



John C. Thomas, DNM, DC, CTN, CNS, CFMP, CHHP

Improving Lives through Nutritional Therapies

Welcome to Our Wellness Center

Thank you for choosing our office and allowing us to help you in this time of need. We help sick people get healthy and healthy people stay that way. Our purpose is to help as many people as possible and it is an honor each time we are asked to improve a person's health and we take our role as your healthcare provider very seriously. Our patients' confidence in us drives our commitment to provide the highest quality care possible to them and their families.

We have helped many types of patients with many different symptoms and levels of health. We help our patients to find answers to their health problems and if you are accepted as a patient, we hope to do the same for you. The process of identifying the exact, correct underlying CAUSE of your problems requires a great deal of information and testing.

That process begins with filling out our New Patient Application. **Please take your time and fill this form out completely and thoughtfully.** The doctor will meet with you to discuss your condition. Based on what the doctor learns, special tests may be ordered like x-rays, MRI's, comprehensive genetic analysis or advanced metabolic tests. The doctor will review the information learned from the consultation, examination and prior testing to determine if you are accepted into our office. Everything will be explained to you on at your visit.

We do not accept all cases. If we feel we can help you, we will explain your treatment options. If we feel we cannot, we will help you find someone who can. Again, we look forward to serving you. If you have any questions, please do not hesitate to ask.

IMPORTANT!

Please have the New Patient Application Form completed BEFORE your initial visit. If possible, please submit all paperwork and previous lab testing (past 6-12 months) prior to your initial visit. This allows the doctor to familiarize themselves with your case and do any needed research before your visit. Please submit via:

- 1) **Fax: (770) 627-5309**
- 2) **Email: info@anhcg.com**
- 3) **Mail (if there is sufficient time):**

**Advanced Natural Healthcare & Genetics
2230 Towne Lake Parkway, Building 1000-120, Woodstock, Georgia 30189**

Confirming Your Appointment

We will call you to confirm your appointment one business day prior to the appointment. If we fail to reach you, please leave a message at (678) 324-6963 or email us confirming the appointment at info@anhcg.com. Your initial visit will take about an hour. Please arrive a little early, as our schedule often won't allow us to start an appointment late.

If you would like your appointment to be moved to an earlier date, let us know and we will call you if there is an opening.



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**Before Receiving Consultation or Treatment In Our Office
Please Review These Principles Outlined Below**

1. Dr. John C. Thomas' goal is to provide you with adjunctive and supportive care for your health condition. We do not claim to treat or cure any disease or medical diagnosis.
2. Our office offers some services that are not covered by insurance. These services are considered experimental and may not be billed to your insurance. Dr. John C. Thomas will review all services that are considered covered services and those that are not.
3. Nutritional support may be offered for your case. Nutritional supplements are not FDA regulated and have not been proven to cure or treat any disease or illness. If Dr. John C. Thomas recommends supplementation in your case you may use the products we have in our office or you may purchase your supplementation elsewhere.
4. Our services are not a replacement for your medical treatment. We choose to work alongside your medical provider as this serves you in the most effective manner possible.
5. Dr. John C. Thomas will never give advice on the use of your medications. Medications must be managed by your medical doctor. You must work with a medical doctor for the management of any medications you take now or in the future.
6. I completely understand that there are no guarantees of help, correction, relief, or cure, written, spoken, or implied. I understand that this clinic does NOT treat any disease or any medical diagnosis.
7. I am making a sane and conscious decision to seek advice as per the above understood terms for either myself and/or my dependents. In doing so, I agree to the above terms and acknowledge this with my signature below.

Patient Signature: _____

Date: _____

New Patient Application

Today's Date: _____

Please Print Clearly. Please complete ALL information on this form.

PERSONAL INFORMATION

First Name: _____ Middle Initial: _____ Last Name: _____
Called (Nick) Name: _____ Age: _____ Birth Date: _____ Gender: M F
Home Address: _____ City: _____
State: _____ Zip: _____ Email: _____ May we send you our online newsletters? Y N
Home Phone: _____ Cell Phone: _____ Work Phone: _____
Employer: _____ Occupation: _____
Marital Status: S M W D # of Children: _____ Spouse's Name: _____
Emergency Contact: _____ Phone: _____
Primary Physician: _____ Phone: _____

How did you hear about us? Internet/ Google Facebook/Instagram Doctor _____
 Advertisement in _____ Family/Friend _____ Co-Worker _____

HEALTH HISTORY

Please list your 5 major health concerns in order of importance :

Health Concern Description	Approx. Date Began	Complications or Comments	Full Recovery?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

List any major illnesses, injuries, and/or surgeries with approximate dates:

Illness, Injury, Surgery Description	Approx. Date Began	Complications or Comments	Full Recovery?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Any Doctor Visits within: 12 Months; For: _____ I deny any doctor visits

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PRESENT COMPLAINTS

List the main health complaints you have in order of their importance:

1. Description of your **MAIN** or **WORST** health problem: _____

When did your complaint begin? _____ The condition is: New Recurring Exacerbation Chronic

Describe how your complaint began? _____

How often do you experience your complaint?

Constant (76-100% of day) Frequent (51-75% of day) Occasional (24-50% of day) Intermittent (0-25% of day)

Is your complaint changing? Getting Better Getting Worse Not Changing

Is your complaint worse in the: Morning Afternoon Night With Activity All the time Unpredictable

What activities do you enjoy, but do poorly or not at all due to your complaint? _____

Who have you seen for your current complaint? Nobody Medical Doctor Osteopath Physical Therapist

Other Chiropractor Other _____ Treatment: _____

What have you done to control your symptoms: _____

What are your expectations/goals from care in our office? _____

Please rate the intensity of your symptoms on a scale of 0-10 (0 being no symptoms, 10 being extreme) _____ Current _____ Avg

2. Description of your **SECOND WORST** health problem: _____

When did your complaint begin? _____ The condition is: New Recurring Exacerbation Chronic

Describe how your complaint began? _____

How often do you experience your complaint?

Constant (76-100% of day) Frequent (51-75% of day) Occasional (24-50% of day) Intermittent (0-25% of day)

Is your complaint changing? Getting Better Getting Worse Not Changing

Is your complaint worse in the: Morning Afternoon Night With Activity All the time Unpredictable

What activities do you enjoy, but do poorly or not at all due to your complaint? _____

Who have you seen for your current complaint? Nobody Medical Doctor Osteopath Physical Therapist

Other Chiropractor Other _____ Treatment: _____

What have you done to control your symptoms: _____

Please rate the intensity of your symptoms on a scale of 0-10 (0 being no symptoms, 10 being extreme) _____ Current _____ Avg

3. Description of your **THIRD WORST** health problem: _____

When did your complaint begin? _____ The condition is: New Recurring Exacerbation Chronic

Describe how your complaint began? _____

What have you done to control your symptoms: _____

Please rate the intensity of your symptoms on a scale of 0-10 (0 being no symptoms, 10 being extreme) _____ Current _____ Avg

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GENERAL HEALTH QUESTIONS (Please answer the following questions?)

Metabolism

What is your present weight? _____ What is your ideal weight? _____ Are you currently: Gaining Weight Losing Weight
Are you losing weight without trying? No Yes Do you have problems with recurring headaches? No Yes

Pain

Do you experience pain or stiffness? Neck Upper back Low back Shoulders Hips Other _____

Energy & Sleep

Are you experiencing unusual fatigue and loss of energy? No Yes What time(s) of day are you most tired? _____
Do you have trouble getting to sleep? No Yes Do you feel groggy and not rested in the morning? No Yes
Do you wake in the night and have trouble getting back to sleep? No Yes How many times do you wake up in the night? _____
What time do you usually go to sleep? _____ Number of hours of sleep per night? _____
Does your pain wake you up at night? No Yes

Mood

Do you get: Depression Worry Lack of Concentration Memory Problems Anxiety Panic Attacks Other
Do you have irritability or mood swings? No Yes

Digestion

Do you have or experience? digestive gas bloating constipation diarrhea reflux heartburn
Have you had a change in bowel or bladder habits? No Yes
Number of bowel movements: More than 1/day 1/day Every 2 days 3/week 2/ week 1/ week Other _____

Allergies

Do you have allergy or sinus problems? No Yes List any food / substances you are sensitive or allergic to: _____

STRESS or MAJOR LIFE CHANGES: (divorce, losses, trauma, job, relocation, major life problems, etc.)

Blood Sugar Levels (if checked)

The HIGHEST your blood sugar gets: WITH medication _____ WITHOUT medication _____
The LOWEST your blood sugar gets: WITH medication _____ WITHOUT medication _____

FAMILY HISTORY

Father: Age: _____ or Age at Death: _____ Cause of Death: _____ Significant Illness: _____

Mother: Age: _____ or Age at Death: _____ Cause of Death: _____ Significant Illness: _____

Are there any diseases or conditions common among your family members? No Yes, which relative and what type of condition?
 Cancer Diabetes Heart Other _____

Any household pets or other animals you or family members are in close contact with? _____

Do pets have health conditions of any kind? No Yes What kind? _____ How many? _____

WOMEN ONLY

OB/GYN I have never been pregnant I have been pregnant I am currently pregnant I am NOT pregnant

Menstrual: Age of onset _____ Last menses ____/____/____ My menses are Regular / Irregular I am in menopause

Do you experience cramping? No Slight Moderate Severe **Do you have PMS symptoms?** No Yes

Is so, what? Bloating Cravings Back Pain Irritable Moody Other _____

Birth Control Pill Information: Have you ever used Hormonal-type Birth Control? (Pills, Patch, Injection, Implant, IUD) No Yes

Are you currently on Birth Control? No Yes Total years on Birth Control? _____ Stopped _____ years ago

I was originally on Birth Control for: Birth Control PMS / Irregular Cycle / Other Problem (Fibroids, Endometriosis, etc.)

HEALTH HISTORY (Please check the correct box for each item below. Check at least one box for each sign or symptom listed)

- Childhood Illness:** ADD Bed Wetting Diabetes Food Allergies Measles Seizure Disorder
 I deny any Allergies Hay fever Cerebral Palsy Ear Infections Headaches Mumps
childhood illnesses Sickle Cell Asthma Chicken Pox Fetal Drug Exposure Hepatitis Mono
 Spina Bifida Eczema/Rash Depression HIV Scoliosis Other

- Adult Illness:** Alzheimer's Anemia Arthritis Asthma Cancer Suicide Attempts Seizure Disorder
 I deny any CRPS(RSD) CVA(stroke) Kidney Dx. Depression Hypertension Multiple Sclerosis Epstein Bar
adult illnesses Emphysema Eye Problem Fibromyalgia HIV Hepatitis Diabetes (insulin / non-insulin)
 Heart Dx Liver Disease Lunge Disease Chron's/Colits Shingles Lupus (Discoid / Systemic)
 Parkinson's Pleurisy Pneumonia Psychiatric Scoliosis Influenza Pneumonia
 STD's Ear Infection Thyroid Vertigo Chicken Pox Similar to current complaints
 Other

- Any Injuries:** Broken Bones Head Injury Industrial Accident Soft Tissue Injury
 I deny any Back Injury Disc Injury Joint Injury Motor Vehicle Accident
injuries Severe Fall Disability Severe Laceration

- Any Surgeries:** Angioplasty Appendectomy Caesarean Section Cardiac Catheterization
 I deny any surgeries Carpal Tunnel Coronary Bypass Cosmetic Hernia Repair
 Dental Surgery Gallbladder Hemorrhoidectomy Joint Reconstruction
 Hysterectomy D & C Laminectomy Joint Replacement
 Mastectomy Pacemaker Rotator Cuff Spinal Fusion
 Tonsillectomy Other: _____

SOCIAL HISTORY

- Educational Level** (highest you attained): Grade School High School-Graduate High School-No Degree High School-GED
 College-Graduate College-No Degree College-Postgraduate

Exercise: None Occasional Regular Frequent / Heavy What kind: _____

Substance Usage: Alcohol: None Rarely Occasionally Heavy Recovering Alcoholic/How long? _____
Types? _____ # _____ how many per: Day Week Month

Recreational Drugs: None Past Type Used: _____ How Often? _____

Tobacco: None Cigarettes, packs per day: _____ Chews, pouches per week: _____
 Dip, cans per week: _____ Previously smoked: _____ years, and quit _____ years ago

Caffeine: None Sodas (regular diet) _____ glasses per: Day Week Month
 Coffee _____ cups per: Day Week Month (Sugar milk non-dairy creamer)
 Tea (sweet unsweet) _____ glasses per: Day Week Month
 Energy Drinks _____ per: Day Week Month

Sweets: None Chocolate / Candy _____ times per: Day Week Month

Milk / Dairy: None _____ times per: Day Week Month

Wheat Products: None _____ times per: Day Week Month (include bread, bagels, pasta, etc.)

Other Grains: None _____ times per: Day Week Month (rice, oats, corn, quinoa, etc.)

How Much Water Do You Drink (8 oz. glasses / day): None 1-3 4-6 7-9 10-12 13-15 16+

Hobbies You Enjoy: _____

Hobbies / Activities that are limited or prevented by your current health condition? _____

DAY 1

BREAKFAST (Time eaten: _____) _____

LUNCH (Time eaten: _____) _____

DINNER (Time eaten: _____) _____

SNACK (Time eaten: _____) _____

SNACK (Time eaten: _____) _____

DAY 2

BREAKFAST (Time eaten: _____) _____

LUNCH (Time eaten: _____) _____

DINNER (Time eaten: _____) _____

SNACK (Time eaten: _____) _____

SNACK (Time eaten: _____) _____

DAY 3

BREAKFAST (Time eaten: _____) _____

LUNCH (Time eaten: _____) _____

DINNER (Time eaten: _____) _____

SNACK (Time eaten: _____) _____

SNACK (Time eaten: _____) _____

Was the past 3 days of food your typical dietary intake? No Yes if No explain _____

How many meals do you typically eat per day? _____ if not 3 meals per day, which meals do you skip most often? _____

How often do you eat out? None _____ times per: Day Week Month Where? _____

List the three worst foods you eat during the week: _____

List the three healthiest foods you eat during the week: _____

DRUGS, MEDICATIONS, SUPPLEMENTS (Please list current medications and supplements being taken, include over the counter medication)

Medications: None Allergies Anti-Depressants Blood Pressure Insulin Muscle Relaxers
 Nerve Pills Pain Killers Cholesterol Other: _____

Drug/Supplement Name	Taken for What or Condition?	Taken How Often?	Aprox. Start Date	Results/Side effects experiencing?
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Antibiotics: # of antibiotic prescribed or taken in past year: _____ Avg. # prescribed or taken per year for past 5 years: _____

TOXIC EXPOSURE

To your knowledge, have you ever had long-term exposure to chemicals, pesticides, herbicides, radiation, or heavy metals?

No Yes, explain _____

DENTAL WORK (Please indicate how many of the following you have:)

- Silver Fillings # ___ Current / #___ Previous Gold Crowns or inlays Root Canals _____ Braces Bleeding Gums
- Composites (tooth-colored) _____ Stainless steel crowns or inlays _____ Root Canals with EndoCal _____
- Extractions _____ Porcelain crowns or inlays _____ Posts _____ Sensitive Teeth _____
- Bridgework _____ DeGussa Porcelain crowns or inlays _____ Implants _____ Bad Bite _____
- Partial or Full Dentures _____ Veneers _____ Temporaries _____ New Cavities _____

Have you had any teeth extracted? (wisdom teeth, four bicuspid extraction, etc?) No Yes _____

Have you had dental surgery? (gum surgery, jaw surgery, etc?) No Yes _____

Do you need further dental work? No Yes, if so what? _____

REVIEW OF SYSTEMS (Please mark ALL boxes that apply.)

Constitutional: Chills Night Sweats Weight Gain Weight Loss Fatigue Fever Daytime Drowsiness
 I deny any constitutional issues

Eye/Vision: Blindness Double Vision Eye Pain Photophobia Tearing Blurry Vision Cataracts
 I deny any eye/vision issues Change in Vision Glaucoma Field Cuts Itchy Eyes Wear Glasses / Contacts

Ears, Nose and Throat: Bleeding Fainting Nasal Congestion Ear Drainage Post Nasal Drip Runny Nose
 Discharge Headaches Sinus Infections Ear Infections Hoarseness TMJ Problems
 I deny any E/N/T issues Dizziness Smell Loss Dental Implants Hearing Loss Ear Pain Snoring
 Sore Throats (frequent) Tinnitus (ringing in ears) Difficulty Swallowing

Respiration: Asthma Coughing up blood Sputum production Cough Shortness of breath Wheezing
 I deny any respiratory issues

Cardiovascular: Angina (chest pain or discomfort) Heart Murmur Palpitations (irregular or forceful heart beats)
 I deny any cardiovascular issues Claudication (leg pain/achiness) Heart Problems Paroxysmal Nocturnal Breathing (waking at night with shortness of breath)
 Swelling of legs Ulcers
 Varicose Veins Orthopnea (difficulty breathing while lying down)

Gastrointestinal: Abdominal Pain Belching Indigestion Difficulty Swallowing Vomiting Blood
 I deny any gastrointestinal issues Rectal Bleeding Diarrhea Jaundice Abnormal Stool Caliber (quality)
 Black/Tarry Stools Heartburn Nausea Abnormal Stool Color
 Constipation Hemorrhoids Vomiting Abnormal Stool Consistency

Female: Birth Control Therapy Cramps Irregular Menstruation Vaginal Discharge
 I deny any female issues Breast Lump/Pain Frequent Urination Urine Retention
 Burning Urination Hormone Therapy Vaginal Bleeding

Male: Burning Urination Frequent Urination Erectile Dysfunction
 I deny any male issues Prostate Problems Urination Retention Hesitancy/Dribbling

Endocrine: Cold Intolerance Excessive Appetite Excessive Thirst Goiter Hair Loss
 I deny any endocrine issues Voice Change Excessive Hunger Frequent Urination Heat Intolerance Diabetes
 Unusual Hair Growth

Skin: Nail Texture Changes Hair Loss Itching Varicosities Skin Color Changes
 I deny any skin issues Hair Growth Hives Rash Skin Lesions/Ulcers History of Skin Disorders
 Paresthesia (numbing/prickling/tingling)

Nervous System: Dizziness Limb Weakness Numbness Sleep Disturbance Tremors
 I deny any nervous system issues Facial Weakness Loss of Consciousness Seizures Strokes
 Headaches Loss of Memory Stress Unsteadiness of Gait

Psychological: Anxiety Depression Mood Changes Convulsions Appetite Changes
 I deny any psychological issues Insomnia Memory Loss Confusion Bipolar Disorder Other

Allergy: Anaphylaxis (history of sneezing) Food Intolerance Itching Sneezing Nasal Congestion
 I deny any allergy issues

Hematology: Anemia Blood Clotting Bleeding Fatigue Bruises Easily
 I deny any hematology issues Blood Transfusions Lymph Node Swelling

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Financial Terms of Acceptance and Consent

I understand this care does not promote or practice medicine, any decisions about medication changes or alterations must be discussed with your medical doctor. Many of the treatments used to help support your condition including functional medicine/genetic evaluations, bioresonance testing, detoxification and nutritional support, brain-based therapies, PEMF, RIFE, infrared light therapy, infrared sauna, oxygen or vibration therapy may not be covered by insurance and may not be reimbursable.

The patient acknowledges and agrees to be responsible to Advanced Natural Healthcare and Genetics, Inc. for any costs incurred in collecting checks that are denied due to insufficient funds, stopped payments, or any other reason. A service charge of \$30.00 will be charged for any check upon which payment is denied.

If the patient chooses to finance care through a 3rd party, the patient understands that the financing companies are separate and distinct entities and are not affiliated with Advanced Natural Healthcare and Genetics, Inc. or Dr. John C. Thomas. Therefore, we are not responsible for any dispute between the patient and the financing company.

It is impossible for the doctors to know exactly how many treatments or consultations the patient will need to reach maximum recovery. The support plans recommended above is an approximation and may be adjusted according to patient presentation.

In the event the patient terminates the care prematurely, the patient is responsible for all care they have received at the time of termination minus any discounts offered and will be refunded any pro-rated fees owed based on the current fee schedule. The fee schedule for each service is listed or available by contacting our office. We cannot legally refund any fees for service already performed, even if the patient is not satisfied with the results of the treatment. Refunds are issued within 30 days. Any prepayment of testing and services that are not completed within 6 months of being issued and paid for, will be forfeited unless other arrangements have been made with our office, such as an agreement to pause care due to unforeseen circumstances.

I hereby consent to the performance of consultation, examination, diagnosis, diagnostics, and any treatment listed above, on me (or the patient named above, for whom I am legally responsible) by Dr. John C. Thomas and/or other professionals working at the clinic or office who now or in the future treat me while employed by, working or associated with, or serving as a backdrop for Dr. John C. Thomas and Advanced Natural Healthcare and Genetics, Inc. I understand and I am informed that there is the unlikely possibility of adverse events from examination and treatment including, but not limited to, soreness, fractures, disc injuries, strokes, dislocations, sprains, increased symptoms and pain, or no improvement of symptoms or pain. I agree that if I suspect any adverse event that I will inform Dr. Thomas immediately. I do not expect the doctor to be able to anticipate and explain all risks and complications, and I wish to rely on the doctor to exercise judgment during the course of the procedure which the doctor feels at the time, based on the facts then known, is in my best interest. I further acknowledge that no guarantees or assurances have been made to me concerning the results intended from the treatments. I understand that this clinic does not treat disease or any medical diagnosis. I intend this consent form to cover the entire course of treatment of my present condition and for any future condition(s) for which I seek treatment. I understand that I may refuse treatment at any time and that I am responsible for my healthcare choices.

NOTE: Due to the cutting-edge nature of our care, Insurance does not pay for Genetics/Nutrigenomics, Neurological Services, Functional Medicine/Nutrition, bioresonance Testing, most advanced lab testing and therapies. You will have to pay for services in this office. Some major medical insurance may pay for standard lab testing, but more functional tests are falling outside their coverage and are as a result cash-basis. We have contracted with several discount labs which offer a discount off retail test prices as well. Most functional tests, including genetics, salivary tests, stool tests, food antibody tests and immune panels are non-covered and are therefore the responsibility of the patient.

By signing below, I acknowledge that I understand and agree to all terms of acceptance. I also acknowledge that any questions that I have regarding treatment, or my financial obligation, have been met to my satisfaction. I understand that this is a legal and binding document.

TO BE COMPLETED BY THE PATIENT

Printed Name: _____ Signature: _____ Date: _____

TO BE COMPLETED BY THE PATIENT'S REPRESENTATIVE IF PATIENT IS A MINOR OR PHYSICALLY OR LEGALLY INCAPACITATED

Patient's Name: _____ Patient's Signature: _____

Date Signed: _____ Signature of Representative: _____

Relationship or Authority of Patient's Representative: _____