Before we begin our journey together, I want to discuss something very important that will have a major impact on your ability to recover and achieve maximum improvement. After many years in practice, I have had the opportunity to work with thousands of patients and have seen many achieve significant improvement while others have become frustrated and failed in their attempts to get well. After careful review, I have discovered the reasons why some people succeed and why others fail. This questionnaire is about much more than eliminating your symptoms – it’s about living a life of vibrant health.

I’ve discovered that the correct way to achieve health and stay healthy is to discuss how you have lived your life up to this point and how you will live it in the future.

Have you ever wondered if you are on the right path to achieving optimal health? The definition of insanity is: "to keep doing the same thing over and over and expecting different results.” If you keep following the course of treatment you have been following and it hasn't been successful, will your results ever change? No. You need a new and improved way to reach your destination.

Most people tell me they’ve made the decision to change. But how many people have truly decided to change? Very few! Why? Because there is a big difference between deciding something and having “reasons” to actually do it. When you make a decision to change and you know your reasons, you create an internal power that can propel you to achieving health and wellness.

Therefore, to help you make significant changes in your health, I want to ask you a few very important questions. I want you to be honest with yourself and really dig deep inside for the answers.

**Instructions:** Please fill in your answers in the space provided below. Just start typing in the grey shaded area. You can use the tab key to move from question to question. Be sure to save this document frequently so you don’t accidently lose your work. Return this document as a WORD document. DO NOT save this as a PDF. Email this WORD document back when you have completed all questions.

PLEASE ANSWER ALL QUESTIONS INDEPENDENT OF EACH OTHER. Please do not leave any answers blank or answer, “I don’t know” to any of these questions.

If you have questions or need help with these forms please do not hesitate to contact us:

Phone: 805-205-9050

Email: info@DrFlannery.com

Skype: healthwise.office

**Health History and Goals Review Questions**

1. List your chief complaints about your health **in order of importance to you**.

**Memory (Being able to save new information), Focus, Mental Fatigue and Word Recall Speed. Details can be found here** <https://www.brainresection.com/my-case-technical-brief/>

1. Provide your health history using a timeline sequence (earliest to most recent).

**2006**: muscle spasm on left side caused the doctor to ask for an MRI. The results were that left temporal lobe was shown. Doctor instructed to ignore and check every year

**2008**: first mild aura during the day

**2009**: surgery conducted in Canada, and 94% was removed. Surgery stopped there as I showed brain challenge during resection.

Since then, seizures starting take place and therefore a medication was given.

Brain challenge (long term and short-term memory has been challenging).

**2013 on words**: I’ve discovered leaky gut, SIBO, Autoimmune problems, bad hormonal readings, and Multiple Food Immune Reactivities.

1. When was the last time you felt well? What do you think has happened to your health since then?

Before surgery, and then things got worse every year.

In the last three months, I got dramatically better (no more seizures and no longer have very difficult fatigue)

1. List all health care providers you have consulted, their opinions, diagnosis, and treatments given.
2. The following are the doctor’s I’ve seen post surgery (2010 onwords)
3. Dr. David Traster
4. Dr. Frank E. Patterson
5. Dr. Jeff Hergenrather
6. Dr. Allan Frankel
7. Dr. Jeanette Queen
8. Dr. Mike Alden (working with Datis Kharazian)
9. Dr. Julian Brag
10. Dr. Berry Stariman
11. Dr. Nasha Winter
12. Dr. Richard Coper
13. Dr. Kamran Fallahpour
14. Dr. Jeanne M. Wallace
15. Dr. David Musnick
16. Linda Clark, MS
17. Michelle Gerencser, MS

That is NOT the whole list. I even have more recent names. Check it out here, and you’ll see more about what I did with them in brief <https://www.brainresection.com/doctor-list/>

1. List any treatments, medications, or supplements that have improved your health.
* **EnteroVite (for many reasons, one of which was controlling seizures!)**
* **CBD (to get rid of Trileptal gradually).  I went down from 900 mg to 300 mg in 3 months**
1. List any treatments, medications, supplements, or foods that have caused you reactions or decreased your health.

The lists are there under <https://www.brainresection.com/current-supplementary-and-dietary-plan/>

Also, my drug interaction discovered newly can be found below

<https://www.brainresection.com/drug-interactions-newly-discovered/>

1. List all medications (not supplements), dosages, and why you are currently taking the medication.

Trileptal 300 mg twice a day. This is a newly reduced number recently!

1. List all supplements (not medications), dosages, and why you are currently taking the supplements.

The list is dynamic, and has a history of failures and successes. You’ll find it clearly in this page <https://www.brainresection.com/current-supplementary-and-dietary-plan/>

1. List in a timeline any medical procedures or surgeries you have had (Please do not write “see medical history / records”).

1984: Appendectomy removal
1990: Mild partial complex seizure, resolved by regulating sleep. No MRI taken

2009: Brain tumor resection in left temporal lobe (grade II)
2017: Hernia repair

1. List any significant laboratory or imaging results you have had (Please do not write “see medical history / records”).

I have two sets. One from <https://www.brainresection.com/cyrex-lab/> and the other is all the other blood work <https://www.brainresection.com/recent-lab-reports/>

You can also check the [Hormone tests](https://www.brainresection.com/hormones/).

You can also look at the [Genetic Testing & Analysis](https://www.brainresection.com/dna-genetic-testing-analysis/) tests, results and supplements

A very key test was also the [SPECT Scan](https://www.brainresection.com/spect-scan/) which comes with a report and a set of recommendations, which I started following.

If you are interested to look at the details of the [surgery, pathology and Functional MRI](https://www.brainresection.com/tumor-assessment/)

1. List in a timeline any exposure to environmental, industrial, or toxic compounds.

No. I took a test from Cyrex Lab recently.

1. List any history of infections (excluding flus and common colds).

None that I’m aware of

1. Have you made the decision to change and to do what it takes to get well?

Yes, for the last 8 years I have been on different set of supplements, diets, exercises, tools, and technologies.

1. Do you think your condition can be cured or improved? (Cured is different than improved)

Yes

1. List the specific improvements in your health you would consider to be a successful outcome in your case, as well as, what you want to achieve under Dr. Flannery’s care?

Improvements: Controlled back my seizures, and my fatigue challenges are almost gone

What do I expect? To find out “Why Isn’t My Brain Working?”, and resolve it

1. What do you consider a realistic amount of time to see changes in your health after beginning care with Dr. Flannery?

Seeing “something” probably in 6 to 12 weeks.

1. How long will it take for you to discontinue management under the care of Dr. Flannery if you see no improvements in your health?

Once he gets bored or have no further possibilities on the table to offer.

1. Is there anything that you think is holding back your health?

Nope.

1. Are there any emotional experiences that can be related to your health condition?

No

1. Is there anyone you blame for your health condition?

Poor diet, surely.

1. Are your spouse and/or family supportive of you seeking care with Dr. Flannery?

Yes.

1. In order to improve your health, are you willing to significantly modify your diet?

Yes. I have been doing and executing for years.

1. In order to improve your health, are you willing to significantly modify your lifestyle?

Yes.

1. In order to improve your health, are you willing to take several supplements each day?

Sure

1. Is there anything you feel you should tell Dr. Flannery about yourself or your case that has not been covered so far?

I suggest you spent time on my website, given that it’s meant only for practitioner to find further ways to know what I’ve been doing so far.