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**Calle Virgen 3660 la Calma Zapopan 45070 México**

[www.centrocauce.org](http://www.centrocauce.org)

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# **PATIENT**

|  |  |
| --- | --- |
| Name and Last name |  |
| Birthdate |  |
| Place of Birth |  |
| Sex |  |
| Address |  |
| Home Phone Number |  |
| Cel Phone Number |  |
| Email |  |
| Facebook |  |
| Weight and Height |  |
| Civil Status |  |
| Number of Children |  |
| Reason for consultation why, what, when, how, since when, calming factors, aggravating factors *(questions to be asked to understand the problem).* |  |
| Medical follow-up: *general practitioner, current medical treatment, medical history, surgical history, recent health examinations, diagnosed pathologies, allergies* |  |
| How much budget can you invest each month in your health?  This question is to adapt your work according to your possibilities. |  |

**Working conditions**

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| What is your job?  Cual es tu trabajo? |  |
| How is your relationship with your co-workers?  Como es la relación con tus compañeros de trabajo? |  |
| How do you get to work and how long is the journey?  Como te transportas al trabajo y que tan largo es el trayecto? |  |
| Do you work at a desk? If so, has a specialist adjusted your workstation?  Trabajas en escritorio? Si es así algún especialista ha ajustado tu lugar de trabajo? |  |
| Are your health problems more serious on days when you work? The days off?  Tus problemas de salud son mas serios los días que trabajas? O cuando no trabajas? |  |

**Physical activity**

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| --- | --- |
| Do you participate in any physical activity? If so, how often?  Participas en alguna actividad física? Si es así cual? Y que tan seguido? |  |
| Does this activity influence your symptoms?  Esta actividad influencia tus síntomas? |  |
| What other physical activities attract you?  Que otro tipo de actividades físicas te atraen? |  |
| How long do you walk on average on weekdays?  Cuanto tiempo caminas promedio en los días de la semana? |  |
| Have you ever practiced activities like yoga, stretching, Tai-Chi, or meditation?  Has practicado alguna vez activides como yoga, estiramientos, tai chi, o meditación? |  |

**Center n ° 1 - Flourishing social relations**

**Body parts:** *musculoskeletal system, blood, immune system and skin*

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| Do you regularly have chronic muscle spasms, cramps or pain?  Padeces regularmente de espasmos musculares crónicos o dolores por calambres? |  |
| Do you have anemia? Do you have bleeding disorders? Do you have a tendency to develop viruses and chronic fatigue?  Tienes anemia? Tienes problemas de sangrado? Tienes tendencia a desarrollar virus o fatiga crónica? |  |
| Do you have a tendency to give more than you receive?  Tienes tendencia a dar mas de lo que recibes? |  |
| When you see someone who is suffering, do you try to help them?  Cuando vez a alguien que esta sufreindo, tratas de ayudarle? |  |
| Are you inopportune in your social relationships? Do you have trouble being a diplomat?  Eres inoportuno en tus relaciones sociales? Tienes problema en ser diplomático? |  |
| Were you a shy person? Are you still?  Fuiste una persona tímida? Aun lo eres? |  |
| Does your state of health have a tendency to weaken with the change of season?  Tu estado de salud tiene a alterarse cuando hay cambios de estación? |  |
| Do the regular and unexpected changes that occur in your life make you nervous?  Los cambios regulares o inesperados que ocurren en tu vida te ponen nervioso? |  |
| Do you have the impression of being the black sheep of your family?  Tienes la impresión de ser la oveja negra de la familia? |  |
| Are you the type of person that others automatically come to see when they have a problem?  Eres el tipo de persona que los otros automáticamente vienen a verte cuando tienen un problema? |  |
| Do you have a tendency to quickly cut ties in a relationship if there is a problem with someone?  Tienes tendencia a terminar de manera rápida una relación si hay algún problema con alguien? |  |

**Center N ° 2 - Money and love**

**Body parts:***urinary system, reproductive organs, lower back and hips*

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| Do you have gynecological problems *(for men, prostate or testicular problems)*  Tienes problemas ginecológicos o en el caso de hombres problemas de próstata o testículos? |  |
| Do you feel a lack of sexual desire?  Sientes falta de deseo sexual? |  |
| Do you care a lot about the competition?  Does your environment have a tendency to reproach you for this aspect?  Te importa mucho la competencia? Tu medio ambiente tiende a reprocharte esto? |  |

**Center n ° 3 - Perception of own identity, good self-esteem**

**Body parts:** *digestive system, weight, adrenal glands, pancreas, addiction*

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| Do you have addiction problems such as alcohol, cigarettes, drugs or medications? Tienes problemas de adicciones como al alcohol, los cigarros, las drogas o los medicamentos? |  |
| Do you have bulimic or anorexic behaviors?  Tienes comportamientos bulímicos o anoréxicos? |  |
| Do you obsessively worry about your weight?  Te preocupas obsesivamente por tu peso? |  |

**Score** :

**Center N ° 4 - Balance between your wishes and those of the loved one**

**Body parts:** *cardiovascular system, lungs or chest*

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| Does your environment often tell you that you are too sensitive?  Tu medio ambiente te dice seguido que eres muy sensible? |  |
| You often ask close people how do they feel?  Le preguntas seguido a las personas cercanas como se sienten? |  |
| Is your mood sensitive to the weather, to the change of seasons?  Tu estado de animo es sencibla al clima o cambios de estación? |  |
| Have you ever cried because of your job? Has llorado alguna vez a causa de tu trabajo? |  |
| Do you cry often and easily?  Lloras seguido y fácilmente? |  |
| Do you have a tendency to get upset and angry easily? Tienes tendencia a estar triste o a enojarte fácilmente? |  |
| When something is wrong and you feel bad, do you have a tendency to isolate yourself and distance yourself from others? Cuando algo esta mal y te sientes masl tienes la tendencia a aislarte a distanciarte de los demás? |  |

**Center N ° 5 - Good communication**

**Body parts:** *mouth, cervical region and thyroid*

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| Do you currently have dental problems? Have you had any in the past?  Tienes seguido problemas dentales? Has tenido en el pasado? |  |
| Do you often have a sore throat?  Tienes seguido dolor de garganta? |  |
| Did you have trouble following directions when you were younger?  Tuviste problemas para seguir instrucciones cuando eras mas joven? |  |
| Is it difficult for you to stay focused and listen when you are on the phone?  Te es difícil mantenerte enfocado y escuchar cuando estas al teléfono? |  |
| Do you have difficulty making yourself understood when you talk to your surroundings?  Te es difícil hacerte entender cuando hablas a tu alrededor? |  |
| Do you have difficulty expressing yourself in public?  Tienes dificultad para expresarte en publico? |  |
| Do you have a tendency to say yes, even if you think otherwise, just so you don't have to justify yourself?  Tienes tendencia a decir si aun cuando piensas lo contrario, solo para no tener que justificarte? |  |
| Do you have dyslexia, speech, or speech problems when you feel uncomfortable or stressed?  Tienes dislexia, problemas para hablar cuando te sientes incomodo o estresado? |  |
| Do you have the impression of communicating better with animals than with people?  Tienes la impresión de que te comunicas mejor con los animales que con las personas? |  |
| Do people often turn to you to find a solution to their problems?  Te buscan seguido las personas para encontrar una solucion a sus problemas? |  |

***Center N ° 6 - Opening of the mind and curiosity***

**Body parts:** *brain, eyes (vision), ears (hearing)*

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| Do you have insomnia problems?  Tienes problemas de insomnio? |  |
| Do you suffer from memory loss?  Sufres de perdida de memoria? |  |
| When you are given restricted speaking time, do you have difficulty respecting it? Cuando te dan tiempo limite para hablar tienes problema en respetar esto? |  |
| Are you having difficulty answering the multiple choice questionnaires?  Tienes dificultad para contestar los cuestionarios de opción multiple? |  |
| Do you have the impression that your mind is often in the clouds?  Tienes la impresión de que tu mente seguido esta en las nubes? |  |
| Are you reluctant to the idea of learning new technologies and new ways of operating?  Rechazas la idea de aprender nuevas tecnologías o nuevas formas de operar? |  |
| Do you feel a real well-being in nature? Do you sometimes have the impression of being one with her?  Te sientes realmente bien estando en la naturaleza? Tienes la impresión algunas veces de que era uno con ella? |  |

***Center N ° 7 - Spiritual power, belief in yourself, in a divinity or in a spiritual energy***

**Body parts:** *related to serious diseases, chronic or degenerative pain*

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| --- | --- |
| Are you someone closed to spirituality or religions?  Eres alguien cerrado a la espiritualidad o las religiones? |  |
| Are you the type to always go to work without taking a day off, even if you don't feel well?  Eres el tipo de persona que va al trabajo sin tomar un día de descanso incluso sino te sientes bien? |  |
| Do you have a tendency to trigger health problems and mood problems?  Tienes tendencia a desencadenar problemas de salud o problemas de estados de animo? |  |

**SLEEPING**

**Read the article on sleep**

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| --- | --- |
| How is your sleeping?  Como es tu sueño? |  |
| Is it different when you are not working?  Es diferente cuando no trabajas? |  |
| Do you stay in front of the television or a computer screen before going to sleep? Do you stay a long time in a bright room?  Permaneces frente al telvisor o la computadora antes de ir a dormir? Permaneces largo tiempo en una habitación iluminada? |  |

**EATING HABITS**

**Read the article on food**

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| What are your dietary goals?  Cuales son tus metas en cuanto a alimentación? |  |
| Can you describe your breakfast to me?  Me puedes describir tu desayuno? |  |
| Can you describe your eating habits for the midday meal? What do you eat when you are at work? And when you are not working?  Me puedes describir tus hábitos para la comida del mediodía? Que comes cuando eres en el trabajo? |  |
| Can you describe your dinner to me?  Me puedes describir tu cena? |  |
| Do you eat between meals? If so, what do you eat? Comes entre comidas? Si es así, que comes? |  |
| Do you have food cravings? Which? When?  Tienes antojos de comida? Cuales? Cuando? |  |
| Do you consume products of organic agriculture?  Consumes productos de agricultura orgánica? |  |
| What type of sugar do you use *(honey, agave syrup, brown sugar, white, sweetener)?*  Que tipo de azúcar usas? *(miel, jarabe de agave, azúcar morena, azúcar blanca o edulcorante)?* |  |
| What type of bread, pasta, flour or rice do you consume most frequently *(refined, semi-refined, complete)?*  Que tipo de pan, pasta, harina o arroz consumes mas frecuentemente, *(refinados, semi refinados, o completos)* |  |
| What type of oil *(or fat)* do you consume?  Que tipo de aceite o grasa consumes? |  |
| Are you more attracted to sweet or salty?  Te atrae mas lo dulce o lo salado? |  |
| What do you consume regularly *(fresh, non-processed products, processed or transgenic products)* and in what percentage?  Que consumes regularmente *(frescos, productos no procesados, procesados o productos transgénicos)?* |  |
| Do you consume dairy products? Which? Consumes productos lácteos? Cuales? |  |
| How much water do you drink daily? Where is it from?  Cuanta cantidad de agua consumes diariamente? De donde proviene? |  |
| Can you tell me if you consume the following products? How much and how often *(coffee, tea, fruit juice, soft drinks, alcohol, cheese, fish, white meat, red meat, cold cuts, eggs, fresh or frozen uncooked vegetables, fresh fruits, carbohydrates or starches, legumes , grains, oilseed dried fruits, spices, cakes, cakes, cookies, sweet desserts, chocolate)*?  Puedes decrime si consumes los siguientes productos? Cuanto y que tan seguido *(café- te. Jugo de frutas, bebidas suaves, alcohol, queso, pescado, carne blanca, carne roja, fiambres, huevos, vegetales frescos, congelados o crudos, frutas frescas, carbohidratos o almidones, legumbres, granos, frutas secas y oleaginosas, especias, pasteles, galletas postres dulces, chocolate)*? |  |
| Where are you used to eating *(at the table, with your family, in front of the television or in front of the computer ...)*?  Donde acostumbras comer *(en la mesa, con la familia, en frente de la televisión o enfrente de la computadora.. )*? |  |
| Do you have the habit of taking food supplements *(vitamins, minerals ...)?*  Tienes el habito de tomar suplementos alimientcios *(vitaminas, minerales… )?* |  |
| What is your average monthly budget for food? Cual es tu presupuesto mensual para alimentación? |  |
| How much time do you spend on average preparing your food?  Cuanto tiempo te toma preparar tus alimentos? |  |