BIOSYNC®
RESEARCH INSTITUTE
™

New Client Package

The practical approach to unfoldment

BioSync Client Intake Form ▶

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Basic and Essential Stretches ▶



Client Intake Form

The practical approach to unfoldment

You ought not to attempt to cure
eyes without head, or head without body,
so you should not treat body without soul.
- Socrates

Client Information

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work phone _____

Cell phone _____ Email Address _____

Referred By _____

The BioSync method is not involved in treatment or diagnosis of disease, nor does it substitute for medical treatment when such attention is needed, desired or required. BioSync Consultants do not treat, prescribe, or diagnose an illness or any other physical or mental disorder. Nothing said or done by a BioSync Somatic Education consultant should be misconstrued to be such. While BioSync may provide relief from physical or emotional symptoms, it is not intended to replace the advice or treatment of a licensed physician. Because bodywork should not be performed under certain medical conditions, I affirm that I have stated in this Client Intake Form all my known medical conditions and answered all questions honestly. I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the consultant's part should I forget to do so.

_____ _____

Client's Signature **Date**

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General Health Information

Date of Birth _____

When was your last complete physical? _____ Height _____ Weight _____

Do you have a Pacemaker? Yes / No

Have you ever received chiropractic care, massage or bodywork before? Yes / No

Can you trace the origin of the present illness to any particular circumstance, accident, illness, incident, mental upset or unusual stress in your life? If yes, please explain.

_____

_____

_____

_____

Every disease, serious illness, accident, physical or emotional trauma and drug leaves its mark and remains as a weak point in our body's system. *BioSync* takes into account details of the past and will work to eliminate these weak points to strengthen your body. That is why it is necessary for us to know about all the ailments you have suffered from in the past and the treatments you have taken.

List all surgeries	**List all accidents**	**List any serious shock, grief, major disappointments, severe fright, nervous breakdown, or period(s) of stress overload.**
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Family History - Check all that apply

	Stroke	Heart	Disease	Arthritis	Cancer	Diabetes	Other
Mother's Side	_____	_____	_____	_____	_____	_____	_____
Father's Side	_____	_____	_____	_____	_____	_____	_____

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Current Symptoms

What is your primary reason for consulting *BioSync* today?

_____

_____

_____

Do you have pain? Y / N Is it sharp Y / N Dull Y / N Constant Y / N Intermittent Y / N
Rate your pain on a scale from 0 - 10 (0=No pain and 10=Severe Pain), please circle: **1 2 3 4 5 6 7 8 9 10**
Does your pain radiate or move? Y / N Describe:_____
What aggravates your condition/pain?_____
What relieves your condition/pain?_____
Is condition worse at certain times of the day? Y / N When?_____
Activities limited due to your condition:_____
Is condition getting progressively worse?_____
Previous doctors or treatments:_____
Any home remedies used? Y / N Explain:_____
Have you ever had same/similar condition before? Y / N Explain:_____

Check any of the following symptoms which you have now or have had in the past. N=now **P=**past

Back Pain	N / P	Leg/feet cramps at night	N / P
Broken Bones	N / P	Neck Pain or Stiffness	N / P
Bruise Easily	N / P	Numbness in Fingers/Toes	N / P
Chest Pain	N / P	Osteoporosis	N / P
Cold Hands/Feet	N / P	Panic Attacks	N / P
Contagious Diseases	N / P	Pins & Needles in Arms/Legs	N / P
Chronic Fatigue	N / P	Pregnant	N / P
Depression/S.A.D.	N / P	Roving muscle/joint pain	N / P
Dizziness/Vertigo	N / P	Severe Menstrual Cramps	N / P
Epilepsy or Seizures	N / P	Shortness of Breath/Asthma	N / P
Feeling of Anxiety	N / P	Sleeping Difficulties	N / P
Headaches	N / P	Soreness	N / P
High Blood Pressure	N / P	Stomach upset/Ulcers	N / P
Irregular Heart Rate	N / P	Stroke or Heart Attack	N / P
Irritable bowel/Colitis	N / P	Tension/Irritability	N / P

Do you have any other conditions I should be aware of?

_____

_____

_____

_____

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About *BioSync*

The body, mind and spirit are interconnected components of whole health. One's optimum health potential will be reached only when a "balance" exists between these three components. Pain and disease are often "symptoms" which result from imbalance in our lives. This form will aid us in discovering symptoms which may be related to imbalances in your life. Even those who are in need of more specialized medical intervention will often benefit from the addition of *BioSync* health care.

The Body

Yes / No Do you exercise regularly?
Yes / No Do you eat properly?
Yes / No Do you consume alcoholic beverages?
Yes / No Do you consume caffeinated beverages?
Yes / No Do you smoke?
Yes / No Difficulty sleeping or falling asleep?
Yes / No Are you taking any prescriptive drugs?
Yes / No Do you take vitamins or natural remedies?

The Mind

Yes / No Do you often feel rushed?
Yes / No Do you easily lose your train of thought?
Yes / No Are you critical of yourself?
Yes / No Is it difficult to shut off or slow your thoughts?
Yes / No Are you intolerant of other's mistakes?
Yes / No Do you prefer to be in control of situations?
Yes / No Is it difficult to motivate yourself?
Yes / No Do you blame others for your feelings?

Whether we are religious or not, believe in God or a Higher Power or not, our religious or spiritual roots often have profound influences on our lives. Recent studies have demonstrated how our faith and spiritual practices affect our health. However, we also recognize that faith, religion and spiritual practices are very personal in nature. You are free to omit any question that you do not wish to answer.

The Spirit

Yes / No Do you consider yourself spiritual?
Yes / No Do you feel a strong sense of purpose?
Yes / No Are you satisfied with your life?
Yes / No Do you pray or meditate?
Yes / No Have you ever had a mystical or spiritual experience?
Yes / No Do you journal?
Yes / No Do you fast regularly?

Life Events - within the last 3 years

Yes / No Death of a Loved One
Yes / No Divorce/Separation
Yes / No Marriage/Family Additions
Yes / No Job/Career Change
Yes / No Illness of a Loved One
Yes/No Change of Residence
Yes / No Change in Financial Status
Yes / No A Difficult Relationship
Yes / No Starting/Finishing School
Yes / No Child Leaving Home
Yes / No Business Difficulties
Yes / No Conflicting goals or responsibilities

Making a significant change in any area of life requires a three step process: acquiring knowledge, making a decision, and taking action. By completing this form, you deserve to be congratulated for taking the first step toward dramatically improving your mental, physical, and emotional well being forever! I am truly delighted to work with you!

Yours In Great Health,

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BioSync Wish List

The practical approach to unfoldment

You are the unconditioned spirit trapped in conditions,
like the sun in eclipse.
-Rumi

Personal Wish List:
Congratulations, you've made it! We are aware that getting here required a wonderful commitment from you.

BioSync sessions will deepen and enrich every facet of your life. Yet, even with all the information and support we've assembled, the quality of your experience will depend on only one person: You! The whole process really begins with you making the decision now to do whatever it takes to raise your life to a new level.

So, commit yourself to the highest possible standard, in being flexible and in giving yourself the freedom to learn, explore, grow and change.

Please write down your personal Wish List. Go on and dream a little. Have fun with it.

Physical:

_____

_____

_____

Emotional:

_____

_____

_____

Spiritual:

_____

_____

_____

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Wish List Continued:

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BioSync Published Articles

The practical approach to unfoldment

Prevention Awareness for Weekend Warriors

by Mark Lamm

Reprinted from Massage & Bodywork Quarterly – Fall 1996

Prevention of what? when? how? Weekend warriors take a high risk subjecting their bodies to intensive physical activities without movement and aerobics during the rest of the week. In a sense they are out of shape, more vulnerable and more likely to sustain trauma and physical injuries.

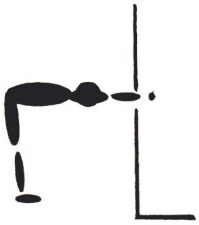
What's the answer? At least some aerobic activity and stretching every other day. When you first begin an aerobic program, contain your enthusiasm, and work out gently only 8 or 10 minutes for the first few workouts. Your body will adapt very quickly and each subsequent workout can be longer and more energetic until you achieve an ideal 20 minutes of continuous aerobic stimulation.

If you are not a member of a fitness center or feel you don't have the time to devote outside of your home or office - there are no excuses! Besides the availability of home exercise equipment - treadmills, stairmasters, exercycles, Nordic Tracks, etc. - probably the least expensive and a very effective piece of equipment is the rebounder, pulled out of the closet when used and hidden otherwise. Another option is a home step aerobics program following a video. It's your choice!

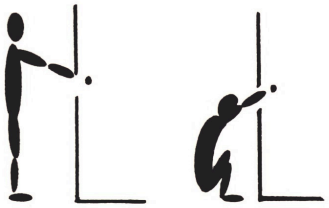
If you observe animals, you'll notice, when they awaken they stretch, it's their instinct that moves them. We need to reawaken this instinct in us. Now, here are some simple movements which can be done anywhere at anytime, in the home, office, or on vacation.

1. Hamstring and upper body stretch - Hold on to the door knob of an open door, put your feet slightly apart, facing directly forward and slightly ahead of your hips while bent at right angles with back straight from the waist.

Relax the breath and feel like you're lengthening the upper body with arms straight, slowly rock your buttocks from side to side, this will further release tension and compression.



2. Spinal stretch - Holding the door knobs with arms straight, feet comfortably apart pointing slightly outward, squat flat footed, with your knees over your feet (do not let them cave in). In this position, let the head relax forward and allow your pelvic floor to release dowward. After a few moments, gently and slowly rock the buttocks back and forth for further release (stay in this position for several minutes before rising).



A program like this starts with baby steps, as you progress, you may wish to add more stretches and movements and extend the times dedicated to your health, your own body will be your motivation. The results are enjoyable weekends with no soreness, stiffness, or excessive tiredness. These positions and movements are natural, if there are obstacles to stretching or exercising, please consult your health practitioner.

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The Effects of Court Surfaces on the Player

by Mark Lamm

Reprinted from Los Angeles Tennis Magazine – March/April 1995

Gravity is the unseen, powerful force that is with us 24 hours a day, 365 days a year, holding us on the planet Earth. As we become active on a flat surface, gravity is intensified, and joint and intervertebral spaces are compressed, creating pressure, wear on cartilage, bone lining and surrounding connective tissue.

Tennis is played on a variety of surfaces (grass, clay, blacktop, plastic or other synthetic materials) each having an impact on the human body. It is imperative to adopt common sense strategies and procedures which give added protection and longevity to avoid the wear and tear that can be experienced.

We tend to get into habits that may affect us adversely over long periods of time, thus it is worth considering some useful and insightful tips on how to prevent injuries and trauma to the body while successfully enjoying the game. It is essential to stretch before and after playing. The ideal way is to gently warm up on the surface you're playing (5 minutes or longer), acclimating yourself to that particular medium. Your body is now warm enough to do simple stretches.

1. Start with lunges to each side until you feel your thighs, (the largest muscle grouping in the body), are properly stretched and warm. Do this several times gently but firmly on each side.

2. Then, move to stretch the Achilles tendon by stepping forward, then bending the forward leg, while keeping the back leg extended with the foot flat on the ground. Again, do this several times gently but firmly on each side, until properly stretched and warm.

3. Now, stand up, feet facing forward, slightly apart and bend down from the hips, letting your head relax and releasing all tension, stretch down without bouncing. Raise up and repeat full movement several times.

4. From there, stand up and stretch the upper body tall, raise both arms overhead and slowly bend to one side and then the other. Also do this movement several times.

5. Stand tall again, raise arms straight out to each side, with the knees slightly bent, look and twist to the right as far as comfortable then to the left completing the rotation. Repeat several times.

Properly warming up the body and stretching allows for an easy and natural adjustment to the playing surface and the necessary focus for peak physical game intensity.

After playing, cool down and stretch again pulling out any compression that may have gathered during the course of the game. This will create a gentle transition from the active dynamics of the game to the now more static state of functioning.

And finally, the shoes you wear should be comfortable, cushioned and supportive, they are, after all, the buffer between you and the surface of the court. Carefully select shoes that support you properly. You should have several pairs depending on the playing surfaces.

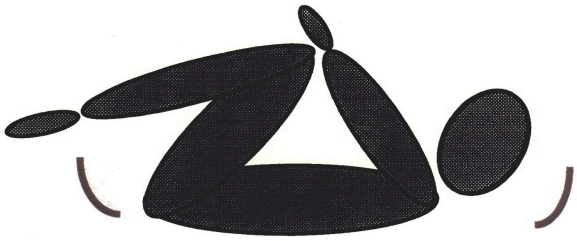
Following these simple strategies and incorporating others during pre- and post game play will extend not only the life of your game but the quality as well!

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BioSync Basic Stretches

The practical approach to unfoldment



Back Roll

Create space around you, then roll on back keeping the kness bent and your chin tucked in the whole time you are rolling. (If the head comes up the body will straigthen). Roll for two to three minutes.



Back Stretch

Pull knees to each side of the chest and hold at the same time pull shoulders and head up. Lengthen out and repeat pulling the knees towards the chest several times. Remember to breathe!



Leg Extension

Lie flat on back and pull left knee up and toward left arm pit, hold shin with left arm. Straighten right leg by flattening foot and pushing heel to the sky, hold the extended leg with right arm. When fully extended, raise head and upper body towards the knee of extended leg. Hold pose and release. Repeat the process on the other side. Do extensions several times on each side.

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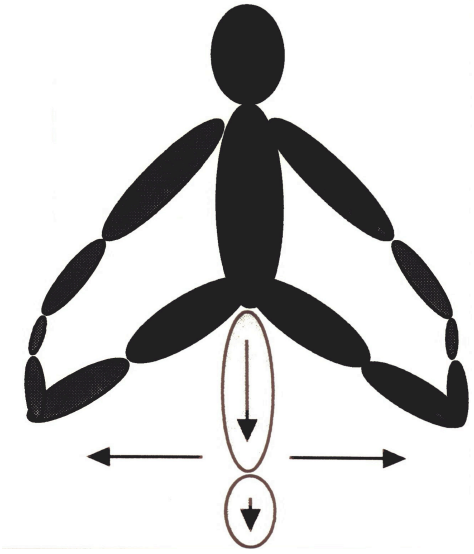
BioSync Basic Stretches

The practical approach to unfoldment



Hamstring Extension

Sit up and extend both legs forward, keeping them 6 to 8 inches apart. Reach under each hip and pull the "sit bones" back towards the wall behind you. This should locate the center of gravity forward and place the body in a better Bio-mechanical alignment. Now, with feet up and vertical to the ground, lift vertically and bring the navel point up and forward. Take a deep breath and release it. Let head relax down and allow gravity to help you extend forward. Stay for about 5 normal breaths. Hold on to the furthest part of legs, feet or toes to to gently extend. Repeat this process two or three times.



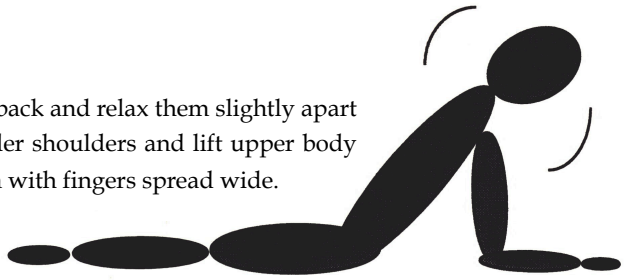
Stradle Pose

Spread legs wide apart to the comfortable limit of your ability. Again, pull out the sit bones. Take a deep breath, go vertical and as you lift extend the navel point forward towards the right knee, lengthen arms to grasp leg, toe or foot. Let head relax down, maintain and breathe in this extended position 5 times. Come up and extend towards left knee repeating process.

Next, sit up straight vertically and extend navel point forward in the middle of floor. Follow by grasping first right and then left leg, toe or foot. Relax, stay, and breathe five times in extended position.

Sphinx Pose

Roll over on stomach. Position legs straight back and relax them slightly apart in a pigeon toed position. Place elbows under shoulders and lift upper body into sphinx position. Hands should be down with fingers spread wide.



Raise sternum first then let chin guide head back. Release any tension in the gluteals and lower back. Breathe softly 5 times and let gravity help you stretch.

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BioSync Essential Stretches

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Cat and Cow

The Cat and Cow horizontal spinal flex is very powerful and will create whole body coordination and integrity. The exhalation through the mouth is on the pull up of the spine (Cat) with the inhalation through the nose on the arch up (Cow).



Start this movement slowly counting each exhalation 5 seconds and each inhalation 5 seconds. Let the movement accelerate until it reaches a maximum speed of 2 seconds for each up and down movement. Finish the exercise by relaxing in the Baby pose.

Tada Asana



Tada asana, or Mountain pose is the oldest and most basic of all yogic asanas. It is the alignment pose, or zero gravity point and should be imprinted and encoded in our Bio-Computer.

To imprint this pose, stand with feet 6" to 8" apart, facing straight ahead (no splaying or pigeon toeing). Support points are under each big and little toe, and under both sides of the heels, making four contact points for each foot. Now build your structure from the bottom up. Slightly bend knees and without tension tuck the sacrum down, begin straightening legs and pull up from pubis. You're only concerned with the lower body now and should observe from profile that the belt line is straight across (parallel to the ground). This is your two legged table and should be right under your torso. From here, without tension, pull up sternum. You will find that the body will move into alignment naturally so let your shoulders and all tension release. Now lift your head to a neutral position without lifting the chin.



Close your eyes and maintain the integrity of this pose, find the zero point, stay there, and strongly encode it by word or sound. WIth a little practice you will be able to replicate and maintain this alignment.

Movement now comes from the center of the sternum where you would point to your self and say "Me"? Walking would be led from the "Me" point with the body free and light as if a silk string is attached to the sternum leading you forward and slightly upward. Sitting, keep the "Me" point up naturally with no tension. Bending forwards to work at a desk or table, let the bend be from the waist, keeping the "Me" point up and open. Getting up, let the "Me" point lead the movement.

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BioSync Essential Stretches

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