

1st basic Timeline

MY STORY:

MY name is:

AGE:

I am left or right handed or both:

I live city/state:

My time zone is:

My best times and days for a consultation is _____

or click here to schedule <https://calendly.com/upyourvibewithdeanna>

What is your fear level 0-10

What is your overwhelm level 0 - 10

How best do you learn (circle all) : video audio. group one on one

Time line basics:

Bullet points: or story like

chronological order—tell me the story using dates or age consistently

Make sure you include specific location (left right-organ?)

type of pain (sharp, zinging, stabby, pressure pain...burning pain, neuralgic...)

If the symptoms changed over time

(example on page 2)

Your story!

What symptom/diagnosis are you having presently?

Location:

When did it start..

Symptoms that presented at first: (List all symptoms-even if some are not present now.)

When are they worse/better if chronic

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worse/better

Example:

13 years old-just started 7th grade;I first started with Low Back back pain and nerve pain (10 on specific night!) down the right leg. I had just started on the volleyball team. I remember Bloating lower belly also around the time! I would have to unzip my pants during school;

Immediately medical testing—very painful nerve tests I was very angry at the medical testing being so painful...putting probes down my legs..hitting them and waiting for me to jump!

Diagnosis “birth defect in hip-) no other solutions...

Back was most always tight and during marriage would always pain of 2-3-4 and would flare 5-6-7-8

Went to chiropractor frequently in mid 30's-40 “spondilolothesis”...”don't jump, don't shovel...” not much help

Careers Daycare in my 20s), cleaning camps, advocacy in my 30/40s, elder care in my 40's

Worse when carrying babies- Flaired bad 7-8 a few times/ during divorce & work related issues;

Better doing yoga for back—no pain for a week

Early 40's On vacation out of State with a male friend who was easy to be around **no tightness or pain!**Currently doing renovations on my home for 3 years... pain ranging from 2-3 ; daily tightness. END OF DEANNA'S STORY