

## LUDWIG CHIROPRACTIC CENTER, PS

	Bio-Stress Response		
Name	Date		

## What is this form all about?

Todays research now shows that 60-80% of all healthcare visits are related to stress. The gamut can cover anything from low back, neck pain and headaches to include ulcers, acid reflux, infertility, ER, certain cancers, IBS, anxiety, PTSD, sleep loss, and many other conditions. Children are not immune to the affects of stress either. So before you fill this form out I will ask you to be totally honest with your responses, not only for me, but most importantly yourself. This will help me to better understand the true cause of your condition.

## Please check all areas that may apply to you now and within the last year

□High Energy □Mental	☐ Few Sympt	NCED NERVOUS SYS oms		e Mental Attitude	
UNBALANCED NERVOUS SYSTEM					
UNDER-AROUSED  Poor Attention Impulsive Easily Distracted	Low	UNSTABLE    Migraines   Headaches   Seizures	Low	OVER-AROUSED  Cold hands Cold feet Tight Muscles	
☐ Disorganized ☐ Depressed ☐ Lacking motivation ☐ Poor Concentration ☐ Spaciness ☐ Constipation ☐ Low pain threshold ☐ Difficulty waking	Moderate	☐ Sleepwalking ☐ Hot flashes ☐ PMS ☐ Food sensitivities ☐ Bed wetting ☐ Eating disorders ☐ Bipolar disorders ☐ Mood swings	Moderate	☐ Teeth grinding ☐ Anxiety ☐ Heart palpitations ☐ Restless sleep ☐ Poor expression of emotions ☐ Poor immune system ☐ Racing mind ☐ High blood pressure	
□Worry □Irritable □Low energy	Severe	□Panic attacks	Severe	□Accelerated aging □Irritable bowel	
EXHAUSTED NERVOUS SYSTEM  Cancer Rheumatoid Arthritis Diabetes Multiple Sclerosis Depression Chronic Fatigue Syndrome Fibromyalgia ALS Epstein-Barr Syndrome					

Compiled from the work By Siegfried Othmer, Susan F. Othmer, and David A. Kaiser EEG Biofeedback: A Generalized Approach to Neuroregulation