutrition or supplementation is not intended as primary therapy for any disease or symptom, but is provided solely to upgrade the quality of foods delivered through the diet. WARNING: You may wish to consult your physician before beginning a diet or making changes in your diet, nutritional supplementation or exercise program, especially if you have a medical condition, are taking any medications, or are pregnant or nursing. If you are currently taking prescriptive medication, you must discuss any changes with your physician before discontinuing or altering your dosage.

I understand and agree to the above statement and I also agree that the information I've provided is true and accurate:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Health Evaluation Questionnaire

Rate each of the following symptoms based on your typical health profile in the past 30 days.

### POINT SCALE:

① = **Never** or **almost never** have the symptom ❖ ① = **Occasionally** have it, effect is **not** severe

② = **Occasionally** have it, effect is **severe** ❖ ③ = **Frequently** have it, effect is **not** severe

④ = **Frequently** have it, effect is **severe**

<b>HEAD</b> Headaches ① ② ③ ④ Faintness ① ② ③ ④ Dizziness ① ② ③ ④ Insomnia ① ② ③ ④	<b>SKIN</b> Acne ① ② ③ ④ Hives, rashes, dry skin ① ② ③ ④ Hair loss ① ② ③ ④ Flushing, hot flashes ① ② ③ ④ Excessive sweating ① ② ③ ④	<b>WEIGHT</b> Binge eating/drinking ① ② ③ ④ Craving certain foods ① ② ③ ④ Excessive weight ① ② ③ ④ Water retention ① ② ③ ④ Underweight ① ② ③ ④ Compulsive eating ① ② ③ ④
<b>EYES</b> Watery or itchy eyes ① ② ③ ④ Swollen, reddened or sticky eyelids ① ② ③ ④ Bags or dark circles under eyes ① ② ③ ④ Blurred or tunnel vision ① ② ③ ④	<b>HEART</b> Chest pain ① ② ③ ④ Irregular or skipped heartbeat ① ② ③ ④ Rapid or pounding heartbeat ① ② ③ ④	<b>ENERGY/ACTIVITY</b> Fatigue, sluggishness ① ② ③ ④ Apathy, lethargy ① ② ③ ④ Hyperactivity ① ② ③ ④ Restlessness ① ② ③ ④
<b>EARS</b> Itchy ears ① ② ③ ④ Earaches, ear infections ① ② ③ ④ Drainage from ear ① ② ③ ④ Ringing in ears ① ② ③ ④ Hearing Loss ① ② ③ ④	<b>LUNGS</b> Chest congestion ① ② ③ ④ Asthma, bronchitis ① ② ③ ④ Shortness of breath ① ② ③ ④ Difficulty breathing ① ② ③ ④	<b>MIND</b> Poor memory ① ② ③ ④ Confusion, poor comprehension ① ② ③ ④ Difficulty in making decisions ① ② ③ ④ Stuttering or stammering ① ② ③ ④ Slurred speech ① ② ③ ④ Learning disabilities ① ② ③ ④ Poor concentration ① ② ③ ④ Poor physical coordination ① ② ③ ④
<b>NOSE</b> Stuffy nose ① ② ③ ④ Sinus problems ① ② ③ ④ Hay fever ① ② ③ ④ Sneezing attacks ① ② ③ ④ Excessive mucus formation ① ② ③ ④	<b>DIGESTIVE TRACT</b> Nausea, vomiting ① ② ③ ④ Diarrhea ① ② ③ ④ Constipation ① ② ③ ④ Bloating feeling ① ② ③ ④ Belching, passing gas ① ② ③ ④ Heartburn ① ② ③ ④ Intestinal/stomach pain ① ② ③ ④	<b>EMOTIONS</b> Mood swings ① ② ③ ④ Anxiety, fear, nervousness ① ② ③ ④ Anger, irritability, aggressiveness ① ② ③ ④ Depression ① ② ③ ④
<b>MOUTH/THROAT</b> Chronic coughing ① ② ③ ④ Gagging, frequent need to clear throat ① ② ③ ④ Sore throat, hoarseness, loss of voice ① ② ③ ④ Swollen or discolored tongue, gums, lips ① ② ③ ④ Canker sores ① ② ③ ④	<b>JOINTS/MUSCLES</b> Pain or aches in joints ① ② ③ ④ Arthritis ① ② ③ ④ Stiffness or limitation of movement ① ② ③ ④ Feeling of weakness or tiredness ① ② ③ ④ Pain or aches in muscles ① ② ③ ④	<b>OTHER</b> Frequent illness ① ② ③ ④ Frequent or urgent urination ① ② ③ ④ Genital itch or discharge ① ② ③ ④

How many glasses of water, on average, do you drink per day: \_\_\_\_\_

How many hours per night, on average, do you sleep: \_\_\_\_\_

## Disclosure, Liability and Consent Form

Welcome to my practice, OC Total Wellness. As you know, I (Diane Wendell) am a practitioner of nutrition. I am not a licensed physician, nor are nutrition services licensed by the state. The idea behind nutrition is that:

The nutrients found in foods, and when necessary, via supplementation, can be supportive of health, enhancing quality of life and well-being.

As a practitioner of nutrition, I will provide you with the following kinds of services:

- Diet and nutrition evaluation
- Individualized dietary and supplementation guidance appropriate to your lifestyle and environment
- Education and research on your health concerns
- Non-diagnostic lab tests to determine appropriate diet
- Health support complementary to that provided by licensed professionals

My training and education includes:

- Clinical Nutritionist and Traditional Naturopath from the College of Natural Health
- Applied Clinical Nutrition and Advancement in Clinical Nutrition from the International Academy of Integrated Medicine
- Microscopy for Biological Transmutation from Life Science Fellowship Study
- Certified First Line Therapist and Therapeutic Lifestyle Counselor (TLC) Center of Excellence for Chronic Disease

In order to use my services, California state law requires that you acknowledge receipt of the information provided in this form and that you sign it. You will receive a copy and I will keep the original documents in my records for at least three years. All information is confidential.

My services in nutrition are alternative or complementary to healing arts that are licensed by the State of California under Sections 2053.5 and 2053.6 of California's Business and Professions Code.

I understand that OC Total Wellness is a nutritional counseling service that is not intended or licensed to diagnose, treat or cure any diseases, prevent, diagnose, alleviate or treat any medical conditions, disease, physical or mental ailments or pain or infirmities. Furthermore, I understand that OC Total Wellness will not give medical advice, nor perform any invasive procedures. The treatment you will be receiving is alternative or complimentary to the healing art services that are licensed by the state of California.

If you ever have any concerns about the nature of my services or our work together, please contact me right away. I recommend that you inform your medical doctor that you are receiving nutrition services.

### Waiver and Release for Nutrition Counseling

OC Total Wellness and its representatives do not diagnose disease. You should consult a Physician before undergoing any dietary or food supplement changes. Any recommendations you follow for changes in diet, including but not limited to the use of food supplements are entirely your responsibility.

In consideration of my participation in nutrition counseling and consumption of any nutritional supplements, I hereby accept all risk to my health and of my injury or death that may result from such participation and I hereby release OC Total Wellness, its employees and representatives from any liability to me, my personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to my property and for any and all illness or injury to my person, including my death, that may result from or occur during my participation in nutrition counseling, whether caused by negligence of OC Total Wellness, its employees, or representatives, or otherwise. I further agree to indemnify and hold harmless the Institution and its employees, and representatives from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in the described nutrition counseling session.

### Acknowledgement and Consent to Receive Services

I have carefully read and understand the above disclosure about the nutrition services offered by Diane Wendell/OC Total Wellness and her training and education. I have discussed the nature of the services to be provided. I understand that Diane Wendell is not a licensed physician and that nutrition services are not licensed by the state. I understand that it is my responsibility to maintain a relationship for myself/my child with a medical doctor of licensed health provider. I have consent to use the services offered by Diane Wendell/OC Total Wellness and agree to be personally responsible for the fee in connection with the services provided to me. I will provide 24-hour notice if an appointment must be missed or will pay for the missed session. I am here as an individual on my own behalf.

Signature of Client/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name of Client/Guardian: \_\_\_\_\_ Relationship to Client, if minor: \_\_\_\_\_

## Consent for Live Blood Demonstration

The Live Blood Demonstration in which you are about to participate is designed to help educate you about the way in which your diet, exercise, and life style affect your health. Many people are told to “eat right and exercise”. This demonstration is intended to help motivate you to make those changes, because you actually see what may be happening in your body on a cellular level.

Here’s how the demonstration works: A qualified technician will take a one-drop sample of blood, generally from the fingertip, then placed under a microscope, a magnified image of this blood will be shown to you on a video monitor.

### PLEASE READ CAREFULLY

I understand that the Live Blood Demonstration will provide me with a graphic illustration of my live blood cell condition. I understand that this Demonstration is not a medical test, nor any medical diagnostic information to be derived or implied by this demonstration. I understand that my lifestyle, eating habits, nutritional balance, and mental state may affect what I see and therefore, I may get varying results if I repeat the tests over various periods of time.

I authorize the microscopist to use a lancet to obtain the drop of blood for the demonstration, using OSHA approved guidelines. I agree to hold harmless OC Total Wellness the nutritional counselor and the independent microscopist permission to include results of this demonstration in any statistical or research study. Any suggested nutrition is not intended as primary therapy for any disease of symptom, but rather is intended as an added schedule of enzymes and nutrients provided solely to upgrade the quality of foods delivered through the diet.

By my signature below, I understand and agree to the terms above:

Signature of Client/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name of Client/Guardian: \_\_\_\_\_ Relationship to Client, if minor: \_\_\_\_\_

## Client Consultation Schedule

**Initial Consultation** (1.5 - 2 hours).....Initial Consultation for Individual: \$195.00\*

Testing

- Blood Pressure
- Zinc Test
- pH Test
- Bio Impedance Analysis

Evaluation

- Live Blood Analysis
- Dry Blood Sample

Nutritional Consultation

- In-depth Consultation with Nutritional Program
- Send out for additional Lab Testing, if necessary

**1<sup>st</sup> Follow-Up Appointment** (1 hour).....Food and Lifestyle Consultation for Individual: \$125.00\*

(Scheduled **3 weeks** from previous appointment)

Testing

- Blood Pressure
- Zinc Test
- pH Test

Evaluation

- Live Blood Analysis
- Life Style and Meal Plan

Nutritional Consultation

- Adjust Nutritional Program
- Analyze and Discuss Lab Results (computerized detailed report on Blood Test results)

**2<sup>nd</sup> Follow-Up Appointment** (1 hour).....Live Cell Analysis for Individual: \$125.00\*

(Scheduled **3 weeks** from previous appointment)

Testing

- Blood Pressure
- Zinc Test
- pH Test
- Bio Impedance Analysis

Evaluation

- Live Blood Analysis

Nutritional Consultation

- Adjust Nutritional Program

### Continuing Consultations

Additional follow-up appointments as needed based on client's needs and concerns. Biomeridian Analysis, Thermography Screenings, and/or other services may be recommended on a per-client basis.

## Nutritional Services Offered

Initial Consultation with Diane Wendell, C.N., C.N.M. (apx. 1.5 - 2 hours) .....	\$ 195
Follow-Up Consultation with Diane Wendell, C.N., C.N.M. (apx. 45 - 60 minutes) .....	\$ 125
Food and Lifestyle Consultation with Diane Wendell, C.N., C.N.M. (apx. 45 - 60 minutes) .....	\$ 125
Five (5) Prepaid Follow-Up Consultation Membership Card (\$150 savings).....	\$ 475
Phone Consultation with Diane Wendell, C.N., C.N.M.....	\$ 125
Family Initial Consultation with Diane Wendell, C.N., C.N.M. (2 family members).....	\$295
Family Initial Consultation: Add'l Family Members (each add'l child) .....	\$ 95
Family Follow-Up Consultation with Diane Wendell, C.N., C.N.M. (2 family members).....	\$195
Family Follow-Up: Add'l Family Members (each add'l child) .....	\$ 85
Biomeridian Analysis with Consultation .....	\$225
Thermal Imaging: Women's Health Screening.....	\$349
Thermal Imaging: Men's Health Screening .....	\$349
Thermal Imaging: Full Body Female -or- Male Screening (head-to-toe).....	\$449
Thermal Imaging: Breast & Lymph Screening .....	\$249
Lifestyle Education Consultation.....	\$ 95
Package: 3 Lifestyle Education Consultations .....	\$200
Package: 5 Lifestyle Consultations.....	\$300
B.I.A. (Bioelectrical Impedance Analysis) Testing with Consultation.....	\$ 50
B.I.A. (Bioelectrical Impedance Analysis) Testing .....	\$ 25
Turbo Sonic Session .....	\$ 20
Turbo Sonic - 10 Session Membership Card (a \$20 savings) .....	\$180
BEMER Session – Single Modality.....	\$ 25
BEMER Session – Dual Modality .....	\$ 30
BEMER - 10 Session Membership Card (a \$50 savings).....	\$200
TDP Mineral Lamp Session .....	\$ 20