



Check the boxes beside the questions that you would answer YES to. Note: The following form is meant to be used as a general guideline only. Specific pattern identification by a licenced doctor of traditional Chinese medicine is strongly recommended before any treatment be administered.

Yin Essence deficiency

- Do you have lower back weakness, pain, or knee problems?
- Do you have ringing in your ears or dizziness?
- Is your hair prematurely gray?
- Do you have vaginal dryness?
- Is your midcycle fertile cervical mucous scanty or missing?
- Do you have dark circles around or under your eyes?
- Are you a light sleeper, wake easy?
- Do you have night sweats?
- Are you prone to hot flashes?
- Have you burnt the candle at both ends for many years now?
- Do you crave salt?

Yang deficiency

- Do you get low back pain Premenstrually?
- Do you feel like your whole body is cold?
- Do you have a low libido?
- Do you live in fear?
- Do you urinate more than once at night?
- Do you urinate frequently (not due to fluid intake)?
- Do you wake early in the morning and have loose bowel movements?
- Do you feel you do not have strong will power?
- Do you feel cold in the lower abdomen?
- Does heat relieve your menstrual cramps?
- Is your tongue pale and moist?
- Have you been diagnosed Hypothyroid?

Blood deficiency

- Are your periods scanty or late?
- Is your tongue pale?
- Do you have trouble falling asleep?
- Do you have dry skin?
- Are your nails brittle?
- Are you losing hair on your head?
- Is your hair brittle and dry?
- Is your vision blurry at night?
- Do you get dizzy regularly?
- Are your lips or inner eyelids pale?

Blood Stasis

- Are your menses brown or black in color?

Qi deficiency

- Are your energy levels low?
- Do you have a poor appetite?
- Do you feel sluggish after you eat?
- Do you get bloated easily?
- Do you often experience gas?
- Do you crave sweets?
- Do you have loose stool?
- Do you have digestive issues?
- Is your nose cold?
- Do you bruise easily?
- Do you have varicose veins?
- Are your muscles weak?
- Do you lack physical activity?
- Are you prone to worry?
- Do you have low blood pressure?
- Do you sweat very easily?
- Is your menstrual blood thin and watery?
- Do you have any organs that are prolapsed?
- Do you get sick often?
- Do you have allergies?
- Do you have hemorrhoids?

Damp

- Do you feel heavy and sluggish?
- Do you experience pain and tender breasts around ovulation?
- Do you get bloated easily?
- Do you have loose bowel movements?
- Do you bowel movements feel 'unfinished'?
- Do you get stringy mucous in your menstrual blood?
- Are you prone to yeast infections?
- Do you have achy joints?
- Are you overweight?
- Do you retain water?
- If you hold your tongue out does it drip?
- Is your tongue swollen and wet?

Heat

- Do you experience very painful periods?
- Is your menstrual blood clotted?
- Have you been diagnosed with Endometriosis, fibroids, or polyps?
- Do you have any pain on your body that is fixed and stabbing in nature?
- Does your pain worsen at night?
- Do you have spider or varicose veins?
- Do you have red hemangiomas (cherry-red spots) on your skin?
- Is your complexion dark and lacking shine?
- Do you have hemorrhoids?
- Do you have any lumps anywhere on your body?
- Does your tongue look dark / purplish in color?
- Does your tongue have dark spots?
- Have you ever been diagnosed with a blood clotting disorder?
- Have you experienced recurrent pregnancy loss?
- Have you been diagnosed with an autoimmune disorder?

- Do you experience palpitations?
- Do you have vivid dreams?
- Are you an anxious?
- Are you restless and fidgety?
- Is your tongue red in color?
- Do you have eczema, acne, or psoriasis?
- Is your pulse rate rapid?
- Do you very thirsty for cold drink?
- Are you always warm or hot?
- Do you experience night sweats?
- Do you have herpes or get cold sores?
- Is your period flow heavy?
- Is your menstrual cycle short in length (i.e. 24 days)?
- Do you have malodorous yellow vaginal discharge?
- Do you get vaginal or anal itching?

Qi Stagnation

- Are you prone to emotional depression?
- Are you prone to anger or irritability?
- Do you feel 'stuck' or 'wound-up'?
- Do you experience a lot of PMS symptoms?
- Is ovulation a painful bloated time?
- Have you ever been diagnosed with high prolactin levels?
- Do you experience a bitter taste in your mouth?
- Do you experience high levels of stress?
- Do you sigh a lot?
- Do you experience muscle twitching (eyelid, arm, etc)?
- do you feel tightness or 'twingy' pain that comes/ goes under your ribcage?