

**Chinese Medicine symptom chart:**

Please check ALL the boxes that apply. For example, if you are currently experiencing “insomnia”, mark “currently”. If this was also an issue for you recently (the past month or so), mark that box as well. If this symptom is something that you experience frequently, please also mark this box. This gives us a more comprehensive picture of your present condition *and* your tendencies –sometimes referred to as your “Constitution”. We use this information to provide you with more individualized and targeted treatment.

<b>LV/GB (Wood) Symptoms</b>	<b>Currently</b>	<b>Recently</b>	<b>Frequently</b>
Irritability/ Impatience/Anger			
Stress, emotional tension			
Depression			
Migraines (and/or vertex headaches)			
Visual Disturbances (floaters, blurred vision, sensitive to light, poor night vision)			
Red/Dry Eyes			
Gallbladder inflammation (Cholecystitis), gallstones			
Feeling of a lump in the throat, especially when stressed			
Clenching/grinding teeth at night			
Muscle tension, muscle spasms, muscles twitching -esp with stress			
Joint/tendon pain, stiffness			
Poor circulation >>> cold hands/feet >>> Reynaud’s			
Soft, brittle nails			
Over-eating, strong cravings –esp for sweets- when stressed			
Irritable Bowel Syndrome (IBS) , especially with stress			
Fullness, tightness below the ribs –with short, shallow breathing			
Insomnia/disturbed sleep between 11pm-3am			
Bitter taste in the mouth			
PMS, esp with emotional symptoms (depressions, irritability, weepiness)			
Elevated blood pressure			

<b>HT/SI (Fire) Symptoms</b>	<b>Currently</b>	<b>Recently</b>	<b>Frequently</b>
Heart Palpitations (strongly feeling heart beat, not due to exercise)			
Chest Pain			
Insomnia, difficulty sleeping			
Vivid and/or disturbing dreams			
Anxiety			
Easily Startled			
Restlessness, agitation			
Over-excitement, mania, manic up-swings			
Hot, burning urine (with or without UTI diagnosis)			
Over-heated easily, aversion to heat and hot weather			
Night sweats			
Poor memory (esp short term, feels like “a sieve” or “in one ear, out the other”)			
Poor concentration			

<b>SP/ST (Earth) Symptoms</b>	<b>Currently</b>	<b>Recently</b>	<b>Frequently</b>
Digestive difficulties			
Gas, bloating			
Fatigue, especially after eating			
Feeling of heaviness in the body			
Poor muscle tone			
Feeling foggy, foggy concentration (worse w/ damp weather & food)			
Poor appetite			
Nausea with damp weather and/or after cold, heavy foods (dairy)			
Loose stools (w/out burning), often with undigested food bits			

Bruising easily			
Prolapsing organs			
Over-thinking, worry, pensiveness, rumination			
Heart burn, acid reflux			
Poor blood sugar control, diabetes			
Food allergies			
Water retention, edema			
Prolonged menstrual bleeding			

LU/LI (Metal) Symptoms	Currently	Recently	Frequently
Shortness of breath			
Asthma, allergies			
Dry cough			
Cough with sputum			
Nasal discharge			
Snoring, sleep apnea			
Low resistance to colds, flu, easily gets respiratory illnesses			
Sneezing			
COPD (indicate if bronchitis or emphysema)			
Tuberculosis (TB)			
Spontaneous sweating (not due to strenuous exercise)			
Grief, sadness			
Fever & Chills			

KD/UB (Water) Symptoms	Currently	Recently	Frequently
Low Back pain and/or weakness			
Knee pain and/or heel pain			
Osteopenia >>>> Osteoporosis			
Osteoarthritis			
Tooth decay, Tooth loss			
Thinning hair >>>> Loss of hair			
Poor hearing >>>>> hearing loss			
Tinnitus (high pitch ringing –or- low pitch humming – <i>please specify</i> )			
Poor memory (esp affecting long-term memory, and <i>not</i> due to stress)			
Urinary difficulty, Urine retention (please specify)			
Frequent clear urination			
Lack of bladder control >>>>> Urinary incontinence			
Infertility			
Low Libido			
Excessive Libido			
Menopause			
Hot flashes			
Night sweats			
Feeling of coldness in the trunk and limbs (not just the hands and feet)			