

A New Health

How to Create Your Health Timeline

We have created Your Health Timeline Form on the next four pages. Please follow the guidelines listed here for you. Please take your time with this and be as accurate as you can be. Thank you.

How to Create Your Health Timeline

1. Take a look back at your overall history as far back as you can remember
2. Look for infections, times of severe stress, the use of medications (especially antibiotics, steroids, birth control pill, antacids, pain pills, OTC medications like tylenol, advil, etc.) accidents, deaths, divorce, exposure to toxins, and when your symptoms began.
3. These events may have contributed to what is going on with you now. Start with the year that you remember and begin to write significant symptoms and events that happened along the way. events that happened along the way.
4. You do not need to use complete sentences. This information will paint a picture and give me clues about your health and life story.

Example of Medical Time Line by Year:

2003: This is about the last time that I felt good. Started having symptoms of
Or..... I was sick as a child with ear infections and.....

2004: Recurring symptoms of

2006: My mom died and it was a painful time. Lost my house.

2008: Appendectomy. Started having symptoms after surgery of

2009: Had flu shot and got very ill with symptoms of Took 5 months to recover.

2011: Have had recurring episodes of viral symptoms that take months to recover.

