

File # _____

NAME _____
DATE _____

Welcome to the Café of Life!

The Café focuses on vitality! Your health and well-being is your expression of life. Physical, chemical, emotional and spiritual stress can accumulate on a daily basis, interfering and challenging your expression of life. Our goal is to locate and address the interference (subluxation) to your potential with an adjustment allowing your body to realize its fullest life expression. Knowledge about you will help in understanding who you are, why you are here, what you are expecting and how I can help.

Please take a couple of minutes to document your Vital Information. If you have any questions, please do not hesitate to ask one of the Café's staff.

The Café of Life is pleased to serve you. We are committed to serving the exceptional chiropractic experience in order to promote the highest expression of health and well-being.

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Vital Information

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal: _____ - _____

Home Phone: (_____) _____ Business Phone: (_____) _____

Occupation: _____ Email: _____

Date of Birth: ____/____/____
 month day year

Marital Status: Married__Single__Widowed__Divorced__

Name of Spouse/Partner: _____

Do you have children? Y / N __# of children

Names & D.O.B. of Children:

Children living at home? Y / N

Reason for seeking services at the Café of Life:

How were you referred to the Café of Life?

Is there anything about your Nerve System and Spine we should know about?

What is your level of commitment to yourself, your life and wellbeing?

High__ Medium__Low__

Previous Chiropractic Experience:

Life Style History

Everything we have done in the past contributes to who we are today (constructive & destructive). My goal is to help your body release stored/deep tensions and the more I know about you, the more I can help you with your healing process.

What brings you into the Café of Life today?

When did you first notice it and what do you attribute it to?

What goals are you looking to achieve through the Café of Life?

History of Physical Stress, Trauma or Challenges:

The trauma and stress of birth is present in all humans (acknowledged or not). Have you had a challenging birth (or delivery), car accident(s), sports injuries, falls, repetitive injuries, etc...?

History of Chemical Stress, Trauma or Challenges:

Chemicals invade our body every second. Our body's ability to deal with or dispose chemicals is directly related to our expression of Life Force. Are you challenged with asthma, allergies, chemical addictions, toxicity, previous overdose or poisoning, etc...?

History of Emotional Stress, Trauma or Challenges:

Our expression of health, healing and life is greatly influenced by our emotional well-being. Have you been through a difficult divorce/break-up, stressful job, school, family life, etc...?

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Pregnancy/Birthing Experience:

A Typical unnatural birth is usually traumatic for both the mother and child. Children are routinely pulled, twisted, sucked and yanked out of the mother – resulting in the child’s first subluxation. A mother’s experience during pregnancy and birth can also be traumatic, physically and emotionally. What was your experience and how was your child/children brought into this world?

Quality of Nutrition (breakfast, lunch and dinner):

Do you eat junk food, skip meals, diet, etc..? Are you a vegetarian, vegan, raw, macro, meat eater? Do you feel you are lacking something? What are your nutritional goals?

Fluid intake:

What do you drink (alcohol, coffee, tea, cow’s milk, diet soda, etc...) and how often?

Sleep & Rest:

Quality of sleep/Amount of sleep or rest – need more or less?

Exercise:

Exercise is a vital part of life, exercise causes an increase in energy in our bodies. What kind of exercise do you do and how often? Are you happy with your current level of exercise?

Family relationship:

Meaningful time is spent with family. How is your family relationship (dynamic) and how do you feel afterwards (energized, fulfilled, content, frustrated, exhausted)?

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Type of work:

What you do.

Level of satisfaction with career:

Your job, why you do what you do, what you get out of it and how you go about it.

Vacation:

Getting away and enjoying life is part of reconnecting with yourself. Do you allow yourself a vacation? How often and when was your last one?

Outside – In Medicine (over the counter drugs, prescription, recreational, herbal & nutritional supplements):

Your body is always working towards homeostasis (balance). Drugs destroy balance by either depressing innate intelligence (your body's intelligence) or tricking it into excitement. Either way, it is not natural and directly affects how our body heals. (Side note – there is no such thing as a “side effect”, there is only cause and effect. To say death is a “side effect” of loss of Life Force does not make sense.) **List ALL Outside – In Drugs, current and past.**

Play & relaxation:

What do you do to revitalize, re-energize and/or reconnects you with innate (kayak, hike, play with kids, etc...).

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Philosophical Agreement

The Café of Life exists to make a positive contribution in the lives of people, by assisting them to express and experience more Light in their lives, which is Life in the body.

Life, which is Light, is the essence of what sustains us, from the moment of conception until our last breath. Life-Force creates, recreates, adapts and allows for wellbeing and healing within us.

The Nerve System is the medium used for the transfer of vital information essential for all Human Works- from body functions to emotions, creativity, performance and spiritual expression. The “Innernet” is our link between the inner and outer world.

By far, this is the most efficient, specialized, sophisticated, complex and delicate biological information highway known to humanity.

The “Innernet” consist of the brain, the spinal cord, the nerves and the dazzling array of neurotransmitters. The extensiveness of the Nerve System is such that it is impossible to determine where the brain ends and where the body begins.

A free flow in communication enhances one’s ability to express, develop and experience Life fully. Wellbeing, increased performance and greater personal expression are the natural byproducts.

Chiropractic adjustments free up Life Force, which is Light. Allowing every individual whether a newborn, an athlete, or a grandparent to enjoy more Life. This deepens everyone’s potential to heal biologically and at the core.

Due to greater Life Force flow, all area of a person’s Life improves. In some, physical, emotional or mental challenges may clear up quickly, in others, the process is slower, and in some, it is partial or not at all. Yet everyone will benefit on some level from greater Life expression.

Chiropractic is not a substitute, an alternative or a preventative form of medicine. Chiropractic specializes in the expression of Life, wellness, healing and wellbeing. Conversely, Medicine specializes in the diagnosis and treatment of symptoms, sickness and disease.

It is not the Café of Life’s goal or intention to diagnose, treat or attempt to cure any physical, mental, emotional ailments, or to give advice about medical conditions. If while being served, you become concerned about symptoms or conditions, we suggest you discuss this with us and we will seek the help of a symptom, sickness and disease care professional to assist you.

When you get out of bed, you take a risk (actually, there are risks involved with sleeping in a bed), so it is natural that there are risks associated with Chiropractic Adjustments just as there are risks with Yoga, Physiotherapy and Massage. The Café of Life strives to minimize risks and acknowledges there is a greater chance of injury or death from flying in an airplane or eating a Big Mac.

Our primary goal is to release Life in the body.


I _____ the undersigned, have completely read and understood the above statement and choose to be served at the Café of Life with this understanding for our family and ourselves.

Signed _____ Date _____

Adjusting Procedures

As you might have noticed, the Café of Life provides a unique, healing, chiropractic experience. The adjustments provided are in an open environment where other people will be adjusted next to you or someone could be watching your adjustment while they are waiting for theirs. As you are adjusted, others who are present can share the experience of your adjustment and grow with you. When two guitars are next to each other, and you pluck one string on one guitar, the string on the other guitar will begin to vibrate. Furthermore, when similar strings are plucked on both guitars the vibrational frequency (sound & amplitude) will increase. Similarly, imagine two streams. When the two streams combine, they form a much larger stream with more power and a greater capacity to move water also allowing the two separate streams to flow at an optimum rate. This is the logic behind open concept. Receiving an adjustment at the same time as someone else will result in a higher vibration of life, shared awareness and healing.

Your Initial Interview, Lifestyle and Neurospinal Evaluation will be performed in private to allow full discretion and to provide a safe environment to discuss your past, present and future circumstances. If you feel uncomfortable or you feel it is inappropriate to get adjusted in an open environment a private adjusting room will be provided. Furthermore, if you accept or prefer your adjustments in an open environment and later decide you would like to receive adjustments in a private room, one will be provided for you. If, at anytime, you want to stop during an adjustment and continue in the private room or you feel you would like to discuss something privately, this can be accommodated for you. The Café of Life understands we are all different and although I prefer to be adjusted in an open environment, you may not and this is ok. The Café's mission is to provide a healing environment, there is no way of catering to everyone's needs but we will provide privacy when you or we feel it is appropriate.

 I agree, understand and support open room adjusting and understand I have the choice of being adjusted in a private room or an open environment.

Signed, _____ dated, _____