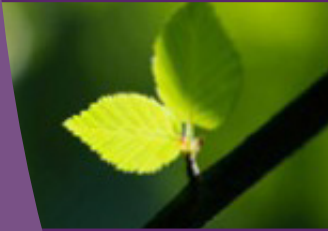


CONSTITUTIONAL HEALTH QUESTIONNAIRE

A Dragon Rising Five-Element Approach To Optimal Health



Earth, Energy, Fire, Metal, Pericardium, Qi,
Triple Warmer, Water, Wood

By Dr. Jack Tips, Ph.D., C.C.N.



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DRAGON RISING

CHINESE 5-ELEMENT QUESTIONNAIRE



By Tena Scarber, L.Ac & Dr. Jack Tips (Ph.D., C.C.N.)

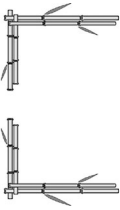
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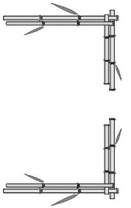
Also at AppleADayPress – 5 Element Repertory featuring hundreds of health conditions and the 5-Element formulas to consider.

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Constitutional Health Questionnaire



Excerpt from the book: *Dragon Rising* by Tena Scarber, M.S., L.Ac.; and Jack Tips, N.D., Ph.D.
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The human body adapts and compensates to the various forces of life including thoughts, emotions, and physical stress. This questionnaire helps determine which fundamental elements, as established in the Chinese healing traditions, might be involved in your symptom expression. To the practitioner versed in the Wheelwright Healing System and the use of the Systemic Chinese Constitutional Formulas, this information can reveal the fundamental causation of your health issues, and help point to a deeper and more effective herbal/nutritional solution.

Circle each statement according to its intensity:

- 0:** Does not apply to you
- 1:** Applies occasionally
- 2:** Applies often
- 3:** Occurs frequently and strongly, a primary symptom

Then add up the numbers for each of the 14 categories.

1. Overall Constitution: General Sedate

- Pulse Dx: Pulse on your left hand in the "guan" or second position prominent compared to the others?
- Tongue Dx: Purple
- 5-Element Action: Relieve Depression. Sedate and nourish the yin of the lungs, kidneys, spleen and liver. Regulate and move stagnant liver Qi, disperse phlegm.

- | | | | | |
|--|---|---|---|---|
| 1. Depressed, prone to depression | 0 | 1 | 2 | 3 |
| 2. Frustration..... | 0 | 1 | 2 | 3 |
| 3. Easily irritated or angry..... | 0 | 1 | 2 | 3 |
| 4. Tendency to rage, obsess..... | 0 | 1 | 2 | 3 |
| 5. Sighing | 0 | 1 | 2 | 3 |
| 6. Headaches with distending pain..... | 0 | 1 | 2 | 3 |
| 7. Abdominal bloating | 0 | 1 | 2 | 3 |
| 8. Migrating pains, change locations | 0 | 1 | 2 | 3 |
| 9. Pain worse with emotions..... | 0 | 1 | 2 | 3 |
| 10. Dry mouth or throat..... | 0 | 1 | 2 | 3 |
| 11. Hot sensations palms/soles/chest | 0 | 1 | 2 | 3 |
| 12. Dizziness..... | 0 | 1 | 2 | 3 |
| 13. Pain in chest, abdomen | 0 | 1 | 2 | 3 |
| 14. Pre-menses breasts sore/swelling | 0 | 1 | 2 | 3 |
| 15. Irregular menses (long or short)..... | 0 | 1 | 2 | 3 |
| 16. Mood swings..... | 0 | 1 | 2 | 3 |
| 17. Hypertension..... | 0 | 1 | 2 | 3 |
| 18. Migraine headaches | 0 | 1 | 2 | 3 |
| 19. Mastitis (infected milk ducts)..... | 0 | 1 | 2 | 3 |
| 20. Emotional disorders | 0 | 1 | 2 | 3 |
| 21. Hepatitis | 0 | 1 | 2 | 3 |
| 22. Esophagus inflammation | 0 | 1 | 2 | 3 |
| 23. Menopause | 0 | 1 | 2 | 3 |
| 24. Meniere's disease..... | 0 | 1 | 2 | 3 |

Total General Sedate Points _____

2. Overall Constitution: General Tonify

- Pulse Dx: Overall weak and thin
- Tongue Dx: Pale (also see inside lower eyelids)
- 5-Element Action: Generate the Pulse. Tonify, nourish lungs, kidneys, spleen, kidneys, liver, glands, and blood. Tonify Qi, raise pure yang, strengthen the immunity.

- | | | | | |
|---|---|---|---|---|
| 1. History of blood loss: postpartum, surgery | 0 | 1 | 2 | 3 |
| 2. Long term, debilitating illness | 0 | 1 | 2 | 3 |
| 3. Profuse menstrual blood flow | 0 | 1 | 2 | 3 |
| 4. Scant menses, blood pale/thin | 0 | 1 | 2 | 3 |
| 5. Weakness with menstruation | 0 | 1 | 2 | 3 |
| 6. Numbness of extremities | 0 | 1 | 2 | 3 |
| 7. Poor appetite | 0 | 1 | 2 | 3 |
| 8. Fatigue, Chronic Fatigue Syndrome..... | 0 | 1 | 2 | 3 |
| 9. Weak voice | 0 | 1 | 2 | 3 |
| 10. Spontaneous sweating | 0 | 1 | 2 | 3 |
| 11. Dizzy or light-headed | 0 | 1 | 2 | 3 |
| 12. Dry eyes or blurred vision..... | 0 | 1 | 2 | 3 |
| 13. Skin dry or scaly | 0 | 1 | 2 | 3 |
| 14. Underweight | 0 | 1 | 2 | 3 |
| 15. Tight tendons, difficulty bending/stretching..... | 0 | 1 | 2 | 3 |
| 16. Nails or hair brittle..... | 0 | 1 | 2 | 3 |
| 17. Pale or bluish nail beds | 0 | 1 | 2 | 3 |
| 18. Pale face..... | 0 | 1 | 2 | 3 |
| 19. Dry stools | 0 | 1 | 2 | 3 |
| 20. Afternoon headaches or left sided | 0 | 1 | 2 | 3 |
| 21. Headaches with dizziness | 0 | 1 | 2 | 3 |
| 22. Insomnia | 0 | 1 | 2 | 3 |
| 23. Anemia | 0 | 1 | 2 | 3 |
| 24. Chronic hepatitis | 0 | 1 | 2 | 3 |
| 25. Eye problems/retinitis/macular degeneration | 0 | 1 | 2 | 3 |

Total General Tonify Points _____

3. Overall Bio-Energy Systems: Energy Sedate

- Pulse Dx: Rapid, surging pulse (excess heat); Rapid, thin pulse (Yin deficient heat)
- Tongue Dx: Very red, and/or yellow coating
- 5-Element Action: Clear Heat. Relieve stress congestion of lymph, throat, eyes, skin, drain fire, tonify yin.

- | | | | | |
|---|---|---|---|---|
| 1. Mental excitation, agitation | 0 | 1 | 2 | 3 |
| 2. Delirious speech | 0 | 1 | 2 | 3 |
| 3. Mouth or throat dry | 0 | 1 | 2 | 3 |
| 4. Hot, burning sensations | 0 | 1 | 2 | 3 |
| 5. Fever, recurring inflammation | 0 | 1 | 2 | 3 |
| 6. Rashes, red/hot, or infections..... | 0 | 1 | 2 | 3 |
| 7. Extreme thirst, crave cold drinks | 0 | 1 | 2 | 3 |
| 8. Talks fast and often (loquacious) | 0 | 1 | 2 | 3 |
| 9. Yellow, green discharges: nose, vagina, ears, anus, bladder, lungs | 0 | 1 | 2 | 3 |

10. Redness-face, eyes, ears, nose, lips, skin, mucous membrane, or tongue	0 1 2 3
11. High pitched ringing in the ears	0 1 2 3
12. Bleeding from anywhere	0 1 2 3
13. Menses bright red and profuse	0 1 2 3
14. Temporal headaches	0 1 2 3
15. Irritability	0 1 2 3
16. Angered easily	0 1 2 3
17. Wake up sweating, or hot flashes	0 1 2 3
18. Sensation of internal heat	0 1 2 3
19. Nausea, bitter taste	0 1 2 3
20. Constipation	0 1 2 3
21. Slimy foul smelling diarrhea	0 1 2 3
22. Dark yellow or reddish urine	0 1 2 3
23. Hot sensation of urine	0 1 2 3
24. H.I.V., or A.I.D.S.	0 1 2 3
25. Meningitis	0 1 2 3
26. Pneumonia	0 1 2 3
27. Crohn's disease	0 1 2 3
28. Ulcerative colitis	0 1 2 3
29. Carcinoma with heat signs	0 1 2 3
30. Chronic pancreatitis	0 1 2 3
31. Yellow or green discharges	0 1 2 3

Total Energy Sedate Points _____

4. Overall Bio-Energy Systems: Energy Tonify

- Pulse Dx: Rapid and thin
- Tongue Dx: Red with little or peeled coating, cracks
- 5-Element Action: Tonify Yin, tonify lymph, eyes, skin, throat, calm the liver, clear heat, and moisten the intestines.

1. Dryness: mouth, throat, skin, hair, tongue, eyes, etc.	0 1 2 3
2. Low grade fever in the afternoon	0 1 2 3
3. Flushed cheeks	0 1 2 3
4. Hot feelings in hands, feet	0 1 2 3
5. Persistent sore/dry throat	0 1 2 3
6. Night sweats during sleep	0 1 2 3
7. Thirst for cold drinks	0 1 2 3
8. Dark yellow urine (not from vitamins)	0 1 2 3
9. Hot sensation to urine	0 1 2 3
10. Constipation / dry stools	0 1 2 3
11. Dizziness	0 1 2 3
12. Insomnia	0 1 2 3
13. Feels deep heat in bones	0 1 2 3
14. Cracks/fissures on tongue	0 1 2 3
15. Is the pulse rapid and thin?	0 1 2 3
16. Hyper thyroid/Graves' disease	0 1 2 3
17. Menopause	0 1 2 3
18. Long-term illness	0 1 2 3
19. Chronic disease	0 1 2 3
20. H.I.V., and A.I.D.S.	0 1 2 3
21. Tuberculosis	0 1 2 3
22. Loud, excited voice	0 1 2 3
23. Rough, uneven respiration	0 1 2 3

Total Energy Tonify Points _____

5. Earth Sedate

- 5-Element Action: Clear Congestion. Supports stomach/digestion, colon/elimination. Nourish spleen and stomach yin, strengthen spleen and stomach function of transformation, and transportation, drain dampness, clear stomach fire, relieve food retention.

◆ Spleen / Stomach Heat

- Pulse Dx: rapid
- Tongue Dx: red, yellow coating

1. Pain in abdomen worse w pressure	0 1 2 3
2. Abdomen tender with stabbing pains	0 1 2 3
3. Abdominal distention	0 1 2 3
4. Belching	0 1 2 3
5. Nausea	0 1 2 3
6. Sour taste in mouth	0 1 2 3
7. Halitosis (bad breath)	0 1 2 3
8. Vomiting improves nausea	0 1 2 3
9. Excessive thirst	0 1 2 3
10. Burning sensation in the stomach	0 1 2 3
11. Increased appetite, voracious	0 1 2 3
12. Swelling, pain, ulcers of gums	0 1 2 3
13. Constipation or dry stools	0 1 2 3

Sub-Total Earth Sedate Spleen/Stomach Heat Points _____

◆ Spleen Dampness

- Pulse Dx: slippery, soggy, moderate
- Tongue Dx: sticky, thick

14. General feeling of heaviness	0 1 2 3
15. Labored movement	0 1 2 3
16. Tight band feeling around head	0 1 2 3
17. Pain in fixed location	0 1 2 3
18. Joint pain, worse damp weather	0 1 2 3
19. Heaviness in the chest	0 1 2 3
20. Abdominal distention and pain	0 1 2 3
21. Aversion to greasy food	0 1 2 3
22. Short voidings of scant urine	0 1 2 3
23. Thirsty, but little desire to drink	0 1 2 3
24. Edema, swollen/puffy tissue	0 1 2 3
25. Vaginal discharge, yeast	0 1 2 3
26. Yellow face	0 1 2 3
27. Swollen wet tongue	0 1 2 3

Sub-Total Earth Sedate Spleen Dampness Points _____

◆ Food 'Accumulation' and Processes

- Pulse Dx: surging, slippery
- Tongue Dx: greasy, thick

28. Aversion to food	0 1 2 3
29. Distention/fullness after eating	0 1 2 3
30. History of overeating	0 1 2 3
31. Diarrhea or constipation	0 1 2 3
32. Foul stools and flatulence	0 1 2 3
33. Defecation or flatulence relieves symptoms	0 1 2 3
34. Acute Gastritis, Gastroenteritis	0 1 2 3
35. Irritable Bowel Syndrome	0 1 2 3

36. Peptic ulcers	0 1 2 3
37. Reflux esophagitis, GERD	0 1 2 3
38. Hepatitis, Acute	0 1 2 3
39. Gall Bladder problems	0 1 2 3
40. Cirrhosis or cancer, liver	0 1 2 3
41. Inflammation of mouth, gums	0 1 2 3
42. Pancreatitis, Diabetes	0 1 2 3

Sub-Total Earth Sedate Food Accumulation Points _____

Add the 3 Sub-Totals for Total Earth Sedate Points _____

6. Earth Tonify

- Pulse Dx: very weak
- Tongue Dx: Tongue pale with a thin white coating. Maybe shortened.
- 5-Element Action: Warm The Center. Strengthens Digestion, Spleen, strengthen the Qi, warm and lift the yang.

1. Fatigue, muscle weakness	0 1 2 3
2. Poor appetite	0 1 2 3
3. Sleep unrefreshing	0 1 2 3
4. Worrisome mental state	0 1 2 3
5. Shortness of breath	0 1 2 3
6. Quiet voice, dislikes talking.....	0 1 2 3
7. Spontaneous sweating	0 1 2 3
8. Loose stools, undigested food	0 1 2 3
9. Weakness after stools	0 1 2 3
10. Fluid retention, edema	0 1 2 3
11. Menses: comes early, spotting / lengthy periods / weakens.....	0 1 2 3
12. Abdomen distention, especially after meals	0 1 2 3
13. Dull, cold pain in the abdomen	0 1 2 3
14. Fatigue after meals	0 1 2 3
15. Poor digestion.....	0 1 2 3
16. Dull headaches	0 1 2 3
17. Swollen glands	0 1 2 3
18. Thyroid deficiencies	0 1 2 3
19. Prolapsed: uterus, bladder, bowel	0 1 2 3
20. Craving sweets/breads, etc.	0 1 2 3
21. Easily gains weight	0 1 2 3
22. Diabetes, hypoglycemia	0 1 2 3
23. Joint pain, worse damp.....	0 1 2 3
24. Pale or light yellow face	0 1 2 3
25. Bruises easily	0 1 2 3
26. Cold hands, feet, thighs	0 1 2 3
27. Lack of taste sensation.....	0 1 2 3
28. Gastric or duodenal ulcers	0 1 2 3
29. Nervous dyspepsia	0 1 2 3
30. Hepatitis	0 1 2 3
31. Chronic dysentery.....	0 1 2 3
32. Anemia	0 1 2 3
33. Chronic gastritis, enteritis	0 1 2 3
34. Varicose veins.....	0 1 2 3

Total Earth Tonify Points _____

7. Fire Sedate

- Pulse Dx: Forceful and rapid
- Tongue Dx: Red with a yellow, dry coating
- 5-Element Action: Pacifies the overactive spirit. Relieves stress of Heart, Kidneys, Nerves/Nervous System. Tonify yin, drain fire, clear heat and calm the spirit/mind.

1. Irritable, agitated demeanor	0 1 2 3
2. Cracks in tongue, or red tip	0 1 2 3
3. Mouth or tongue ulcers.....	0 1 2 3
4. Dry mouth and throat	0 1 2 3
5. Headache	0 1 2 3
6. Red eyes, face, ears.....	0 1 2 3
7. Restless	0 1 2 3
8. Mania, irrational behavior, or mental confusion/diseases	0 1 2 3
9. Uncontrolled laughter or crying.....	0 1 2 3
10. Compulsive behavior	0 1 2 3
11. Bright red rashes or hives.....	0 1 2 3
12. Burning sensations at orifices.....	0 1 2 3
13. Loud voice/loud laughter.....	0 1 2 3
14. Fullness in the chest.....	0 1 2 3
15. Fevers or heat sensations	0 1 2 3
16. Bitter taste in mouth	0 1 2 3
17. Thirsty, wants cold drinks	0 1 2 3
18. Talks incessantly, jumps one topic to another	0 1 2 3
19. Insomnia	0 1 2 3
20. Excessive, vivid dreaming	0 1 2 3
21. Heart palpitations	0 1 2 3
22. Dark yellow or reddish urine	0 1 2 3
23. Dry stools	0 1 2 3
24. Encephalitis.....	0 1 2 3
25. Stroke	0 1 2 3
26. Epilepsy	0 1 2 3
27. Heat Stroke.....	0 1 2 3
28. Hepatic encephalopathy	0 1 2 3
29. Rheumatic heart disease	0 1 2 3
30. Bacterial endocarditis	0 1 2 3
31. Raging infections, history	0 1 2 3

Total Fire Sedate Points _____

8. Fire Tonify

- Pulse Dx: barely palpable & possibly irregular, or weak, fine and slow.
- Tongue Dx: pale or bluish, swollen with teethmarks and wet
- 5-Element Action: Support the Heart and Blood Circulation
Tonify Heart Qi and Yang. Nourish heart blood and calm the spirit.

1. White or pale complexion	0 1 2 3
2. Palpitations/heart throbbing/tachycardia.....	0 1 2 3
3. Fatigue with anxiety/restlessness	0 1 2 3
4. Lassitude of spirit	0 1 2 3
5. Shortness of breath	0 1 2 3
6. Spontaneous sweating	0 1 2 3
7. Cold limbs	0 1 2 3
8. Chest fullness or pain	0 1 2 3

9. Aversion to cold	0 1 2 3
10. Easily confused, poor memory, brain fatigue	0 1 2 3
11. Desire for warmth, chilliness.....	0 1 2 3
12. Swelling of limbs or face.....	0 1 2 3
13. Dislikes talking	0 1 2 3
14. Low sex drive	0 1 2 3
15. Wheezing	0 1 2 3
16. Heart attack.....	0 1 2 3
17. Cardiac insufficiency.....	0 1 2 3
18. Chronic fatigue syndrome.....	0 1 2 3
19. Hyperthyroidism, Graves' disease	0 1 2 3
20. Arrhythmia.....	0 1 2 3
21. Anemia	0 1 2 3
22. Hypertension.....	0 1 2 3
23. Cardiomyopathy	0 1 2 3
24. Coronary Arteriosclerosis	0 1 2 3
25. Cardiac tamponade.....	0 1 2 3
26. Congenital cardiovascular disease	0 1 2 3
27. Congestive heart failure, cor pulmonale.....	0 1 2 3

Total Fire Tonify Points _____

9. Metal Sedate

- Pulse Dx: Strong pulse in right cun, first position
- Tongue Dx: Varies with heat or cold
- 5-Element Action: Ventilate The Lungs. Clears and calms the lungs, throat, sinuses, cough center. Promotes peaceful breathing. Unblock lung Qi, direct lung Qi down, tonify yang.

1. Barking cough with chest pain	0 1 2 3
2. Course loud breathing	0 1 2 3
3. Profuse expectoration, foul sputum	0 1 2 3
4. Excessive, lingering grief/sadness	0 1 2 3
5. Flaring of nostrils with breathing.....	0 1 2 3
6. Stuffy, distended chest	0 1 2 3
7. Dark yellow urine	0 1 2 3
8. Constipation	0 1 2 3
9. Shortness of breath	0 1 2 3
10. Nasal obstruction	0 1 2 3
11. Discharge from the nose	0 1 2 3
12. Dry skin.....	0 1 2 3
13. Itchy throat	0 1 2 3
14. Lost voice	0 1 2 3
15. Red, irritated skin rashes	0 1 2 3
16. Emphysema	0 1 2 3
17. Chronic bronchitis.....	0 1 2 3
18. Pulmonary tuberculosis	0 1 2 3
19. Anemia	0 1 2 3
20. Allergies, Asthma	0 1 2 3
21. Bronchiectasis.....	0 1 2 3
22. Lung Cancer.....	0 1 2 3
23. H.I.V., A.I.D.S.....	0 1 2 3

Total Metal Sedate Points _____

10. Metal Tonify

- 5-Element Action: Support the Weak and Thin. Strengthens lungs, throat, spleen. Downbear lung Qi, clear the lung, moisten dryness and transform phlegm.

◆ **Lung Qi Deficiency:**

- Pulse Dx: Weak
- Tongue Dx: Pale

1. Allergies	0 1 2 3
2. Weak, ineffective cough	0 1 2 3
3. Weak voice, dislikes talking	0 1 2 3
4. Long term grief, sadness	0 1 2 3
5. Quiet, weak breathing.....	0 1 2 3
6. Catches frequent colds/flu	0 1 2 3
7. Sensitive to cold, dry wind	0 1 2 3
8. Dry skin, mucous membranes, face, nose, mouth, etc.	0 1 2 3
9. Nasal congestion	0 1 2 3
10. Swelling of eyes, face.....	0 1 2 3
11. Clear or scanty sputum.....	0 1 2 3
12. Spontaneous sweating	0 1 2 3
13. Asthma with weakness	0 1 2 3
14. Pale face.....	0 1 2 3
15. Shortness of breath on exertion	0 1 2 3
16. Fatigue	0 1 2 3
17. Chest distention/pressure	0 1 2 3

Sub-Total Metal Tonify Lung Qi Deficiency Points _____

◆ **Lung Yin Deficiency.**

- Pulse Dx:Thin rapid pulse
- Tongue Dx: red with little coating or slight yellow coating

18. Poor health/long term illnesses	0 1 2 3
19. Dry mouth, throat	0 1 2 3
20. Hoarse	0 1 2 3
21. Dry hacking cough	0 1 2 3
22. Rapid breathing	0 1 2 3
23. Scant phlegm, (may have blood tinge).....	0 1 2 3
24. Red cheeks.....	0 1 2 3
25. Night sweats	0 1 2 3
26. Feels hot–palms/soles/chest.....	0 1 2 3
27. Emphysema	0 1 2 3
28. Chronic bronchitis.....	0 1 2 3
29. Pulmonary tuberculosis	0 1 2 3
30. Chronic pharyngitis.....	0 1 2 3
31. Bronchiectasis.....	0 1 2 3
32. Lung Cancer	0 1 2 3
33. H.I.V., A.I.D.S.....	0 1 2 3

Sub-Total Metal Tonify Lung Yin Deficiency Points _____

Add Two Sub-Totals for Total Metal Tonify Points _____

11. Water Sedate

- Pulse Dx: Weak, soggy, almost imperceptible
- Tongue Dx: Thick, swollen, pale, may have a slimy, yellow coating.
- 5-Element Action: Removes Dampness. Supports the kidneys, spleen, digestion. Warms kidney yang, transforms and eliminates dampness and water swelling. *Note: This action sedates dampness and water retention. It does not affect Kidney Qi or essence adversely.*

1. Edema, swelling, puffiness	0 1 2 3
2. Bright white facial complexion	0 1 2 3
3. Lassitude of spirit, essence	0 1 2 3
4. Aversion to cold, cold extremities	0 1 2 3
5. Fear and phobias	0 1 2 3
6. Dizziness.....	0 1 2 3
7. Tinnitus (ears ringing).....	0 1 2 3
8. Aching low back and knees	0 1 2 3
9. White foamy phlegm	0 1 2 3
10. Rapid breathing	0 1 2 3
11. Cannot take a deep breath.....	0 1 2 3
12. Heart failure from accumulation of fluids (congestive heart).....	0 1 2 3
13. Difficulty breathing lying down	0 1 2 3
14. Bladder: prolapsed, difficult urination, slow flow, urinary infections, scant or copious urine..	0 1 2 3
15. Lack of thirst, wants warm drinks	0 1 2 3
16. Bone weaknesses.....	0 1 2 3
17. Impotence or low sex drive.....	0 1 2 3
18. Infertility.....	0 1 2 3
19. Enduring or early morning diarrhea	0 1 2 3
20. Hepatitis	0 1 2 3
21. Chronic gastroenteritis	0 1 2 3
22. Chronic dysentery.....	0 1 2 3
23. Gastric or duodenal ulcers	0 1 2 3
24. Pulmonary heart disease	0 1 2 3
25. Edema due to liver cirrhosis	0 1 2 3
26. Heart diseases	0 1 2 3
27. Kidney disease, nephritis	0 1 2 3

Total Water Sedate Points _____

12. Water Tonify

- 5-Element Action: Strengthen the Bones. Supports kidneys, collagen (extra-cellular matrix), Digestion Tonify the kidneys' essence, Qi, and nourish kidney yin.

◆ Qi / Essence Deficiency:

- Pulse Dx: Weak
- Tongue Dx: Pale, Swollen

1. Slow growth and development	0 1 2 3
2. Mental retardation.....	0 1 2 3
3. Poor memory, cognitive weakness	0 1 2 3
4. Weak or sore low back or knees	0 1 2 3
5. Bone weakness	0 1 2 3

6. Incontinence, weak bladder	0 1 2 3
7. Leaking sperm or vaginal fluids	0 1 2 3
8. Weak urine flow	0 1 2 3
9. Lack of motivation, apathy	0 1 2 3
10. Fatigued, requires a lot of sleep	0 1 2 3
11. Easily discouraged, can't reach goals	0 1 2 3
12. Menopausal symptoms.....	0 1 2 3
13. Darkish complexion	0 1 2 3
14. Incontinence, dribbling urine.....	0 1 2 3
15. Infertility.....	0 1 2 3
16. Tinnitus (ringing in ears).....	0 1 2 3
17. Dizziness.....	0 1 2 3
18. Lack of spark and spirit.....	0 1 2 3
19. Delayed development in children	0 1 2 3
20. Low libido and sexual function	0 1 2 3
21. Early aging in adults	0 1 2 3
22. Swelling of feet/ankles	0 1 2 3
23. Loose teeth	0 1 2 3
24. Hair loss	0 1 2 3
25. Deafness, hearing loss	0 1 2 3

Sub-Total Water Tonify Qi/Essence Points _____

◆ Kidney Yin Deficiency:

- Pulse Dx: Pulse thin and rapid
- Tongue Dx: Tongue red and peeled

26. Dizziness.....	0 1 2 3
27. Tinnitus (ringing in ears).....	0 1 2 3
28. Steaming heat inside sensation	0 1 2 3
29. Hot flashes	0 1 2 3
30. Dry mouth and throat	0 1 2 3
31. Thirst for cold drinks	0 1 2 3
32. Irritability	0 1 2 3
33. Red cheeks.....	0 1 2 3
34. Aching low back and knees	0 1 2 3
35. Rapid aging.....	0 1 2 3
36. Chronic kidney diseases.....	0 1 2 3
37. Pulmonary/heart diseases	0 1 2 3
38. Urinary tract infections	0 1 2 3
39. Nephritis (kidney infections)	0 1 2 3
40. Liver cirrhosis	0 1 2 3
41. Edema with nutrition deficiency	0 1 2 3
42. Chronic dysentery, enteritis	0 1 2 3
43. Chronic, degenerative diseases	0 1 2 3

Sub-Total Water Tonify Kidney Yin Deficiency Points _____

Add the 2 Sub-Totals for Total Water Tonify Points _____

13. Sedate Wood

- Pulse Dx: strong and wiry
- Tongue Dx: Red or purple tongue
- 5-Element Action: Mediate Harmony. Calms liver tension, supports the blood, spleen and digestion. Nourish blood and yin to calm and anchor liver yang. Harmonize the liver, spleen and stomach, course liver Qi.

1. Pressing headaches, migraines	0 1 2 3
2. Headache in temporal area	0 1 2 3
3. Bitter taste.....	0 1 2 3
4. Blurred vision	0 1 2 3
5. Sudden ringing in the ears or deafness (comes/goes)	0 1 2 3
6. Vomiting of bitter fluid	0 1 2 3
7. Dizziness.....	0 1 2 3
8. Red, swollen eyes, face	0 1 2 3
9. Irritable or Irrational.....	0 1 2 3
10. Aggressive	0 1 2 3
11. Bipolar disorder.....	0 1 2 3
12. Irregular menses.....	0 1 2 3
13. Mastitis, breast lumps	0 1 2 3
14. Pain, distention before menses	0 1 2 3
15. Pre-menstrual syndrome	0 1 2 3
16. Adominal, rib-side pain	0 1 2 3
17. Trembling lips, fingers, tongue, or tremors	0 1 2 3
18. Craving sour, or spicy foods	0 1 2 3
19. Type "A" personality, stress	0 1 2 3
20. Insomnia	0 1 2 3
21. Hypertension.....	0 1 2 3
22. Menopause	0 1 2 3
23. Acute conjunctivitis	0 1 2 3
24. Glaucoma	0 1 2 3
25. Meniere's disease	0 1 2 3
26. Nervous disorders.....	0 1 2 3
27. Stroke	0 1 2 3
28. Stroke, Trans-ischemic attack.....	0 1 2 3
29. Parkinson's disease	0 1 2 3
30. Meningitis	0 1 2 3
31. Febrile diseases (fevers)	0 1 2 3

Total Wood Sedate Points _____

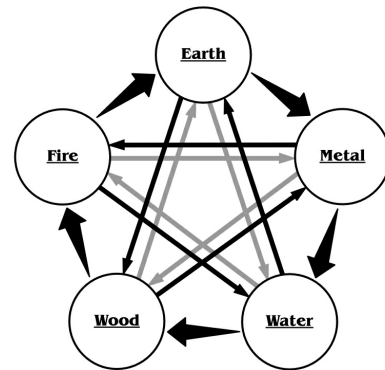
14. Wood Tonify

- Pulse Dx: Thin, weak
- Tongue Dx: Pale
- 5-Element Action: Tonify Blood. Supports the liver blood, and yin processes. Sedate yang. *Note: It does not adversely tonify liver yang or Qi.*

1. Pale complexion	0 1 2 3
2. Vision disturbances (blurry, night blind, weak) ..	0 1 2 3
3. Dizziness.....	0 1 2 3
4. Weakness, worse when hungry	0 1 2 3
5. Insomnia	0 1 2 3
6. Profuse dreaming	0 1 2 3
7. Stiffness of tendons, difficult to bend or stretch	0 1 2 3
8. Abdominal pain	0 1 2 3

9. Dry mouth	0 1 2 3
10. Twitching, muscle spasms, cramps	0 1 2 3
11. Dry, brittle nails	0 1 2 3
12. Pale or purple nail beds	0 1 2 3
13. Dull hair or eyes	0 1 2 3
14. Dry or scaly skin	0 1 2 3
15. Numbness/tingling in extremities	0 1 2 3
16. Scanty menses, pale/thin	0 1 2 3
17. Fatigue, Chronic Fatigue Syndrome.....	0 1 2 3
18. Constipation	0 1 2 3
19. Anemia	0 1 2 3
20. Chronic hepatitis	0 1 2 3
22. Nervous disorders.....	0 1 2 3
23. Chronic eye problems.....	0 1 2 3
24. Neuropathy	0 1 2 3
25. Gynecological disorders	0 1 2 3

Total Wood Tonify Points _____



SUMMARY POINTS: (Enter totals and subtotals here.)

_____ General Sedate	_____ General Tonify
_____ Energy Sedate	_____ Energy Tonify
_____ Earth Sedate Total	_____ Earth Tonify
_____ Earth Sedate Spleen Stomach Heat	
_____ Earth Sedate Spleen Dampness	
_____ Earth Sedate Food Accumulation	
_____ Fire Sedate	_____ Fire Tonify
_____ Metal Sedate	_____ Metal Tonify Total
_____ Metal Tonify Lung Qi Deficiency	
_____ Metal Tonify Lung Yin Deficiency	
_____ Water Sedate	_____ Water Tonify
_____ Water Tonify Qi/Essence Deficiency	
_____ Water Tonify Kidney Yin Deficiency	
_____ Wood Sedate	_____ Wood Tonify