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Creating Your Health History Timeline

In our modern, fast-paced world, taking care of yourself can be yet another thing to check off of your never-ending list. While we relearn the lifestyle habits that once made health easy and natural, we may need to get better organized so we can return our attention to our wellbeing. One way to do that is to create a Health History Timeline.

On this timeline, you record a snapshot of your health history including events that may have altered your state of health, your past and present health practices, any health challenges you may have encountered, and the health of the rest of your family; all items that make up your *physical* life story.

This may sound like a lot of work, and it does take some time to set up in the beginning, but once you get into the habit of keeping track of your health, the easier it is to make the necessary changes when needed and to recognize when you need to make those changes. You will also become more empowered to know what to do and why, to be able to stick to your plans of action, and to become more empowered and autonomous when it comes to taking control of your health.

Paying attention to your health is paramount. It comes before everything. Because, if you don't have your health, nothing else matters.

Why do you need a health timeline?

Taking the time to create a Health History Timeline has many benefits:

- ✓ Uncovers root causes of your current and past symptoms
- ✓ Tracks disease progression and recovery
- ✓ Creates a baseline for your recovery - where did you start?





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- ✓ Charts your progress and successes - how far have you come?
- ✓ Serves as a quick snapshot for any new practitioners or doctors that you add to your team so they can quickly get up to speed
- ✓ Allows you to record and remember your health history when you need that information
- ✓ Rather than explaining and racking your brain trying to remember the answers, a Health History Timeline saves you and your healthcare team time that would be better spent addressing your health concerns
- ✓ Allows you to compare what therapies you have tried, your state of health then and now, the health of your family as a whole, testing methods and results, etcetera
- ✓ Assists you to make a plan to address root causes, which will inform your recovery and help you to overcome your health challenges rather than simply coping with the symptoms

What to include in your Health History Timeline:

Everything is important. You are a whole body, and everything matters. For example, brain injury can cause GI trouble, GI malabsorption can cause vitamin deficiencies, vitamin deficiencies can cause mood disorders, and on it goes. A Health History Timeline will help you to understand how everything in your health history contributed to your current state of health and what you need to do to sort out your individual circumstances and address your health challenges. Therefore, it is very important to include everything that you can remember in your history including:

symptoms, illnesses, infections, and health complaints; the onset of those diseases/illnesses/health complaints; injuries; diagnoses; events (injuries, hospitalizations, or stressful life events); and family health history (such as





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mother's or father's health or any major illnesses or conditions in your extended family such as heart disease, autoimmunity, Alzheimer's, and Type 2 Diabetes).

Things that people don't always consider but that are very important:

Dental procedures and dental health, travel, birth complications, maternal health and life situation, if you were breast or bottle-fed, if you were born by c-section or vaginal birth, and antibiotic or medication use.

Instructions for Creating Your Health History Timeline:

Start from birth and work to the present.

Update events every so often.

Record doctor visits or when you started seeing a certain practitioner.

Record the protocol(s) and/or treatment(s) tried and the details about their duration and efficacy.

Record any diagnosis you may have received.

Record any condition you *suspect* that you have so you can investigate on your own or with your healthcare team.

Make one timeline for you as an individual using the HFF Health History Timeline PDF and/or use the HFF Family Health History Timeline PDF so that you can cross-reference the health of you and your children.

Above all:

Reflect and record any and all of your thoughts. Just because an item you feel is important was not listed on this sheet or by any of your healthcare team members, make note of everything that you think is relevant to your health and your care.

Nothing is too much information; and anything you feel compelled to mention is relevant. You are the ultimate expert on your health and the health of your family.

