



## ADVANCED WELLNESS CENTER

*A Clinic of Traditional Chinese Medicine*

### Patient Information

Name \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Hm: \_\_\_\_\_ Wk: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

### Emergency Contact Information

Name 1 \_\_\_\_\_ Relationship: \_\_\_\_\_

Hm: \_\_\_\_\_ Wk: \_\_\_\_\_ Email: \_\_\_\_\_

Name 2 \_\_\_\_\_ Relationship: \_\_\_\_\_

Hm: \_\_\_\_\_ Wk: \_\_\_\_\_ Email: \_\_\_\_\_

Primary Physician \_\_\_\_\_ Phone: \_\_\_\_\_

### Insurance Information

Insurance Carrier \_\_\_\_\_ Group # \_\_\_\_\_

Your current health concerns \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



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### PATIENT INFORMED CONSENT FORM

MaryLee Calmes is a nationally board-certified acupuncturist and is a licensed acupuncturist in the State of Washington, license number 355, dated March 27, 1997. She received her Master of Science degree in Acupuncture, and her Bachelor of Science in Oriental Medicine from Bastyr University. Her didactic and clinical training was also completed at Bastyr University. MaryLee's Certification in Chinese Herbal Medicine was completed at Bastyr University as well. MaryLee has also received B.A. in Psychology from the University of Washington and a B.A. in Education from Seattle University.

Washington law requires that each patient be informed regarding the scope of practice in which a licensed acupuncturist is allowed to engage, which includes, but is not limited to, the following techniques:

1. Use of acupuncture needles to stimulate acupuncture points and meridians
2. Use of electrical, mechanical or magnetic devices to stimulate acupuncture points and meridians
3. Moxibustion
4. Acupressure
5. Cupping
6. Dermal friction technique (gwa hsa)
7. Infra-red
8. Sonopuncture
9. Laserpuncture
10. Dietary advice based on Traditional Chinese medical theory and
11. Point injection therapy (aquapuncture)

Side effects may occur in a small percentage of patients and may include the following: some pain following treatment in the insertion area, minor bruising, infection, needle sickness (fainting), and broken needle.

**IF YOU HAVE A SEVERE BLEEDING DISORDER OR HAVE A PACEMAKER, YOU SHOULD MAKE THAT INFORMATION KNOWN TO YOUR PRACTITIONER PRIOR TO TREATMENT.**

Traditional Chinese Medicine includes various modalities including Acupuncture, Herbology, Tuina massage, Guasha, Moxibustion, Acupressure and other types of hands on healing. These ancient oriental techniques utilize a natural system of healing within the body. However these techniques are not a substitute for conventional medical care and no treatment program is effective for everyone. In the event of serious illness or injury you are strongly urged to see a medical doctor or other health care professional without delay.

#### **Binding arbitration:**

Any disputes between the parties shall be settled by binding arbitration in Seattle, Washington administered by a qualified member of Judicial Dispute Resolution (JDR), or such other arbitrator as may be mutually agreed to by the parties, in accordance with the Commercial Arbitration Rules of the American Arbitration Association in effect as of the date of this Agreement and the Federal Arbitration Act, 9 U.S.C. § 1, et. seq., using a single arbitrator, and any judgment on the award rendered by such arbitrator may be entered in any court having jurisdiction thereof. In connection with this paragraph, the parties shall be limited to requests for document production under the Federal Rules plus any further discovery, including depositions, as may be allowed by the arbitrator pursuant to reasonable cause shown by either party.

*I have read and understood the above information.*

\_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**



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## Patient Health Profile

Name \_\_\_\_\_ DOB \_\_\_\_\_

### MEDICAL HISTORY

	YES	NO		YES	NO
Pacemaker	_____	_____	Diabetes	_____	_____
Heart Disease	_____	_____	HIV/AIDS	_____	_____
Cancer	_____	_____	Pregnant (women)	_____	_____
Chronic Fatigue	_____	_____	Lupus	_____	_____
Ulcers	_____	_____	Back Problems	_____	_____
Headaches	_____	_____	Hepatitis	_____	_____
Multiple Sclerosis	_____	_____	High Blood Pressure	_____	_____
Problems w/ bleeding or bruising	_____	_____	Migraines/Headaches	_____	_____
Cosmetic surgery or procedures	_____	_____			

Have you had or do you have now any other serious health conditions not shown above? If so, please list.

\_\_\_\_\_  
\_\_\_\_\_

Are you currently taking medications? If so, list each medication and its related condition. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Are you currently taking vitamins or supplements? If so, list each. \_\_\_\_\_

\_\_\_\_\_

Do you have any allergies? If so, list each. \_\_\_\_\_

\_\_\_\_\_

Food Cravings? Please list: \_\_\_\_\_

Food intolerances? Please list: \_\_\_\_\_

How many glasses per day do you consume of the following:

Water \_\_\_\_\_ Soda \_\_\_\_\_ Coffee \_\_\_\_\_ Tea \_\_\_\_\_ Milk \_\_\_\_\_ Alcohol \_\_\_\_\_

Do you perspire during the day? \_\_\_\_\_ At night? \_\_\_\_\_

Are you frequently thirsty? \_\_\_\_\_

In general, do you prefer hot or cold drinks? \_\_\_\_\_

Have you ever had acupuncture before? \_\_\_\_\_

Are you undergoing any other treatments at this time (please list)? \_\_\_\_\_

\_\_\_\_\_

Are you nervous about needles? \_\_\_\_\_

Please check all that apply. *Note: you will find the same condition listed under different headings.*

**-- Please check even if it is redundant! --**

### **PATTERNS OF DEPLETION**

#### **Deficient Qi**

- Weakness lethargy or weariness
- lowered libido
- decreased motivation
- dull thinking or feeling
- poor appetite
- weak digestion
- susceptible to colds or flu
- prolonged recovery following illness
- pasty, pale complexion
- limp hair
- shortness of breath
- aversion to talking
- perspires easily with exertion
- weak muscles
- chills easily
- frequent, profuse urination
- infertility
- miscarriage

#### **Deficient Moisture**

- dry and thirsty
- dryness of mucous membranes
- scant secretions and urination
- constipation
- uncomfortable feeling of heat in the body
- restlessness and insomnia
- low fever in the afternoon or evening
- parched and cracked skin
- emotional fragility
- hot flashes
- night sweats
- constant hunger
- unstable blood sugar
- persistent dry cough
- dry sore throat
- flushed face with dry skin and lips

#### **Diminished Essence**

- generalized fatigue, weakness and stiffness
- increased flaccidity of muscles
- sagging or wrinkling of skin
- diminished or absent sexual arousal and pleasure
- premature infertility or menopause
- repeated miscarriages
- loosening or increased loss of teeth
- thinning, graying and drying of head and pubic hair
- weakening of bones and loss of elasticity of tendons or ligaments
- decline of memory, vision and hearing progressive loss of weight or emaciation

#### **Deficient Blood**

- irritability
- insomnia and anxious sleep
- itching, prickling skin or scalp
- dryness without thirst
- blurred or weak vision
- loss or thinning of hair
- dizziness
- dry or hard stool
- dry skin, eyes, hair
- anemia
- numbness of hands and feet
- muscle cramps
- lack of semen
- scanty or irregular menstruation
- pale, waxy, sallow complexion
- easy bruising
- poor skin healing
- palpitations
- postpartum weakness or anemia
- emotionally sensitive

#### **Disturbed Shen**

- extreme restlessness, agitation or **overly talkative**
- fragile emotions (easily moved to tears or laughter)
- extreme hypersensitivity to pain or insult
- hysterical outbursts of shouting, laughing or grief
- overwhelming hopelessness, sadness or grief
- constant anxiety or incessant worry
- easily startled or frightened
- morbid thoughts or impulses
- erratic sleep, stubborn insomnia or disturbing dreams
- mental confusion and disorientation
- uncontrollable rage or elation
- incoherent speech or babbling
- dull, glazed or bizarre look to eyes and face

### **PATTERNS OF CONGESTION**

#### **Stagnant Qi**

- head feels stuffy
- mild nausea
- distension or fullness in chest or abdomen
- gas pains, cramps, tension in stomach or intestines
- hiccups, belching or flatulence
- constipation with gas
- vague or intermittent pains
- generalized discomfort, fullness, pressure in head, chest, limbs or abdomen
- wheezing
- difficulty swallowing
- stitch or acute pain in abdomen
- sense of fullness under ribs

**Stagnant Moisture**

- \_\_\_\_\_ soft or loose stool
- \_\_\_\_\_ bloating with water retention
- \_\_\_\_\_ puffy eyes, face, hands or ankles
- \_\_\_\_\_ frequent but scanty urination
- \_\_\_\_\_ **feels swollen, tender lethargic in humid weather ??**
- \_\_\_\_\_ soft swellings or enlarged lymph nodes
- \_\_\_\_\_ premenstrual soreness and swelling of breasts
- \_\_\_\_\_ swollen or heavy head, limbs or abdomen
- \_\_\_\_\_ tender muscles and joints
- \_\_\_\_\_ thick or sticky saliva or phlegm
- \_\_\_\_\_ sticky perspiration
- \_\_\_\_\_ lumps, nodules and cysts
- \_\_\_\_\_ sticky slimy stool
- \_\_\_\_\_ scanty urine
- \_\_\_\_\_ generalized water retention
- \_\_\_\_\_ edema of hands and feet
- \_\_\_\_\_ thick nauseated feeling in mouth and stomach
- \_\_\_\_\_ congestion in eyes and sinuses

**Stagnant Blood**

- \_\_\_\_\_ mottling or chilling of limbs from poor circulation
- \_\_\_\_\_ sharp pains in head, eyes, joints, internal organs
- \_\_\_\_\_ irregular or painful menses
- \_\_\_\_\_ premenstrual pain and hardness of breasts
- \_\_\_\_\_ painful hemorrhoids or cysts
- \_\_\_\_\_ elevated cholesterol
- \_\_\_\_\_ traumatic bruises, swellings and sprains
- \_\_\_\_\_ persistent, stabbing or throbbing pains (esp. in joints or viscera)
- \_\_\_\_\_ pain aggravated at night or from inactivity
- \_\_\_\_\_ severe cramping numbness or paralysis
- \_\_\_\_\_ severe headache
- \_\_\_\_\_ dark red complexion red or purple lesions on the skin and mucous membrane
- \_\_\_\_\_ angina
- \_\_\_\_\_ severe menstrual cramps with dark blood or clots
- \_\_\_\_\_ pain worse from pressure or massage
- \_\_\_\_\_ hard lumps or masses

**ADVERSE CLIMATE OR CONDITIONS****Heat**

- \_\_\_\_\_ fever, associated with infection or inflammation
- \_\_\_\_\_ pain, soreness, swelling or dryness accompanied by a sensation of heat or burning
- \_\_\_\_\_ sores or infections with green or yellow pus
- \_\_\_\_\_ yellow or green mucous discharges from ears, nose, throat, anus, vagina or urethra
- \_\_\_\_\_ extreme thirst with a craving for cold foods and liquids
- \_\_\_\_\_ reddening of eyes, ears, nose, lips, face, skin, mucous membrane or tongue

**Cold**

- \_\_\_\_\_ cold feeling in limbs, head, chest or abdomen
- \_\_\_\_\_ inertia or weakness with pallor, cold or clammy face, hands, feet
- \_\_\_\_\_ loose stool after raw or cold foods
- \_\_\_\_\_ profuse urination or swelling of face or limbs upon exposure cold climate or after drinking cold liquids
- \_\_\_\_\_ craving for warm, cooked foods and hot drinks
- \_\_\_\_\_ pain in head, chest, limbs or joints when exposed to cold air
- \_\_\_\_\_ pale skin, nail beds, lips mucous membrane or tongue

**Damp-Heat**

- \_\_\_\_\_ dryness or thirst without desire or ability to drink
- \_\_\_\_\_ queasiness with a nauseating taste in the mouth
- \_\_\_\_\_ sticky yellow mucus in the nose, throat or bronchi
- \_\_\_\_\_ fever or a sensation of heat that is not relieved by perspiring or taking fluids
- \_\_\_\_\_ loose or sticky stool streaked with blood, mucus or pus
- \_\_\_\_\_ burning, oozing sores, boils, pimples, blisters or rashes
- \_\_\_\_\_ heavy, dull distended feeling in the head, chest, abdomen or limbs
- \_\_\_\_\_ worse from heat, humidity and sweet, spicy or oily foods

**External Wind**

- \_\_\_\_\_ itching, prickling sensations of the skin
- \_\_\_\_\_ migrating pains appear or retreat suddenly and unpredictably
- \_\_\_\_\_ dizziness
- \_\_\_\_\_ itchy, painful ears, eyes, nose, sneezing, headache, muscle soreness or shivering when exposed to wind or drafts
- \_\_\_\_\_ sneezing, runny nose or eyes
- \_\_\_\_\_ numbness of face
- \_\_\_\_\_ neck stiffness or spasm
- \_\_\_\_\_ worse from drafts and changing temperatures

**Internal Wind**

- \_\_\_\_\_ trembling or shaking of hands, feet, head
- \_\_\_\_\_ spasms, twitches, cramps or contractures of skin, nerves, muscles and viscera
- \_\_\_\_\_ disequilibrium, lack of coordination
- \_\_\_\_\_ spasm or quivering of tongue
- \_\_\_\_\_ vertigo
- \_\_\_\_\_ headache with vertigo
- \_\_\_\_\_ worse from heat, wind, changing barometric pressure or changing from lying to upright posture
- \_\_\_\_\_ seizures

**Phlegm**

- \_\_\_\_\_ dizziness or fullness in head with mucus
- \_\_\_\_\_ nausea or difficult breathing with fullness in upper abdomen or chest
- \_\_\_\_\_ congestion or nausea
- \_\_\_\_\_ thick, sticky secretions or discharges from the skin, mucous membranes, ears, eyes, nose, throat, mouth, anus, vagina or urethra
- \_\_\_\_\_ soft, mobile lumps or enlarged lymph nodes
- \_\_\_\_\_ worse in humid environment or from eating sticky, greasy, fatty foods, milk products, eggs, sugar

**ORGAN NETWORK DISTURBANCES****Liver Network***(Nerves, Muscles, Congested or Depleted Blood)*

- \_\_\_\_\_ irritable: "things get on my nerves"
- \_\_\_\_\_ touchiness from heat, wind, noise
- \_\_\_\_\_ numbness or tingling of limbs when asleep or inactive
- \_\_\_\_\_ coarse, brittle nails or hair
- \_\_\_\_\_ dry eyes
- \_\_\_\_\_ weak or blurred vision
- \_\_\_\_\_ whistling or loud ringing in the ears (tinnitus)
- \_\_\_\_\_ genital organ hypersensitivity
- \_\_\_\_\_ *Note: PMS symptoms characterized by \*\* items*
- \_\_\_\_\_ *\*\*muscle cramps on lower abdomen, hips, calves, feet*
- \_\_\_\_\_ *\*\*pain from tension in shoulders and neck or in hips*
- \_\_\_\_\_ *\*\*stitching pains under diaphragm, in ribs, groin or pelvic region*
- \_\_\_\_\_ *\*\*easy chilling of arms, hands, legs, feet*
- \_\_\_\_\_ *\*\*difficult elimination, dry or hard stool, tense colon*
- \_\_\_\_\_ *\*\*weak, dizzy, flushed from hunger, tension or anger*
- \_\_\_\_\_ *\*\*nausea or queasiness from hunger or fatigue*

**Heart Network***(Emotions, Sleep, Depleted Moisture or Blood, Congested Blood)*

- \_\_\_\_\_ easily confused
- \_\_\_\_\_ mood swings (laughs easily, cries easily)
- \_\_\_\_\_ insomnia when nervous, worried or overtired
- \_\_\_\_\_ craving for cool drinks and juicy food
- \_\_\_\_\_ slight exertion or excitement causes heat, perspiration, easy blushing of face and ears
- \_\_\_\_\_ dry mouth or throat
- \_\_\_\_\_ hot flashes
- \_\_\_\_\_ frequent urination and bowel movements from nervousness
- \_\_\_\_\_ palpitations when nervous, upset or exhausted
- \_\_\_\_\_ *Note: PMS symptoms characterized by \*\* items*
- \_\_\_\_\_ *\*\*anxiety*
- \_\_\_\_\_ *\*\*excitement, anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares*
- \_\_\_\_\_ *\*\*easily overheats and overchills*
- \_\_\_\_\_ *\*\*burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus*
- \_\_\_\_\_ *\*\*restlessness and fatigue*

**Spleen Network***(Digestion, Appetite, Attitude and Attention, Depleted Qi, Congested Moisture)*

- \_\_\_\_\_ slow digestion or indigestion
- \_\_\_\_\_ loose stool from raw or cold foods, cold liquids
- \_\_\_\_\_ excess or deficient appetite
- \_\_\_\_\_ lingering hunger after meals
- \_\_\_\_\_ hard to gain, lose or regulate weight
- \_\_\_\_\_ easily worried
- \_\_\_\_\_ difficulty focusing, jumps from one thing to another
- \_\_\_\_\_ prolapsed stomach, intestines, uterus, vagina and bladder
- \_\_\_\_\_ hemorrhoids
- \_\_\_\_\_ lack of muscle tone or strength, especially of abdomen, back or neck
- \_\_\_\_\_ frequent but scanty urination
- \_\_\_\_\_ easy or frequent bruising

**Spleen Network (continued)***(Digestion, Appetite, Attitude and Attention, Depleted Qi, Congested Moisture)**Note: PMS symptoms characterized by \*\* items*

- \_\_\_\_\_ *\*\*frequent abdominal gas or bloating*
- \_\_\_\_\_ *\*\*overwhelmed by details*
- \_\_\_\_\_ *\*\*upset by changes*
- \_\_\_\_\_ *\*\*lethargy and inertia*
- \_\_\_\_\_ *\*\*water retention and puffiness*
- \_\_\_\_\_ *\*\*heaviness of head and limbs*
- \_\_\_\_\_ *\*\*tender muscles*

**Lung Network***(Respiration, Skin, Depleted or Congested Moisture)*

- \_\_\_\_\_ frequent colds or coughs
- \_\_\_\_\_ allergies
- \_\_\_\_\_ shortness of breath, chest pain, or wheezing in chest from fatigue or exertion
- \_\_\_\_\_ itchiness or rashes of skin
- \_\_\_\_\_ *Note: PMS symptoms characterized by \*\* items*
- \_\_\_\_\_ *\*\*frequent runny nose or stuffy sinuses*
- \_\_\_\_\_ *\*\*frequent throat clearing or laryngitis*
- \_\_\_\_\_ *\*\*morning attacks of coughing or sneezing with clear phlegm or mucus discharge*
- \_\_\_\_\_ *\*\*dryness of mucous membranes*
- \_\_\_\_\_ *\*\*dry skin*
- \_\_\_\_\_ *\*\*easily disappointed or offended*
- \_\_\_\_\_ *\*\*sensitive to wind, cold and dryness*

**Kidney Network***(Reproduction, Genital-Urinary, Joints, Depleted Qi, Congested Moisture)*

- \_\_\_\_\_ difficulty conceiving or carrying to term
- \_\_\_\_\_ lack of sexual secretions
- \_\_\_\_\_ loss or thinning of pubic hair
- \_\_\_\_\_ amenorrhea
- \_\_\_\_\_ excess or scanty urination
- \_\_\_\_\_ frequent or difficulty urination
- \_\_\_\_\_ weakness or soreness of hips, knees, ankles or feet
- \_\_\_\_\_ lack of stamina, runs out of steam quickly
- \_\_\_\_\_ forgetfulness and dull minded
- \_\_\_\_\_ puffiness or swelling of feet and ankles
- \_\_\_\_\_ puffiness around eyes
- \_\_\_\_\_ dull hearing
- \_\_\_\_\_ low humming in ears (tinnitus)
- \_\_\_\_\_ easily defeated and disgruntled
- \_\_\_\_\_ *Note: Menopause or PMS Symptoms characterized by \*\* items*
- \_\_\_\_\_ *\*\*diminished libido*
- \_\_\_\_\_ *\*\*pain in low back, sacrum or hips*
- \_\_\_\_\_ *\*\*needs to sleep a lot*
- \_\_\_\_\_ *\*\*diminished motivation*
- \_\_\_\_\_ *\*\*sore throat from fatigue*

**CONFLICTS BETWEEN ORGAN NETWORKS****Liver – Spleen Disharmony**

- \_\_\_\_\_ cold hands and feet
- \_\_\_\_\_ hot flashes
- \_\_\_\_\_ indigestion with nausea, bloating flatulence, belching
- \_\_\_\_\_ erratic elimination with constipation or diarrhea
- \_\_\_\_\_ spasm of esophagus
- \_\_\_\_\_ dryness and water retention
- \_\_\_\_\_ thirst for alternately cold and hot liquids
- \_\_\_\_\_ sensitivity and/or aversion to strong flavors
- \_\_\_\_\_ cravings for fatty, sour, sweet or sticky foods
- \_\_\_\_\_ erratic appetite with difficulty knowing what to eat or feeling dissatisfied with food
- \_\_\_\_\_ tenderness, tension or heaviness in muscles, especially head, neck, shoulders, jaw, arms or legs
- \_\_\_\_\_ fullness or pressure in head or behind eyes
- \_\_\_\_\_ headaches with nausea, visual disturbances or dizziness
- \_\_\_\_\_ sensitivity or aversion to light, noise, heat and humidity
- \_\_\_\_\_ abdominal tension or distension with belching or flatulence
- \_\_\_\_\_ vacillates between assertiveness and ambivalence
- \_\_\_\_\_ vacillates between nervous tension and languid lethargy
- \_\_\_\_\_ vacillates between being irritable and hostile and tolerant and sympathetic
- \_\_\_\_\_ hypoglycemia
- \_\_\_\_\_ diabetes
- \_\_\_\_\_ cirrhosis
- \_\_\_\_\_ jaundice / hepatitis
- \_\_\_\_\_ eating disorders
- \_\_\_\_\_ food allergies
- \_\_\_\_\_ hives
- \_\_\_\_\_ colitis
- \_\_\_\_\_ migraine

**Spleen – Kidney Disharmony**

- \_\_\_\_\_ slow digestion
- \_\_\_\_\_ weak gums and loose teeth
- \_\_\_\_\_ dryness of skin and mouth
- \_\_\_\_\_ sore or swollen joints or muscles, especially of face, hands or feet
- \_\_\_\_\_ heaviness of head or limbs
- \_\_\_\_\_ weakness or soreness of low back or sacrum
- \_\_\_\_\_ feet, legs and back tire easily
- \_\_\_\_\_ diarrhea or dry, small stool with bloating
- \_\_\_\_\_ frequent, scanty or difficulty urination
- \_\_\_\_\_ alternately strong and diminished libido
- \_\_\_\_\_ easy chill of back, legs and arms
- \_\_\_\_\_ constipation and water retention follow overeating
- \_\_\_\_\_ craves salty or sweet food
- \_\_\_\_\_ edema
- \_\_\_\_\_ rheumatism
- \_\_\_\_\_ adrenal insufficiency (Addison's disease)
- \_\_\_\_\_ leucorrhea
- \_\_\_\_\_ chronic gingivitis
- \_\_\_\_\_ chronic cystitis or urethritis
- \_\_\_\_\_ prostatic hypertrophy or prostatitis
- \_\_\_\_\_ nervous and distractible
- \_\_\_\_\_ apathetic and insecure

**Kidney – Heart Disharmony**

- \_\_\_\_\_ insomnia or restless sleep alternating with heavy slumber
- \_\_\_\_\_ difficulty awakening and arising from bed
- \_\_\_\_\_ nervousness and mood swings with fatigue, lumbar weakness
- \_\_\_\_\_ easily overheated or chilled
- \_\_\_\_\_ hot chest, head and hands with cold buttocks and feet
- \_\_\_\_\_ easily excited but difficult to sustain effort and enthusiasm
- \_\_\_\_\_ depressed or melancholy after sustained mental or physical activity
- \_\_\_\_\_ sexually excitable but difficult to sustain desire or achieve satisfactory release
- \_\_\_\_\_ lack of muscle tone and joint mobility
- \_\_\_\_\_ anxiety and apathy
- \_\_\_\_\_ tension and weakness of muscles along the spine
- \_\_\_\_\_ nausea, diarrhea, urinary frequency associated with anxiety
- \_\_\_\_\_ craves salty, spicy food and stimulants (nicotine and caffeine)
- \_\_\_\_\_ manic-depressive syndrome
- \_\_\_\_\_ ileitis (Crohn's disease)
- \_\_\_\_\_ bulimia
- \_\_\_\_\_ phobias
- \_\_\_\_\_ chronic endometritis / cervicitis / urethritis
- \_\_\_\_\_ chronic sleep disturbances
- \_\_\_\_\_ hyper-hypothyroid syndrome

**Heart – Lung Disharmony**

- \_\_\_\_\_ sensitivity to changes in temperature and humidity
- \_\_\_\_\_ easily overheated but can't sweat
- \_\_\_\_\_ dry cough
- \_\_\_\_\_ flushes when coughing
- \_\_\_\_\_ coughing when nervous or embarrassed
- \_\_\_\_\_ anxiety with laryngitis, chest pain or wheezing
- \_\_\_\_\_ heat triggers sneezing, itchy throat or rashes
- \_\_\_\_\_ dry skin with cracking, redness and itching, especially upper back, elbows, knees and hands
- \_\_\_\_\_ light sleeper and wakes easily
- \_\_\_\_\_ itching and inflammation of vagina or urethra without discharge
- \_\_\_\_\_ alternately euphoric and melancholic
- \_\_\_\_\_ emotionally hypersensitive yet reserved
- \_\_\_\_\_ craves spicy, hot foods and stimulants
- \_\_\_\_\_ acne or dry eczema
- \_\_\_\_\_ sun allergy
- \_\_\_\_\_ psoriasis
- \_\_\_\_\_ asthma
- \_\_\_\_\_ hyperthyroidism
- \_\_\_\_\_ hysteria
- \_\_\_\_\_ chronic pharyngitis / rhinitis
- \_\_\_\_\_ chronic vaginitis