

Welcome to the Centre for Optimal Living!

Lifelong health and vitality is our birthright. Few of us know how we lose it and how to get it back. At the Centre for Optimal Living we have an innovative 5 Pillar Approach dedicated to helping you and your entire family express Optimal Health.

Physical, chemical, emotional and mental experiences can accumulate on a daily basis, interfering and challenging your expression of life. This results in aches, pains, and disease, physically, mentally and emotionally.

This journey will begin with Pillar 1, restoring Optimal Nerve Flow between your brain and body. By gently removing the interference to your potential with tonal adjustments your body will begin to heal and reorganize from the inside-out and realize a greater expression of life.

Knowledge about you will help in understanding who you are, why you are coming to the Centre, what you are expecting and how we may best assist you towards Optimal Living.

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 Centre's staff.

The Centre for Optimal Living is pleased to serve your family. We are committed to empowering all of you to express your full life potential so you may experience the highest expression of health, wellbeing & Optimal Living.

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

How were you referred to The Centre for Optimal Living?

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

What is your level of commitment to yourself, your life and journey to Optimal Living?

High_____ Medium_____ Low_____

At the Centre for Optimal Living we transform peoples lives with the 5 Pillars of Optimal Health.

1. Optimal Nerve Flow
2. Optimal Nutrients & Minerals
3. Optimal Mindset
4. Optimal Biomechanics & Movement
5. Optimal Stress & Toxin Reduction

We begin this journey with restoring Optimal Nerve Flow. What else would you like to receive from care in this office? (Pillars 2-5)

What brings you to the Centre for Optimal Living today?

Lifestyle History

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

What goals are you looking to achieve by becoming a client at the Centre for Optimal Living?

History of Physical Stress, Trauma or Challenges:

The trauma and stress of life 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, medication use, previous overdose or poisoning, environmental toxins 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, or any other major change/challenge etc...?

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?

Exercise:

What type of work do you do or how do you spend your days?

Is it a high or low stress environment and/or experience?

Level of satisfaction with career:

Do you have a positive or negative mindset when it comes to life, explain...

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

Your body is always working towards homeostasis (balance).
Drugs may 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. List ALL Outside - In Drugs, current and past.

Any other information about you that you feel may be relevant?

In order to serve you better and set you up for greater success, are we able to send you emails with tips, recipes & info focusing on each Pillar of Health?

Please circle one: Yes No

Thank you for your time and energy.
We look forward to serving you.