

# Self-Assessment Health Profile & Health History

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This profile is used both as an educational device as well as a diagnostic tool. It will aid you in becoming acquainted with the terminology of Natural Medicine and help you in understanding its philosophical concepts. ✓ Check all the symptoms you have experienced in the last six months. ○ Circle and check all those that have been most troublesome or those specific symptoms that most apply to you.

## Patterns of Depletion

### Deficient Qi

- weak, lethargic, weary
- apathetic
- decreased motivation
- tired even after full nights sleep
- dull thinking, feeling, or sensing
- dizziness after exertion
- excessive need for sleep
- susceptible to colds, flu's, allergies
- prolonged recovery following illness
- diminished libido
- pale, pasty complexion
- shortness of breath
- poor Appetite
- possible loose stools
- possible frequent urination
- aversion to talking
- perspires easily with exertion or at rest spontaneously
- weak muscles
- easily chills
- overwhelmed by mental or emotional challenges

### Slack Qi

- atony or prolapse of the stomach, intestines, anus
- constant diarrhea or lack of bowel control
- hemorrhoids, varicose veins, gastroptosis
- dizzy or weak after bowel movement
- well-being followed by sudden exhaustion
- feeling of a down bearing sensation or sagging distention
- loose or flaccid muscles
- urinary frequency or incontinence

### Deficient Moisture

- parched mouth, thirsty
- extreme dryness of the skin or mucous membranes and eyes
- vaginal dryness
- chronically dry, sore throat
- scanty secretions or urination
- uncomfortable feeling of heat in the body
- low afternoon fever, feeling of heat with sweating

- constipation (stools dry and hard)
- flushing of the cheeks
- hot flashes and night sweats
- nocturnal emissions with dreams
- little sperm amount
- unstable blood sugar
- persistent dry cough, chronic sore throat
- thin body with difficulty gaining weight, possible constant hunger
- emotional lability
- dry, brittle nails

### Slack Moisture

- excess secretions: eye, nose, mouth, skin, and/or vagina
- seminal incontinence or premature ejaculation
- frequent urination or incontinence
- excessive perspiration or night sweating not associated with a warm environment or fever
- dizzy or weak after sex

### Deficient Blood

- restless fatigue
- emotional sensitivity
- insomnia and/or anxious sleep with dreaming
- Easily frightened
- dryness without thirst
- blurred or weak vision
- thinning or dryness of the hair
- dry or hard stools
- dry skin, eyes, hair, and nails
- anemia
- easy bruising
- muscle cramps, especially of the calves
- weakness of the muscles and tendons
- burning pains of the muscles
- lack of semen
- scanty, infrequent, and/or irregular menstruation
- insufficient lactation
- pale, sallow complexion and lips
- pale, opaque, thin, weak, nails
- poor skin healing
- palpitations

- night sweats
- dizziness (postural- feeling of standing up too quickly)
- poor memory (notably short term memory)
- bleeding gums with pale, light colored blood
- post partum weakness or anemia
- history of overwork, poor nutrition, excessive loss of blood, exhaustion from difficult or prolonged illness, difficult pregnancy and childbirth, excessive thinking, or chronic sleep deprivation

### **Slack Blood**

- easy bruising or bleeding, blood spots under the skin
- chronic bleeding ulcers of the mouth, throat, stomach, intestines, and/or vagina
- excessive bleeding during menses, pregnancy, postpartum, or during menopause
- bleeding hemorrhoids and blood in the stool, urine, or sputum; nosebleeds
- recent surgery or trauma
- threatened miscarriage

### **Diminished Essence**

- profound feeling of weakness
- dizziness or vertigo with an empty-headed sensation
- atrophy of the muscles (loss of mass and tone) and organs
- sagging or wrinkling of the skin
- diminished sexual arousal
- inability to conceive
- premature menopause following surgery, chemotherapy, childbirth, or illness
- amenorrhea (no menstruation), possible pain *after* menstruation
- repeated miscarriages or spontaneous abortions
- loosening or loss of teeth
- poor bone development or bone weakness (osteopenia, osteoporosis), weakened connective tissue
- early thinning or graying of head or pubic hair
- decline of memory, vision, or hearing
- progressive loss of weight or emaciation
- compromised immunity with lowered resistance to infection
- appearance of degenerative and autoimmune diseases (arthritis, cancer, lupus, multiple sclerosis, chronic fatigue syndrome, and or AIDS)
- history of overworking, excessive sexual activity, abuse of drugs or medications, inadequate nutrition, excessively long illness, multiple births, or extreme blood loss

### **Disturbed Shen**

- restlessness and agitation
- tendency toward impulsiveness
- hypersensitivity to pain or insult
- sudden rage, grief, or panic
- easily startled or frightened
- erratic sleep, insomnia, or disturbing dreams

- dull, glazed or bizarre look on face and eyes
- delirium or distorted perceptions
- uncontrolled laughter or crying
- incoherent speech, mental confusion, rash behavior
- panic attacks, hysteria, anxiety, and/or fright
- confusion associated with an inability to concentrate
- drug withdrawal symptoms with pain, anxiety, hysteria, and confusion

## **Patterns of Congestion**

### **Stagnant Qi**

- stuffy head
- distension or fullness in the chest or abdomen
- gas, cramps, and/or tension in the stomach and intestines
- hiccups, belching, or flatulence
- constipation or irregular bowel movements (may have small, bitty stools or have constipation and alternating loose stools)
- lack of peristalsis with slow digestion of food
- nausea, indigestion, or reflux due to overeating, food incompatibility, or food toxicity
- pain or tension in the abdomen due to the passage of gallstones
- spasm in the esophagus with regurgitation, feeling of something stuck in the throat
- mental depression, irritability, or gloomy feeling
- frequent sighing
- pains that are less constant and variable in nature, may be dull pains that move
- headaches that are tight and boring in nature that may be better with movement or exercise

### **Obstructed Qi**

- acute severe discomfort, fullness, and/or pressure in the head, chest, limbs, or abdomen
- abdominal bloating but unable to release gas
- wheezing and chest pain
- difficulty swallowing, as if something were stuck in the throat
- stitch or acute pain in the abdomen, ribs, and flanks
- acute indigestion, diarrhea, or constipation with severe cramping, belching, nausea, and flatulence
- fullness or dull pain under the ribs or sternum
- stomach hyperacidity, difficulty swallowing, or regurgitation
- chronic, stubborn constipation with pain
- abdominal masses that wax and wane in size

### **Rebellious Qi**

- belching, hiccoughs, nausea, or vomiting
- headache, dizziness, irritability
- cough, asthma
- mental restlessness, insomnia

### **Stagnant Moisture**

- soft or loose stools
- puffy eyes, face, hands, or ankles
- frequent but scanty or difficult urination
- nausea with excess saliva or fluid in the stomach
- nausea or indigestion with loose stools and reduced urination
- urinary frequency with decreased output that is cloudy in color
- lethargic in humid weather
- stuffiness of the ears, nose, sinuses, and throat especially after eating
- soft swellings, cysts, and/or enlarged lymph nodes
- premenstrual bloating and edema with swelling of the breasts
- tender muscles and sore joints, especially in humid weather
- dry but thirsty

### **Obstructed Moisture**

- swollen or heavy head, limbs, low back, or pelvis
- swollen, sores, tender muscles and joints
- excess saliva, mucus, or perspiration
- Edema of the hands, feet, face, or abdomen
- swelling of the testicles, painful ovarian cysts
- difficulty breathing with excess fluid in the chest or abdomen
- congestion in the eyes and sinuses
- absent, scanty, restricted, or painful urination
- loose, watery stools
- high blood pressure accompanied by water retention or reduced urination
- enlarged lymph nodes associated with chronic allergies or inflammations
- lumps, nodules, and cysts
- thick and nauseated feeling in the mouth, stomach, and head
- thick, sticky saliva or phlegm
- sticky or slimy stool
- symptoms made worse in humid, cold weather

### **Stagnant Blood**

- easy bruising due to abrasion, contusion, or sprains
- cold hands and feet
- irregular or painful menses
- dark marks or spots, numbing, and chilling of the limbs from poor circulation
- sharp, persistent, localized pains in the head, eyes, joints, breasts, and organs
- mid-cycle/premenstrual pain with tender breasts, irregular and intermittent menstruation
- painful or engorged varicose veins
- painful hemorrhoids, cysts, or lumps
- elevated blood pressure
- elevated cholesterol
- history of birth control use

### **Obstructed Blood**

- angina (heart pains)
- severe or constant headache that is fixed and feels stabbing, may be associated with engorgement of blood vessels
- traumatic bruising, swelling, and sprains
- stabbing or throbbing aches and pains
- pain aggravated at night or from inactivity
- pain aggravated by pressure or massage
- severe cramping, numbness, or paralysis of the arms and legs
- dark red or purple complexion and lips
- purple lesions on skin, tongue, mouth, or lips
- severe menstrual cramps with dark blood clots
- blood clots, varicose veins, hemorrhoids
- feeling of oppression in the chest
- coughing up dark blood
- severe epigastric pain with vomiting of dark blood
- severe abdominal pain, blood in the stools that may be black or dark in color
- stools that are pencil thin like in nature
- hard or immobile lumps, masses, or organs
- hypertension, elevated cholesterol

## **Adverse Conditions**

### **Heat**

- fever or feverishness, hot flashes
- severe infections, inflammations, or allergic reactions
- pain, soreness, swelling, or dryness with a sensation of heat or burning
- sores or infections with green or yellow pus that may be blood streaked
- yellow, green, or foul smelling discharge from the ear, nose, throat, anus, vagina, or urethra
- extreme thirst with cravings for cold food and drink
- bitter taste in the mouth, foul breath
- redness of the eyes, ears, nose, lips, face, and skin
- dark colored urine or darkened stool with strong odor, possible constipation or diarrhea
- feeling of heat in the limbs, abdomen, chest, head, and genitals
- acute red, burning, sore throat
- aggravations from alcohol, fried or spicy foods, and hot environments

### **Cold**

- cold feeling in the limbs, head, chest, abdomen, or genitals with possible numbness made better with warmth
- pale face with cold, clammy hands and feet
- fear of cold or dislike for cold
- loose stools after eating raw, cold food and drink with an absence of odor
- constipation with abdominal pain that is severe and spastic

- \_\_\_ Stomach and intestinal pain and rumbling after ingesting cold food and drink
- \_\_\_ Profuse urination that is odorless and colorless, especially after drinking cold beverages
- \_\_\_ Edema (especially swelling of the face) in a cold climate or after ingesting cold, raw foods or drink
- \_\_\_ Craving warm, cooked foods with hot drink and warm environments
- \_\_\_ Pain in the head, chest, limbs, or joints worsened by cold or triggered by exposure to cold air
- \_\_\_ Thin, odorless, colorless quality of secretions, discharge, and excretions
- \_\_\_ Pale, purplish skin, nail beds, lips, or tongue
- \_\_\_ Complaints made worse in cold weather
- \_\_\_ Lack of thirst
- \_\_\_ Listless and weak

### **Damp Heat**

- \_\_\_ dryness or thirst without desire or ability to drink
- \_\_\_ feeling of heat in the stomach or chest with a nauseating taste in the mouth
- \_\_\_ sticky, yellow, or green discharge from the ear, nose, throat, bronchi, urethra, or vagina
- \_\_\_ hot flashes with profuse perspiration that is sticky; sweating may be only from the head
- \_\_\_ fever or heat not relieved by perspiring or drinking, often worse in the afternoon
- \_\_\_ oily or greasy skin
- \_\_\_ loose or sticky stools streaked with mucus or pus with a foul odor, stools may be yellow or frothy and accompanied by fever
- \_\_\_ burning, red, or pussy oozing sores, acne, pimples, boils, blisters, or rashes
- \_\_\_ ear infections or ear discharge
- \_\_\_ cloudy and dark urination
- \_\_\_ jaundiced complexion
- \_\_\_ bitter or sticky-sweet taste in the mouth
- \_\_\_ regurgitation of bitter, acidic, or viscous fluid
- \_\_\_ heavy, dull, sore feeling of the limbs, muscles, and head
- \_\_\_ worse from heat, humidity; sweet, spicy oily foods

### **External Wind**

- \_\_\_ itching or prickling sensations (such as hives) of the skin, ears, eyes, nose
- \_\_\_ unpredictable or migrating pains
- \_\_\_ dizziness or headache with a cold, flu, or allergy symptoms
- \_\_\_ muscles soreness or shivering in wind or drafts
- \_\_\_ numbness or pain of the face or scalp
- \_\_\_ neck stiffness or spasm, body aches
- \_\_\_ headaches following minor injury or accompanying fatigue and tension from overwork
- \_\_\_ worse from drafts, changing temperatures, or pressure
- \_\_\_ chills and fever that are mild, may be sweating or no sweating

### **Internal Wind**

- \_\_\_ trembling hands, feet, or head
- \_\_\_ disequilibrium, incoordination, clumsiness
- \_\_\_ contracture or quivering tongue
- \_\_\_ spasms, tics, twitches, cramps of the nerves, muscles, viscera
- \_\_\_ deviation of the eyes and mouth
- \_\_\_ vertigo, motion sickness, hypertension
- \_\_\_ giddiness with a loss of balance
- \_\_\_ headache with vertigo, numbness, spasms, parasthesia (strange sensations)
- \_\_\_ headaches and pain that changes in location, maybe be characterized as a “pulling” sensation; migraine headaches
- \_\_\_ intermittent or migratory pains in the abdomen with gas or cramping of the diaphragm, stomach, and intestines
- \_\_\_ seizures, sequellae of stroke or transischemic attack
- \_\_\_ worse from wind, changes in barometric pressure, over-stimulation, bright light and loud noise, and changing from lying to upright position
- \_\_\_ emotional unpredictability

### **Phlegm**

- \_\_\_ dizziness characterized by room spinning or fullness in the head from mucus congestion
- \_\_\_ nausea with phlegm in the chest, throat, or abdomen
- \_\_\_ feeling of oppression in the chest and epigastrium, heavy feeling of the body
- \_\_\_ thick, sticky secretions from the skin, ears, eyes, nose, throat, mouth, anus, vagina, or urethra
- \_\_\_ nasal or sinus congestion accompanied by vertigo, dizziness, or mental dullness
- \_\_\_ sores or ulcers with weeping or exudation of material that is sticky and phlegm like that may be very difficult to heal
- \_\_\_ thick, greasy feeling in the mouth or dry mouth with no desire to drink
- \_\_\_ firm, mobile lumps, or cysts beneath the skin or enlarged lymph nodes, which can be soft or hard
- \_\_\_ severe or intractable headaches
- \_\_\_ worse in humid environment or from eating sticky, greasy, oily foods, milk products, eggs, or sugar
- \_\_\_ low grade, subjective fever
- \_\_\_ raw pain in the mouth
- \_\_\_ constipation or sluggish stools that are sticky or greasy; feel “clearer” after bowel movement
- \_\_\_ intermittent feeling of something in the throat
- \_\_\_ palpitations, anxiety, easily startled, insomnia
- \_\_\_ unclarity of the mind and poor concentration
- \_\_\_ sequelae of stroke or head injury with excess saliva or mucus in the chest, throat, or stomach

## **Organ Network Disturbances**

### **Liver & Gallbladder Network**

#### ***\*Liver-***

- dry, red eyes; possible feeling of grit in the eyes
- blurred or unclear vision, photophobia; rectangular shaped floaters that are dark in color in the visual field
- pain in the eyes or ears
- easy chilling of the arms, hands, legs, and feet
- coarse, brittle nails or hair
- loss of head hair during times of stress
- touchiness from heat, wind, noise, bright light
- numbness, tingling of the limbs when asleep, inactive
- muscle cramps or spasms of pelvis, sides, hips, calves, and feet
- muscle tension in the shoulders, neck, sacrum, hips, legs
- migratory pains and swelling
- inflammation or pain of the peripheral nerves
- stitching under the diaphragm, between the ribs, groin, pelvis
- high pitched or loud ringing in the ears (tinnitus)
- dizziness, weakness, flushed, or headache from hunger, tension, or anger
- nausea or queasiness from hunger or fatigue
- cravings for sour foods, may crave sugary foods
- erratic appetite and digestion
- erratic bowel movements (alternating constipation and diarrhea) with cramping and flatulence
- hypersensitive genital organs; excessive sexual arousal
- irregular menstruation
- premenstrual tension, irritability, irascibility with pressure or fullness in the head, breasts, or abdomen
- nervous, irritable, short-tempered, feeling worked up
- difficulty relaxing or “unwinding”
- depression, moodiness, fluctuating mental state
- history of Post-Traumatic Stress Disorder
- frequent sighing or yawning
- headaches at the vertex (top of head), temporal region, or behind the eyes
- headaches that feel tight/boring, throbbing, or bursting in nature
- jaw tension or grinding of the teeth
- hypertension; vascular headaches
- fullness and distension of the hypogastrium (just over the bladder) referring to the genitals
- cramping or stabbing pain in the lower abdomen or groin
- worse from anger, frustration, or pressure

#### ***\*Gallbladder-***

- chronic sinus congestion that is thick, yellow, and sticky in nature
- greasy or high fat food causes digestive distress
- lower bowel gas or bloating several hours after eating

- unexplained itchy skin
- bitter or metallic taste in the mouth, especially in the morning
- stool color alternates from clay colored to normal brown
- reddened skin, especially of the palms
- dry or flaky skin and hair
- history of gallbladder attacks or stones
- history of gallbladder removal

### **Heart & Circulation Network**

#### ***\*Heart-***

- anxiety, nervousness, dread, or panic attacks
- restless and easily excitable, trembling
- propensity to be startled
- poor short-term memory, poor concentration
- disturbances or difficulties with speech, thinking, and/or emotional expression
- easily confused or disoriented
- mood swings (laughs easily, cries easily)
- lack emotional containment and composure
- changes mind frequently, especially concerning the course of one's life, feel like you are on a “roller coaster” and that your mind is “out of control”
- difficulty focusing thought and action, self-doubt and indecisiveness
- depression (feeling a lack of joy) and melancholy possibly accompanied by anxiety and fear
- insomnia when nervous, worried, excited
- restless sleep, cannot get to sleep due to agitation of the mind
- vivid, disturbing dreams or nightmares
- awakening at night or morning with throbbing and anxiety
- cravings for cool drinks, juicy, or hot, spicy foods
- cravings for sweet foods and chocolate
- sores on the tongue
- easily overheats or perspires
- easy blushing of the face, chest, neck and ears, especially when embarrassed or startled
- burning, sensitivity or irritation of the mouth, tongue, urethra, vagina, or anus
- frequent urination or bowel movement from nervousness
- reddish colored spots or floaters in the visual field
- cardiovascular disease
- palpitations when nervous, upset, or fatigued
- irregular heart rate and/or rhythm
- pains in the chest
- collagen deterioration (lupus, rheumatoid arthritis, marfan syndrome)
- easily confused or disoriented
- strange distortions of perceptions associated with hunger
- sensitive to both heat and cold
- frequent or profuse perspiration associated with symptoms of heat or flushing, thirst, palpitations, arrhythmias, tachycardia, and angina

## **Spleen & Stomach Network**

### ***\*Spleen-***

- tender muscles and fascia
- heaviness of the head and limbs
- frequent and easy bruising
- slow digestion or indigestion
- variable appetite
- sweet or sweet-sticky taste in the mouth
- sores in the mouth and gums
- frequent abdominal gas and bloating
- feeling of lethargy
- loose stools from raw or cold foods and liquid with noises in the intestines (borborygmi)
- bowel movement start solid and then ends loose; bowel movement may feel incomplete
- constipation: habitual with bowel movement every 3 days or so
- loose stools with a down bearing sensation in the abdominal region
- pain, tenderness, soreness, bloated sensation under left side of rib cage
- hemorrhoids
- lingering hunger after meals
- craving for either bitter or sweet, starchy foods
- hard to gain, lose, or regulate weight
- history of eating disorders (bulimia or anorexia)
- lethargy and inertia
- prolapse of the stomach, intestines, vagina, or bladder
- odorless, white colored discharge from the vagina
- lack of muscle tone or strength, especially of the abdomen, back or neck
- water retention, heaviness of the head and limbs
- easy bruising, prolonged or heavy menstruation
- yellow colored spots or floaters in the visual field
- symptoms aggravated by cold and dampness (either food or environment)
- easily worried, obsessed
- difficulty focusing, easily distracted with inability to sustain train of thought
- overwhelmed by details, upset by changes

### ***\*Stomach-***

- stomach or duodenal ulcers
- indigestion that last 2-4 hours after meals
- lingering hunger after meals
- excessive burping, belching, or bloating
- gas immediately following a meal
- offensive breath
- sensation of fullness during or immediately after a meal
- difficulty digesting fruits and vegetables
- stomach pain, burning, or aching 1-4 hours after eating
- frequently use antacids
- feeling hungry an hour or two after eating
- heartburn when lying down or bending forward
- symptoms temporary relief from antacids, food, milk, carbonated beverages

- digestive problems subside with rest and relaxation
- bleeding gums, gingivitis with bright red blood
- heartburn due to spicy foods, chocolate, citrus, peppers, alcohol and caffeine

## **Lung & Respiratory Network**

- weakness of chest
- respiratory allergies or hayfever
- runny nose or stuffy sinuses, sneezing
- feeling as if you can only breath through your mouth; weak, shallow breathing
- frequent, lingering colds, coughs, throat clearing, and/or laryngitis
- morning attacks of coughing or sneezing
- constant phlegm in the chest and throat
- shortness of breath on exhalation and on exertion
- chest pain and/or wheezing from fatigue or exertion
- history of asthma, bronchitis, laryngitis
- history of emphysema or pulmonary disorders
- dryness and tightness of the mucous membranes or skin, especially of the face, nose, and mouth
- loss of sense of smell
- urge to urinate after laughing, coughing, or sneezing
- cravings for spicy, acrid, juicy, sweet foods and stimulants
- skin rashes, eczema, and/or hives
- sensitivity and poor healing of the skin
- stiffness of the neck, shoulders, and upper back
- poor venous circulatory return
- sensitivity to wind, cold, and dryness
- dislikes to speak
- squiggly, light colored lines/floaters in the visual field
- worse from heat, cold, and dry environments
- easily disappointed or offended
- emotional inhibition and sensitivity
- grief or depression with soreness, heaviness, and constriction of the chest

## **Kidney, Bladder, & Endocrine Network**

- diminished libido and capacity for sexual pleasure, impotence
- premature ejaculations or nocturnal emissions
- lack of sexual secretions
- feel depleted after sexual activity
- loss or thinning of pubic hair
- Premature graying of head hair
- early cessation of menses, irregular cycle, possible pain after menstruation, or amenorrhea
- history of delayed sexual reproductive maturity
- early menopause
- rigidity of the spine and joints, pain or stiffness of the joints
- chronic problems in the upper cervical region (neck)
- possible feelings of coldness of the limbs, knees, and low back
- weak or sore low back, hips, knees, ankles, or feet
- loose or poor teeth and dental health

- puffiness around the eyes
- round, dark spot or floaters in the visual field
- difficulty conceiving or carrying baby to term
- dizziness from standing up too quickly
- Lack of stamina and endurance, lassitude, and general debility
- increased need for sleep with difficulty waking and getting out of bed in the morning
- diminished motivation and apathy, especially during the winter or in cold weather
- Forgetfulness, mental dullness, poor long-term memory
- puffiness or swelling of the feet and ankles
- frequent and clear urination, urinary weakness, dribbling after urination, nighttime urination (nocturia)
- urinary retention or incontinence
- history of urinary tract infections
- cystitis, urethritis, nephritis, or Kidney disease
- prostate problems, enlargement
- early morning diarrhea
- weak vision, dull hearing or loss of hearing
- glaucoma or cataract related visual disorders
- ringing in the ears (tinnitus) that sounds like cicadas or ocean waves crashing
- sore throat from fatigue or in the morning
- chronic anemia with long-term history
- cravings for salty foods
- severe prolonged feeling of fear
- easily defeated, depressed, and disgruntled
- central nervous system disorders (multiple sclerosis, muscular dystrophy, cerebral palsy, dementia, or retardation)
- thyroid disease (hypo/hyperthyroid), Pituitary disorders, or Adrenal disorders such as Addison's disease or Cushing's syndrome
- symptoms aggravated from cold environments or food, sex, and lack of rest
- excessive perspiration or perspiration with little or no activity

**\*Hypoglycemia-**

- crave sweets during the day
- irritable if meals are missed
- depend on coffee to keep yourself going or started
- get lightheaded if meals are missed
- eating relieves fatigue
- feel shaky, jittery, tremors
- agitated, easily upset, nervous
- poor memory, forgetful
- blurred vision

**\*Insulin resistance symptoms-**

- fatigue after meals
- craves sweets during the day
- eating sweets does not relieve cravings for sugar
- must have sweets after meals
- waist girth is larger than hip girth
- frequent urination
- increased thirst and appetite
- difficulty losing weight

## Conflicts Between Organ Networks

### Liver – Spleen Disharmony

- cold hands and feet
- feeling of fullness in the throat, chest, or abdomen
- indigestion with nausea, bloating, flatulence, and belching
- distension and cramping of the stomach or intestines
- erratic elimination (constipation and/or diarrhea)
- spasms, pain of the esophagus, stomach, intestines and uterus
- thirst for alternately cold and hot liquids
- sensitivity or aversion to strong odors, flavors,
- erratic cravings for fatty, sour, or sweet foods
- erratic appetite, difficulty knowing what to eat
- tenderness, tension, and heaviness in the muscles, especially of the head, neck, jaw, elbows, or knees
- headache with heaviness and pressure behind the eyes, with possible nausea and/or diarrhea
- PMS with sore breasts, bloated abdomen, irritability, and lethargy
- sensitivity to light, noise, heat, humidity
- eating disorders
- history of jaundice, hepatitis, or cirrhosis
- diabetes or hypoglycemia symptoms
- possible nausea or vomiting
- acid reflux with nausea
- irritable bowel, food sensitivities, or intolerance
- colitis, Crohn's disease, or other digestive disorders aggravated by stress
- flatulence, pain or distention in the ribs
- moodiness or anger
- nervous tension, irritability, lethargy
- vacillates between emotional over-reactivity or assertiveness and ambivalence
- alternately impulsive and vacillating, defensive and yielding
- unpredictable periods of intense activity or sudden lethargy
- sometimes irritable and hostile, sometimes tolerant and sympathetic

### Spleen – Kidney Disharmony

- slow digestion, sluggish intestines
- weak gums and loose teeth
- dryness and thirst with water retention
- sore, swollen joints and muscles
- flabbiness of the muscles
- heaviness, weakness, and soreness of the head, neck, back, sacrum, and limbs
- sensitivity to dryness, humidity, and cold
- loose or dry, small stools with bloating
- frequent, scanty, or difficult urination
- easily chilled in back, belly, legs, and arms
- alternately strong and diminished libido
- craves salty or sweet foods, causing constipation, dryness, and water retention
- edema, swelling of the abdomen and legs

- \_\_\_ rheumatism
- \_\_\_ adrenal insufficiency (Addison's disease)
- \_\_\_ cystitis, urethritis, vaginitis, leucorrhea
- \_\_\_ prostatic hypertrophy or prostatitis
- \_\_\_ chronic gingivitis
- \_\_\_ nausea and loss of appetite during chemotherapy
- \_\_\_ distractible, insecure, volatile, apathetic, or inert
- \_\_\_ alternately desires closeness or isolation, sharing and acquisitiveness, involvement and escap, activity and pasitivity

### **Kidney – Heart Disharmony**

- \_\_\_ insomnia or restless sleep alternating with heavy slumber and difficulty awakening
- \_\_\_ nervousness or mood swings alternating with fatigue and lumbar weakness
- \_\_\_ easily overheated or chilled
- \_\_\_ hot chest, head, ears, face, and hands with a cold belly, buttocks, and feet
- \_\_\_ hands and feet swell in hot weather and ache in cold weather
- \_\_\_ excessive perspiration or urination, difficult or painful urination
- \_\_\_ easily enthused but difficult to sustain effort or excitement
- \_\_\_ melancholy and restless after prolonged mental or physical exertion
- \_\_\_ sexually excitable but difficult to sustain arousal or achieve release
- \_\_\_ menstruation that fluctuates between early and late
- \_\_\_ nausea, diarrhea, and urinary frequency associated with anxiety and fright
- \_\_\_ lack of muscle tone and joint mobility
- \_\_\_ tension and weakness of the muscles along the spine
- \_\_\_ craves salty, spicy foods and stimulations (nicotine, caffeine, etc.)
- \_\_\_ pain in the upper back and sacrum
- \_\_\_ chronic endometritis/cervicitis/urethritis
- \_\_\_ hyper/hypothyroid syndrome
- \_\_\_ manic-depressive syndrome
- \_\_\_ anxiety, despair, and/or phobias
- \_\_\_ chronic sleep disturbances
- \_\_\_ Bulimia
- \_\_\_ alternately animated and apathetic, open and withdrawn, elated and dejected
- \_\_\_ desires affection, intimacy, and excitement with the need for solitude, detachment, and quietude

### **Heart – Lung Disharmony**

- \_\_\_ sensitivity to heat & dryness
- \_\_\_ easily overheated but can't sweat
- \_\_\_ dry cough with heat in the throat or chest
- \_\_\_ flushes when coughing, laughing, or sneezing
- \_\_\_ painful cough with little phlegm
- \_\_\_ irritation of the nose, sinuses, or pharynx without mucus or phlegm
- \_\_\_ heat triggers sneezing, itchy throat, or rashes

- \_\_\_ dry skin with cracking, redness, and itching especially from cold and dryness
- \_\_\_ dry skin yet perspires easily or frequently
- \_\_\_ light sleeper and wakes easily
- \_\_\_ difficult breathing or insomnia due to anxiety
- \_\_\_ itching and/or inflammation of the vagina or urethra without discharge
- \_\_\_ chronic pharyngitis/rhinitis
- \_\_\_ frequent bowel movements or constipation
- \_\_\_ frequent or scanty urination
- \_\_\_ craves spicy, hot foods and stimulants
- \_\_\_ sometimes extreme hunger or thirst, especially for cold food and fluids
- \_\_\_ difficulty gaining weight
- \_\_\_ hives, eczema, and rashes that are worse in the daytime and aggravated by worry and anxiety
- \_\_\_ acne, dry eczema, psoriasis, or sun allergy
- \_\_\_ hyperthyroidism or Grave's disease
- \_\_\_ easily hurt or offended
- \_\_\_ sad or melancholic when sick
- \_\_\_ sensations of hysteria
- \_\_\_ alternately euphoric and melancholic, hysterical or depressed
- \_\_\_ alternately spontaneous and inhibited, excited and subdued

### **Lung – Liver Disharmony**

- \_\_\_ tense, stiff neck, shoulders, chest, abdomen, & hips
- \_\_\_ severe or chronic neck spasms or cricks in the neck
- \_\_\_ necks spasms and occipital or lateral headaches
- \_\_\_ headaches that involve the eyes and sinuses
- \_\_\_ bursitis, lumbago, or sciatica that comes and goes
- \_\_\_ irregular bowel movements, irritable bowel
- \_\_\_ distension of the stomach, lack of peristalsis, constipation
- \_\_\_ sensitivity or aversion to strong odors or flavors
- \_\_\_ loss of ability to smell
- \_\_\_ irregular, tense, or shallow breathing, wheezing, or sighing
- \_\_\_ tight cough with difficult expectoration
- \_\_\_ sensitive, easily irritated skin or mucous membranes of upper respiratory or genito-urinary tracts
- \_\_\_ sensitivity or aversion to heat, dryness, wind, drafts, or sudden changes in weather
- \_\_\_ craving for fatty, sour, and spicy foods
- \_\_\_ hives, acne, itching of the skin worse at night
- \_\_\_ seasonal sinusitis or hayfever, chemical sensitivity
- \_\_\_
- \_\_\_ difficulty swallowing
- \_\_\_ feel awkward expressing feelings or reactions
- \_\_\_ depressed, sad, quiet, angry
- \_\_\_ sensitive to rage or rejection
- \_\_\_ depression characterized by quiet melancholy or passive rage
- \_\_\_ alternately spontaneous impulsive, volatile or inhibited, prudent and diffident
- \_\_\_ shifting moods: grouchy, sensitive, reactive, morose, defensive, unresponsive

## **Medical History & Lifestyle**

### **Family Medical History:**

- asthma
- allergies/hayfever
- cancer
- diabetes
- heart disease
- hepatitis
- high blood pressure
- infectious disease
- kidney disease
- rheumatic fever
- seizures
- stroke
- other: \_\_\_\_\_

### **Personal Birth History**

- alcohol/drugs used by mother
- mother exposed to chemicals, pesticides, or toxins before conception or during pregnancy
- father exposed to chemicals, pesticides, or toxins before conception
- emotional or physical trauma suffered by mother
- poor nutrition by mother
- mother smoked or exposed to second hand smoke
- prior miscarriage by mother
- late delivery
- premature delivery
- rapid labor by mother
- slow, long labor by mother
- induction of labor
- high forceps
- breech birth
- cord wrapped around neck during delivery
- low birth weight
- spent time in incubator after birth
- jaundiced as an infant
- bottle-fed
- breastfed
- Number of siblings: \_\_\_\_\_
- Position among your siblings: \_\_\_\_\_
- Birth weight: \_\_\_\_\_
- APGAR score: \_\_\_\_\_

### **Childhood Illnesses:**

- chicken pox
- diphtheria
- German measles
- measles
- mumps
- rheumatic fever
- rubella
- scarlet fever
- other: \_\_\_\_\_

## **Menstrual/Birth History (if applicable)**

- age of 1<sup>st</sup> menses \_\_\_\_\_
- length of menses \_\_\_\_\_
- time between cycles \_\_\_\_\_
- heavy bleeding
- light bleeding
- blood color: \_\_\_\_\_
- lack of menstruation
- irregular menstruation
- painful menstruation
- # of abortions: \_\_\_\_\_
- # of live births: \_\_\_\_\_
- # of miscarriages: \_\_\_\_\_
- traumatic births
- use of birth control: \_\_\_\_\_
- postpartum weakness
- difficult conception/infertility

## **Lifestyle, Environment, Body Functions**

(Please indicate how often and the amount)

- alcohol consumption: \_\_\_\_\_
- caffeinated and carbonated beverages: \_\_\_\_\_
- coffee or black tea: \_\_\_\_\_
- exercise: \_\_\_\_\_
- exposure to toxins, chemicals (history of): \_\_\_\_\_
- mercury amalgam fillings in the mouth
- history of third world travel: \_\_\_\_\_
- recreational drugs: \_\_\_\_\_
- tobacco consumption: \_\_\_\_\_
- water consumption: \_\_\_\_\_
- use of artificial sweeteners, colors, flavorings, or other food substitutes \_\_\_\_\_
- How many times of day do you urinate? \_\_\_\_\_
- What color is your urine? (clear, light, medium, dark yellow or another color) \_\_\_\_\_
- How often do you have a bowel movement? \_\_\_\_\_
- What is the consistency of your bowel movements? (Loose or formed, float or sink, undigested food or mucus in stool, color of the stool, etc.) \_\_\_\_\_
- How often do you eat? \_\_\_\_\_
- How often do you eat out or eat fast foods? \_\_\_\_\_
- Are you on any specific diet? \_\_\_\_\_
- How many hours of sleep per night? \_\_\_\_\_
- Do you wake rested? \_\_\_\_\_
- Rate your current stress level from 1-10 (10 being high) \_\_\_\_\_
- How often do you take time for relaxation activity? \_\_\_\_\_
- How would you rate your mental/emotional health? (Circle one: excellent, good, fair, poor, unstable, crisis)
- History of physical, emotional, or sexual abuse

