

# Complete Wellness Associates

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## About Dr. Mark Hopkins BS, DC, ACN and Dr. Brooke Fowler BS, DC:

Dr. Hopkins and Dr. Fowler are Clinical Kinesiologists (wellness doctors). They specialize in Applied Clinical Nutrition, Applied Kinesiology, Neuro-Emotional Technique, diet and weight loss, detoxification, cold laser therapy, family and pediatric wellness, and Sports Medicine for both professional and amateur athletes. These techniques create a holistic practice focusing on the individual patient. Their vision is to guide and mentor patients to "COMPLETE WELLNESS".

## At your appointment:

We appreciate the fact that our patients have schedules to maintain, so **we do our best to run on time**. This insures that you know when your appointment begins and ends and can make plans accordingly. This also insures that you get the full time with the doctor.

## Office Fees:

Our fees are based on the time that you spend with the doctor.

New patient (45 min. In-office visit or phone consultation):	\$175.00
Existing patient (15 min. In-office visit or phone consultation):	\$ 60.00
Footbath (Iontophoresis or Detoxification excluding botanicals/minerals):	\$ 35.00
Laser therapy:	\$ 25.00
Interpretation Fee (Dr. time to review any diagnostics):	\$ 39.00

\*Supplements and laboratory work are NOT included in the price of the visit. This amount will vary based on your evaluation.

\*We are happy to mail supplements for a flat shipping fee of \$6. An order over \$100 is free shipping. Overnight shipping excluded. Outside of U.S. shipping is charged at the rate it costs to ship.

## Payment:

All new patient appointments and phone consultations (new and existing) must be prepaid to reserve the appointment time (time cannot be changed once booked). Payment is due at the time of services rendered for all in-office existing patient appointments and products. We accept cash, check, and credit cards. We provide you with information so that you may file with your insurance.

**I have read and understand the above information and I accept the policies of CWA.**

**Patient/Legal Guardian (17 or younger) Signature:** \_\_\_\_\_

**Patient/Legal Guardian Print:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Complete Wellness Associates

## New Patient Evaluation

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Referral: \_\_\_\_\_ Affiliation w/Referral: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: M / F Birthday: \_\_\_ / \_\_\_ / \_\_\_ Marital Status: \_\_\_\_\_ # of Children: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Occupation: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Type: A AB B O - + E-Mail: \_\_\_\_\_

Primary phone: \_\_\_\_\_ Secondary phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**1. PURPOSE OF THIS APPOINTMENT:** (Why are you coming to this office?)

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**2. HEALTH CONDITIONS AND COMPLAINTS:** (Number & list in order of severity)

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**3. MEDICATIONS:** (List by name, dose, what for, how long include birth control & aspirin etc..)

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**4.SURGERIES:** (List surgeries/operations, plastic surgery &trauma. Date when they occurred)

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**5. ALLERGIES:** (Please list food, environmental, chemical, and drug allergies)

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**6. SUPPLEMENTS or HERBS:** (List name and why you are taking them) \_\_\_\_\_

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**7.OTHER INFORMATION:** (Please list anything else about you that may be important)

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**My signature confirms that this information is true.**

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# CWA Health Overview

**Diet:** How many times a day do you eat? \_\_\_\_\_ How often do you eat out? \_\_\_\_\_

**Digestion:** circle (good, adequate, poor, acid reflux, burping, bloating, burning, pain, cramping)

Other Complaints: \_\_\_\_\_

**Bowels:** How many bowel movements a day \_\_\_\_\_ a week \_\_\_\_\_

**Consistency:** normal, hard, soft, diarrhea **Color:** tan, brown, black, green

**Other:** gas, mucus, smell **Amount:** normal, too big, too small

Other Complaints: \_\_\_\_\_

**Drinking:** What kind of water do you drink? tap, filtered, spring, reverse osmosis, distilled

Mark what you drink and how many a day (d) or week(w) you drink them:

milk \_\_\_\_\_ coffee \_\_\_\_\_ tea \_\_\_\_\_ herbal tea \_\_\_\_\_

soda \_\_\_\_\_ beer \_\_\_\_\_ wine \_\_\_\_\_ liquor \_\_\_\_\_

**Urination:** circle (too frequent, sense of urgency, burning, dribbling, urinate at night)

Other Complaints: \_\_\_\_\_

**Sleep:** Circle all that apply: (restful, restless, hard to fall asleep, wake up often, bad dreams.)

What time do you go to sleep? \_\_\_\_\_ Number of hours of sleep per night? \_\_\_\_\_

**Sunlight:** How many hours of sunlight do you get daily? \_\_\_\_\_ weekly? \_\_\_\_\_

How many hours daily do you spend under fluorescent lights? \_\_\_\_\_

**Stress:** Please rate your current stress level on a scale of 1 to 10, 10 being the highest stress: \_\_\_\_\_

What are the main reasons for you stress? \_\_\_\_\_

How do you reduce stress? \_\_\_\_\_

**Smoking:** Do you smoke? Y / N If yes, how much? \_\_\_\_\_ How long have you smoked? \_\_\_\_\_

**Drug Use:** (*CONFIDENTIAL*) Do you use any recreational drugs? Y/N (if yes, circle marijuana,

Cocaine, heroin, uppers, downers) Others: \_\_\_\_\_ How often? \_\_\_\_\_

**Electromagnetic pollution:** ***How many hours do you spend daily*** Watching TV? \_\_\_\_\_

Working on a computer? \_\_\_\_\_ Talking on a phone? \_\_\_\_\_ Wearing a watch? \_\_\_\_\_

Wearing a hearing aid? \_\_\_\_\_ Riding in a car? \_\_\_\_\_ Do you live by power lines? \_\_\_\_\_

**\*Woman Only:** Are you Pregnant? \_\_ Are you breastfeeding? \_\_ Do you have monthly periods? \_\_\_\_\_

Last period date \_\_\_\_\_ Are you in menopause? \_\_\_\_\_ Do you have periods? \_\_\_\_\_

**\*Menstrual Cycle:** Number of days of flow \_\_\_ heavy, light, spotting, normal

Circle: cramping, bloating, weak, mood swings, cravings, pain, bright blood, dark clotting

Other menstrual complaints: \_\_\_\_\_

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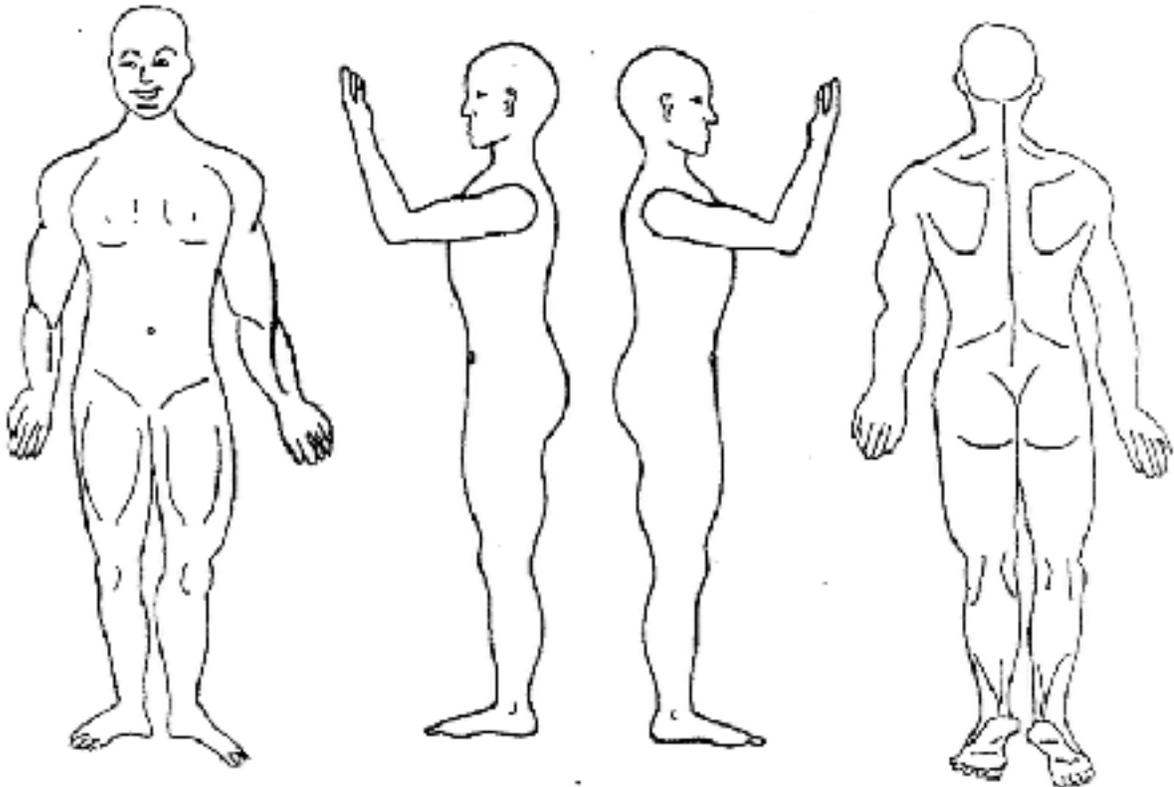
# CWA Scar/Trauma Chart

**SCARS:** Please draw a line on the drawing where you have scars, even if they are very old. Don't forget c-sections, episiotomies, surgeries, vasectomies, vaccination scars, punctures, stitches, cuts etc...

**TRAUMA AREAS:** Please put an "X" where you have had trauma even if is very old. Don't forget burns, falls, sprains, whiplash, radiation etc...

**INTERNAL METAL:** Please draw a circle on the drawing if you have any type of internal metal objects. Such as, surgical pins, metal plates, hip or knee replacement, surgical wire mesh, screws, spinal rods etc...

**Please date and briefly describe each incident. Ex: Car accident, 1988**



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# CWA Pediatric Form

(only fill out if patient is 5 years old or under)

## Prenatal History:

Did you take prenatal vitamins while pregnant? \_\_\_\_\_ When did you start them? \_\_\_\_\_

Did you take any medications while pregnant? \_\_\_\_\_ Why? \_\_\_\_\_

How stressful would you rate your pregnancy on a scale of 1-10(10=stressful)? \_\_\_\_\_

## Birth History:

How long were you pregnant? \_\_\_\_\_ weeks.

Who delivered your baby? Circle: obstetrician, midwife, Other: \_\_\_\_\_

How was your baby delivered? vaginal, c-section, forceps, vacuum, other: \_\_\_\_\_

Did you receive any medications during labor? \_\_\_\_\_

What was your baby's APGAR score? \_\_\_\_\_

## Infant or Toddler:

What is the number one complaint today?

\_\_\_\_\_

How long has it been going on?

\_\_\_\_\_

What makes the situation worse?

\_\_\_\_\_

What makes the situation better?

\_\_\_\_\_

\*Please circle all that apply to your child:

Eyes, Ears, Nose, Throat, Heart, Lungs, Breathing, Gassy, Diarrhea, Constipation,  
Vomiting, Seizures, Skin, Learning Disorders, Emotional Disorders, Behavioral Disorders,  
Genetic Disorders, ADD, ADHD

What does your child's diet consist of?

\_\_\_\_\_

Is there anything else that may be important?

## Mother's Information:

How many past pregnancies? \_\_\_\_\_ How many were delivered? \_\_\_\_\_

Do you take vitamins? \_\_\_\_\_ What kind? \_\_\_\_\_

Do you smoke? \_\_\_\_\_ How many packs/day? \_\_\_\_\_ How long? \_\_\_\_\_

\*\*\* If you are breastfeeding continue\*\*\*

Do you drink alcohol? \_\_\_\_\_ How much? \_\_\_\_\_ How often? \_\_\_\_\_

Do you drink soft drinks? \_\_\_\_\_ How many per day? \_\_\_\_\_

Do you drink coffee? \_\_\_\_\_ How many per day? \_\_\_\_\_

Do you consume dairy products? \_\_\_\_\_ How much per day? \_\_\_\_\_

What food do you eat regularly? \_\_\_\_\_

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# CWA Athlete Form

(only fill out if patient is participating in any exercise or athletic routine)

Are you a professional athlete (Paid to play or have a sponsor): Y/N

Your sport is: \_\_\_\_\_ Your team name is: \_\_\_\_\_

Are you an amateur athlete: Y/N

Your sport is: \_\_\_\_\_

Your purpose for your routine is (Examples: career, lose/gain weight, be faster/stronger, destress)

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## Please describe your routine:

<i>Day</i>	<i>Duration</i>	<i>Type of training</i>
Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

Greatest Strengths: \_\_\_\_\_

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Greatest Weaknesses: \_\_\_\_\_

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# Toxicity Questionnaire

Please circle a number in each of the following categories based on your health in the last 30 days.

0=Rarely/never experience the symptom 1=Occasionally experience but effect is not severe

2=Occasionally experience but effect is severe 3=Frequently experience and effect is not severe

4=Frequently experience and effect is severe

## Digestive:

Gas, Belch, Bloating 0 1 2 3 4  
 Heartburn, Reflux 0 1 2 3 4  
 Nausea 0 1 2 3 4  
 Straining on bowel mvmt 0 1 2 3 4  
 Day without bowel mvmt 0 1 2 3 4  
 Diarrhea or Vomiting 0 1 2 3 4  
 Hemorrhoids 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Heart:

Shortness of breath 0 1 2 3 4  
 Tightness in chest 0 1 2 3 4  
 Chest pain 0 1 2 3 4  
 Rapid, Skipped heartbeat 0 1 2 3 4  
 High, Low Blood Pressure 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Emotions:

Mood Swings 0 1 2 3 4  
 Anger, Irritability 0 1 2 3 4  
 Anxiety, Fear , Nervous 0 1 2 3 4  
 Panic Attacks 0 1 2 3 4  
 Sense of Despair 0 1 2 3 4  
 Depression 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Energy:

Restlessness 0 1 2 3 4  
 Hyperactivity 0 1 2 3 4  
 Brain fog 0 1 2 3 4  
 Sluggishness 0 1 2 3 4  
 Fatigue, Tired 0 1 2 3 4  
 Swelling hands & feet 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Skin, Hair, Nails:

Flushing 0 1 2 3 4  
 Cold hands & feet 0 1 2 3 4  
 Acne 0 1 2 3 4  
 Dry skin /Oily Skin 0 1 2 3 4  
 Hives, rashes 0 1 2 3 4  
 Eczema, Psoriasis 0 1 2 3 4  
 Hair loss 0 1 2 3 4  
 Cracked heels on feet 0 1 2 3 4  
 Bruising 0 1 2 3 4  
 Brittle nails 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Hormones:

Oily skin, Acne 0 1 2 3 4  
 Pain during period 0 1 2 3 4  
 Breast tenderness 0 1 2 3 4  
 Irregular cycle 0 1 2 3 4  
 Weight gain 0 1 2 3 4  
 Cry easily 0 1 2 3 4  
 Vaginal dryness 0 1 2 3 4  
 Hot flashes 0 1 2 3 4  
 Loss of sex drive 0 1 2 3 4  
 Erectile dysfunction 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Head, Eyes:

Balding 0 1 2 3 4  
 Anger easily 0 1 2 3 4  
 Blurred vision 0 1 2 3 4  
 Pressure 0 1 2 3 4  
 Faintness 0 1 2 3 4  
 Dizziness 0 1 2 3 4  
 Headaches 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Allergies:

Watery, Itchy Eyes 0 1 2 3 4  
 Runny Nose 0 1 2 3 4  
 Sneezing 0 1 2 3 4  
 Itchy throat 0 1 2 3 4  
 Itchy skin 0 1 2 3 4  
 Post nasal drip 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Immune:

Frequent illness 0 1 2 3 4  
 Sore throat 0 1 2 3 4  
 Fever 0 1 2 3 4  
 Genital itch, Discharge 0 1 2 3 4  
 Yellow nail fungus 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Urinary Tract:

Frequent urination 0 1 2 3 4  
 Burning on urination 0 1 2 3 4  
 Dribbling urine 0 1 2 3 4  
 Leaky bladder 0 1 2 3 4  
 Blood in urine 0 1 2 3 4  
 Kidney stones 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Ears, Sinus, Nose

Popping ears 0 1 2 3 4  
 Fluid in ears 0 1 2 3 4  
 Ringing ear,Hearing loss 0 1 2 3 4  
 Earaches, infections 0 1 2 3 4  
 Excessive mucous 0 1 2 3 4  
 Stuffy nose 0 1 2 3 4  
 Sinus headache 0 1 2 3 4  
 Nose bleeds 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Mouth, Throat, Teeth:

Dry mouth 0 1 2 3 4  
 Canker sores 0 1 2 3 4  
 Cold sores 0 1 2 3 4  
 Tooth pain 0 1 2 3 4  
 Bleeding gums 0 1 2 3 4  
 Gagging, clearing throat 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Lungs:

Difficulty breathing 0 1 2 3 4  
 Chest congestion 0 1 2 3 4  
 Coughing 0 1 2 3 4  
 Asthma 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Joints,Muscle,Bone:

Twitching 0 1 2 3 4  
 Cramping 0 1 2 3 4  
 Stiff & achy joints 0 1 2 3 4  
 Pain in joints 0 1 2 3 4  
 Swelling in joints 0 1 2 3 4  
 Muscle ache 0 1 2 3 4  
 Muscle pain 0 1 2 3 4  
 Osteoporosis 0 1 2 3 4  
 Numbness, Burning 0 1 2 3 4  
 Flat feet, Fallen arch 0 1 2 3 4

**Total for section:** \_\_\_\_\_

## Sleep:

Can't fall asleep 0 1 2 3 4  
 Wake up often 0 1 2 3 4  
 Nighttime urination 0 1 2 3 4  
 Wake up tired 0 1 2 3 4  
 Bad dreams, Nightmares 0 1 2 3 4  
 Night sweats 0 1 2 3 4

**Total for section:** \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_ TOTAL FOR PAGE = \_\_\_\_\_

# Complete Wellness Associates

## Doctor-Patient Informed Consent

### HEALTH AND WELLNESS

We want our patients to be informed about our goals, philosophies, and expectations at Complete Wellness Associates in regards to how we work to achieve health and wellness for you and your family. It is our premise that nutrition, energy, and a properly functioning nervous system are the building blocks of life. When these foundational aspects are balanced, it allows the body the opportunity to optimize its own naturally occurring recuperative abilities. With this in mind, we seek to restore health through natural means without the use of drugs or surgery (If medication or surgery is warranted we advise the patient accordingly). We do this by balancing nutritional needs and restoring optimal neurologic and electrical communication with a myriad of techniques. We believe by supplying our patients with the building blocks of life, we give their body the maximum opportunity to utilize its inherent recuperative powers. We do not claim to treat or cure any specific disease or condition. The doctors at Complete Wellness Associates provide a specialized, unique, non-duplicating health service and are licensed in their special areas of practice.

### ANALYSIS AND APPROACH

Your doctor will conduct a clinical analysis for the express purpose of determining the nutritional, neurologic, and/or energetic deficiencies or any interference that hinders you from achieving optimal wellness. Your doctor specializes in Applied Clinical Nutrition, Applied Kinesiology, joint mobilization, Neuro-Emotional Technique, diet and weight loss, detoxification, cold laser therapy, family and pediatric wellness, and Sports Medicine for both professional and amateur athletes. They will utilize the aforementioned safe and non-invasive techniques to achieve your **Complete Wellness**.

### RESULTS

The purpose of office visits is to promote natural health through the stabilization of the nutritional, neurological, and energetic systems of your body. Due to the individuality of each patient, it is difficult to predict the healing time. Most often the response is incredible as to how quickly the body begins to heal, however, in some cases there is a gradual healing process. Two or more similar conditions may respond differently to the same type of care and actual response time is unpredictable. Many conditions that the medical field has not found much improvement, have found significant benefit through the approach we use at Complete Wellness Associates. Our doctors work with you to help you make an informed decision prior to being accepted as a patient.

### DIAGNOSIS

Although the doctors at Complete Wellness Associates are experts in the analysis of the nutritional, neurological, and energetic aspects of the human body, they will not make a diagnosis outside of their scope of practice. Patients that require additional testing (MRI, XRAY, Blood, etc...) will be informed and have access to those reports at any time.

### INFORMED CONSENT

By signing this page the patient gives the doctor permission and authority to use any or all of the aforementioned analyses and techniques. The patient gives permission to utilize the patient information, according to HIPAA guidelines (no use of names/complete anonymity etc...), for research, research presentations, and other office applications should the doctor deem the case appropriate. It is the responsibility of the patient to make any diagnosed or observed deformities, injuries, illnesses, or other pathological conditions known to the doctor in order to receive the most optimal care. If you have any further questions concerning our office please feel free to ask!

**Patient/Legal Guardian (17 or younger) Signature:** \_\_\_\_\_

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# CWA Office Policies

## **Office policy on visits:**

We do require a full reevaluation if it has been more than 180 days since your last visit. We enforce this because so much can change in 6 months. It is our duty to give you the best care possible and if you have not seen the doctor in more than 6 months, a regular office visit would be inadequate time to reevaluate your health. Therefore, if you have not had an office visit or phone consultation in the past 6 months, you will need to fill out paperwork and plan for a 45 minute office appointment in which you will be charged \$155. We believe that your health is very important and would never want to give you subpar care or inadequate time. If you have an appointment within the 6 month period of your last visit, you are considered an active patient and may schedule regular appointments for the times of your convenience.

## **Office policy on payment, rescheduling or cancellations:**

All new patient appointments and phone consultations (new and existing) must be prepaid to reserve the appointment time and are non-refundable.

Payment is due at the time of services rendered for all in-office existing patient appointments and products. If for any reason you have to reschedule your in-office existing patient appointment we require 24 hours notice. (If we do not answer the phone, please leave your name and number with the answering service.) By giving us 24 hours notice, it allows us to fill the spot with another patient on our waiting list. If we do NOT receive 24 hours notice you will be charged in the amount of the appointment missed. (\$55 for existing patient, \$155 for new patient) Note: The in-office new patient reschedule or cancellation policy is at least 1 weeks notice. Payment for all phone consultation appointments (new & existing) is due at the time of scheduling and is nonrefundable.

## **Office policy on supplements:**

As you may already know, the supplements that we use are VERY powerful. 95% of the supplements that we carry can only be sold by a doctor. This is a huge responsibility that we take very seriously at CWA. In order to insure that you are taking the supplements that works ideally for you, we will only sell you the supplements that the Doctor has prescribed for you. In addition, if you have not had an appointment in the last 90 days, we are unable to sell you any supplements. This is to insure that the supplements that you are taking will only better your health. If you stay on such powerful supplements without being evaluated to make sure that you need them, it could create a negative situation. We would never want anyone to waste their money on a supplement that they don't even need. Just think about how quickly your body can heal and rejuvenate! By complying with the 90 day evaluation we help to protect you from any negative situations and supply you with the up-to-date regimen that will assist you in reaching your wellness goals! Obviously, for optimal results, we ask that you come in at the recommended intervals.

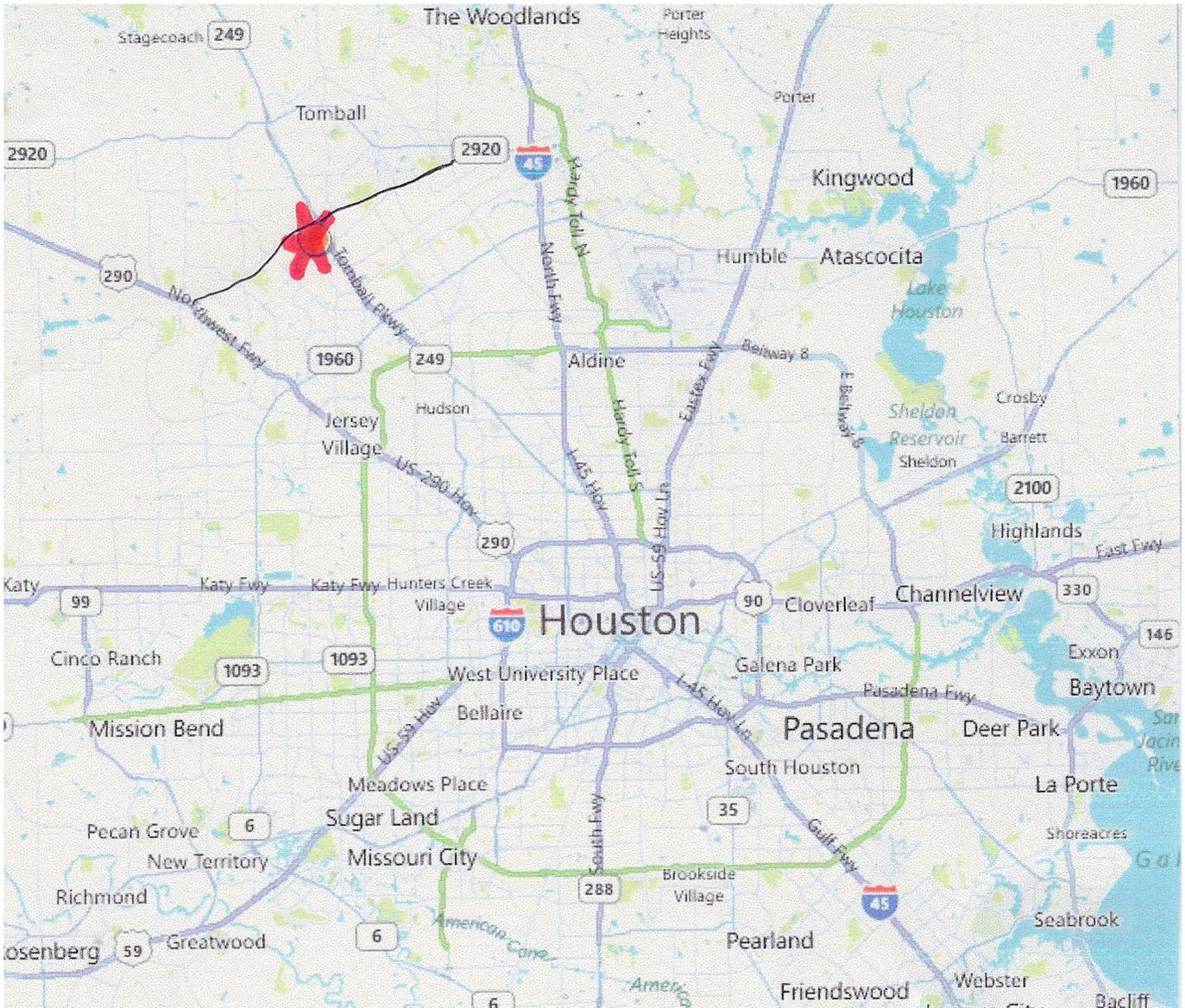
Thank you for your help in making sure that your health is appropriately tended to!!!

We are excited to have the opportunity to serve you and your wellness.

**Patient/Legal Guardian (17 or younger) Signature:** \_\_\_\_\_

**Patient/Legal Guardian Print:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Map to get to 11613 Spring Cypress A  
Houston, Tx 77377**



Please call 281-655-WELL (9355) or visit [www.yoursecrettowellness.com](http://www.yoursecrettowellness.com) if you need further instructions prior to your appointment date.