

15 MINUTE PHONE CONSULTATION QUESTION SHEET

1. Goals for colon hydrotherapy or bodywork.
2. How often have you had treatments before? Or have you had treatments before?
3. How often do your bowels move or for bodywork, how often are you in pain or how long have you had the problem?
4. Are your bowel movements soft or hard/ skinny or wide?
5. Have you had any surgery in the last year? If so, where and when?
6. Have you had any fevers or infectious diseases? If so, when and what did you have?
7. Please read “What to do Before a Colonic.” and “The Benefits of Colon Hydrotherapy.” on my website under “articles”. [www.hiraihealth.com](http://www.hiraihealth.com)
8. Have you taken fiber drinks before or for bodywork have you been using pain killers or natural remedies for pain?
9. Do you have/or have you had a diagnosed medical condition? If so, what and when?
10. For any questions regarding this process, please email at [monica@hiraihealth.com](mailto:monica@hiraihealth.com)