This profile can be used as an educational device as well as a diagnostic tool. It will aid you in becoming acquainted with the language of Chinese medicine. Check the symptoms you have experienced during the last six months. Circle and check those that have been most troublesome.

**Deficient Qi**
- weak, lethargic, weary
- apathy
- dull thinking or feeling
- excessive need for sleep
- susceptible to colds, flus, allergies
- prolonged recovery following illness
- pasty, pale complexion
- shortness of breath
- aversion to talking
- perspires easily with exertion
- easily chills

**Slack Qi**
- perspires easily while at rest
- atony or prolapse of stomach, intestines, anus
- constant diarrhea or lack of bowel control
- hemorrhoids, varicose veins
- dizzy or weak after meal or bowel movement
- well-being followed by sudden exhaustion

**Deficient Moisture**
- parched, thirsty
- extreme dryness of skin or mucous membranes
- scant secretions and urination
- uncomfortable feeling of heat in the body
- low afternoon fever with sweating
- constipation
- hot flashes
- night sweats
- unstable blood sugar, emotional lability
- persistent dry cough

**Slack Moisture**
- excess secretions: eyes, nose, mouth, skin, vagina
- seminal incontinence, premature ejaculation
- frequent urination or incontinence
- dizzy or weak after sex

**Deficient Blood**
- restless fatigue
- emotional sensitivity
- insomnia and anxious sleep
- dryness without thirst
- blurred or weak vision
- thinning of hair
- dry or hard stool
- dry skin, eyes, hair, nails
- anemia
- muscle cramps
- lack of semen
- scanty or infrequent menstruation
- insufficient lactation
- pale, sallow complexion
- poor skin healing
- palpitations
- night sweats

**Slack Blood**
- easy bruising or bleeding
- chronic ulcers: mouth, throat, stomach, intestines, vagina
- excessive bleeding during menses, pregnancy, postpartum or menopause
- bleeding hemorrhoids and blood in stool, urine, or sputum

**Diminished Essence**
- profound weakness
- atrophy of muscles and organs
- sagging or wrinkling of skin
- diminished sexual arousal and pleasure
- infertility or early menopause
- repeated miscarriages
- loosening or loss of teeth
- early thinning or graying of head and pubic hair
- decline of memory, vision or hearing
- progressive loss of weight or emaciation
- compromised immunity
SELF-ASSESSMENT HEALTH PROFILE - pg. 2

Name ____________________________________ Date _____________________

Disturbed Shen
___ restlessness and agitation
___ hypersensitivity to pain or insult
___ sudden rage, grief or panic
___ constant anxiety, worry or confusion
___ easily startled or frightened
___ erratic sleep, insomnia or disturbing dreams
___ dull, glazed or bizarre look to eyes and face
___ delerium

Stagnant Shen
___ distempered or out of control
___ fever or internal heat
___ coldness or chilliness
___ stuffy or stuffy-nosed
___ apathy, listlessness, depression
___ constriction, tightness, sticking or sticking

Stagnant Qi
___ stuffy head
___ mild nausea or reflux
___ distension or fullness in chest or abdomen
___ gas pains, cramps, tension in stomach or intestines
___ hiccups, belching or flatulence
___ constipation or irregular bowel movements
___ dull or intermittent pains

Obstructed Qi
___ acute discomfort, fullness, pressure in
   head, chest, limbs or abdomen
___ abdominal bloating but unable to release gas
___ wheezing and chest pain
___ difficulty swallowing, as if something stuck
___ stitch or acute pain in abdomen, ribs, or flanks
___ fullness or dull pain under ribs or sternum

Stagnant Moisture
___ soft or loose stool
___ puffy eyes, face, hands or ankles
___ frequent, scanty or difficult urination
___ lethargic in humid weather
___ soft swellings, nodules, cysts, enlarged lymph nodes
___ premenstrual edema and swelling of breasts
___ tender muscles or joints
___ dry but thirsty

Obstructed Moisture
___ swollen or heavy head and limbs
___ swollen, sore muscles and joints
___ excess saliva, mucus or perspiration
___ scanty or absent urine
___ edema of hands, feet, face or abdomen
___ thick, nauseated feeling in mouth, stomach, head

Patterns Of Congestion

Stagnant Blood
___ easy bruising
___ cold hands and feet
___ irregular or painful menses
___ mottling, numbing and chilling of limbs
___ sharp pains: head, eyes, joints, limbs, breasts, organs
___ mid-cycle or premenstrual pain or tender breasts
___ painful hemorrhoids, cysts or lumps

Obstructed Blood
___ angina
___ severe or constant headache
___ traumatic bruises, swellings and sprains
___ stabbing or throbbing aches or pains
___ pain aggravated at night or from inactivity
___ severe cramping, numbness or paralysis
___ dark red or purple complexion
___ purple lesions on the skin, tongue, mouth or lips
___ severe menstrual cramps with dark blood or clots
___ hard or immobile lumps, masses or organs

Adverse Conditions

Heat
___ fever
___ pain, soreness, swelling or dryness
   with a sensation of heat or burning
___ sores or infections with green or yellow pus
___ yellow, green, or foul smelling discharge from
   ears, nose, throat, anus, vagina or urethra
___ extreme thirst with a craving for cold foods or drink
___ red eyes, ears, nose, lips, face, skin
___ feeling of heat: limbs, abdomen, chest, head, genitals
___ aggravation from alcohol, fried, or spicy foods,
   and heat environment

Cold
___ lack of thirst
___ listless and weak
___ cold feeling in limbs, head, chest, abdomen or genitals
___ pale face with cold, clammy hands and feet
___ loose stool after eating raw or cold foods and liquids
___ profuse urination or edema in cold climate or after
   ingesting cold liquids, eating raw or cold foods
___ craving for warm, cooked foods and hot drinks
___ pain in head, chest, limbs, joints aggravated by cold
___ pale, purplish skin, nail beds, lips, or tongue

© 2007 Chinese Medicine Works
www.chinese-medicine-works.com
## Self-Assessment Health Profile - pg. 3

### Name ____________________________________________  Date ________________________

<table>
<thead>
<tr>
<th>Adverse Conditions (continued)</th>
<th>Organ Network Disturbances</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Damp Heat</strong></td>
<td><strong>Liver Network</strong></td>
</tr>
<tr>
<td>___ dryness or thirst without desire or ability to drink</td>
<td>___ dry eyes</td>
</tr>
<tr>
<td>___ feeling of heat in stomach or chest with a nauseating taste in the mouth</td>
<td>___ blurred or unclear vision</td>
</tr>
<tr>
<td>___ sticky yellow or green discharge from nose, throat, bronchi, urethra, or vagina</td>
<td>___ easy chilling arms, hands, legs, feet</td>
</tr>
<tr>
<td>___ hot flashes with profuse perspiration</td>
<td>___ coarse, brittle nails or hair</td>
</tr>
<tr>
<td>___ fever or heat not relieved by perspiring or drinking</td>
<td>___ touchiness from heat, wind, noise, bright light</td>
</tr>
<tr>
<td>___ loose or sticky stool streaked with mucus or pus</td>
<td>___ numbness, tingling of limbs when asleep or inactive</td>
</tr>
<tr>
<td>___ burning, red, oozing sores, boils, pimples, blisters or rashes</td>
<td>___ muscle cramps of pelvis, sides, hips, calves, feet</td>
</tr>
<tr>
<td>___ worse from heat and/or humidity, and sweet, spicy or oily foods</td>
<td>___ tension in shoulders, neck, sacrum, hips, legs</td>
</tr>
<tr>
<td><strong>External Wind</strong></td>
<td><strong>Heart Network</strong></td>
</tr>
<tr>
<td>___ itching or prickling sensations of skin, ears, eyes, nose; sneezing, headache</td>
<td>___ anxiety, dread</td>
</tr>
<tr>
<td>___ unpredictable or migrating pains</td>
<td>___ restless and excitable</td>
</tr>
<tr>
<td>___ dizziness or headache with cold, flu, or allergy</td>
<td>___ mood swings (laughs easily, cries easily)</td>
</tr>
<tr>
<td>___ muscle soreness or shivering in winds or drafts</td>
<td>___ insomnia when nervous, worried or excited</td>
</tr>
<tr>
<td>___ numbness or pain of face or scalp</td>
<td>___ restless sleep and vivid dreams or nightmares</td>
</tr>
<tr>
<td>___ neck stiffness or spasm</td>
<td>___ cravings for cool drinks, juicy or hot, spicy foods</td>
</tr>
<tr>
<td>___ worse from drafts, changing temperatures, pressure</td>
<td>___ sores of mouth and tongue</td>
</tr>
<tr>
<td><strong>Internal Wind</strong></td>
<td><strong>Spleen Network</strong></td>
</tr>
<tr>
<td>___ trembling hands, feet, head</td>
<td>___ tender muscles</td>
</tr>
<tr>
<td>___ disequilibrium, incoordination</td>
<td>___ slow digestion or indigestion</td>
</tr>
<tr>
<td>___ contracture or quivering of tongue</td>
<td>___ variable appetite</td>
</tr>
<tr>
<td>___ spasms,witches,cramps of nerves,muscles,viscera</td>
<td>___ frequent abdominal gas or bloating</td>
</tr>
<tr>
<td>___ vertigo,motion sickness,hypertension</td>
<td>___ loose stool from raw or cold foods and liquids</td>
</tr>
<tr>
<td>___ headache with vertigo, numbness, spasms, parasthesia (strange sensations)</td>
<td>___ lingering hunger after meals</td>
</tr>
<tr>
<td>___ seizures,sequellae of stroke or T.I.A.</td>
<td>___ hard to gain, lose or regulate weight</td>
</tr>
<tr>
<td>___ worse from wind, changing barometric pressure, or changing from lying to upright posture</td>
<td>___ difficulty focusing, distractable</td>
</tr>
<tr>
<td><strong>Phlegm</strong></td>
<td><strong>Overwhelmed by details, upset by changes</strong></td>
</tr>
<tr>
<td>___ dizziness or fullness in head from mucus congestion</td>
<td>___ lethargy and inertia</td>
</tr>
<tr>
<td>___ nausea with phlegm in chest or throat</td>
<td>___ prolapse of stomach, intestines, uterus, vagina, bladder</td>
</tr>
<tr>
<td>___ thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina or urethra</td>
<td>___ lack of muscle tone or strength</td>
</tr>
<tr>
<td>___ firm, mobile lumps, cysts, enlarged lymph nodes</td>
<td>___ water retention, puffiness, heaviness of head, limbs</td>
</tr>
<tr>
<td>___ worse in humid environment or from eating sticky, greasy, oily foods, milk products, eggs, sugar</td>
<td>___ easy bruising, prolonged or heavy menstruation</td>
</tr>
<tr>
<td>___ sticky or greasy stool</td>
<td>___ easily worried, obsessed</td>
</tr>
</tbody>
</table>

© 2007 Chinese Medicine Works
www.chinese-medicine-works.com
Organ Network Disturbances (continued)

Lung Network
- weakness of chest
- respiratory allergies
- runny nose or stuffy sinuses
- frequent, lingering colds, coughs, throat clearing, laryngitis
- morning attacks of coughing or sneezing
- constant phlegm in chest or throat
- shortness of breath, chest pain, wheezing from fatigue or exertion
- dryness and tightness of mucous membranes or skin
- urge to urinate after laughing, coughing, or sneezing
- skin rashes, eczema, hives
- sensitive to wind, cold and dryness
- stiffness of joints and muscles
- easily disappointed or offended

Kidney Network
- puffiness around eyes
- diminished libido
- lack of sexual secretions
- loss or thinning of pubic hair
- early cessation of menses, irregular cycle
- disorder of urination
- rigidity of spine and joints
- difficulty conceiving or carrying to term
- weak or sore low back, hips, knees, ankles or feet
- lack of stamina and endurance
- diminished motivation and apathy
- forgetfulness and mental dullness
- puffiness or swelling of feet and ankles
- weak vision, dull hearing
- low humming or buzzing in ears (tinnitus)
- sore throat from fatigue or in the morning
- easily defeated and disgruntled

Conflicts Between Organ Networks

Liver - Spleen Disharmony
- cold hands and feet with feeling of fullness in throat, chest, or abdomen
- indigestion with nausea, bloating, flatulence, belching
- erratic elimination, constipation or diarrhea
- spasm, pain of esophagus, stomach, intestines, uterus
- thirst for alternately cold and hot liquids

Spleen - Kidney Disharmony
- slow digestion, sluggish intestines
- weak gums and loose teeth
- dryness and thirst with water retention
- sore, swollen joints and muscles
- heaviness, weakness and soreness of head, neck, back, sacrum and limbs
- loose or dry, small stool with bloating
- frequent, scanty or difficult urination
- easily chilled in back, belly, legs or arms
- craves salty or sweet foods, causing constipation, dryness and water retention
- edema
- rheumatism
- cystitis, urethritis, vaginitis, leucorrhea
- prostatic hypertrophy or prostatitis
- distractible, insecure, volatile or apathetic, inert

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 cold belly, buttocks, feet
- 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
Name __________________________________________ Date ______________________

___ anxiety, despair, phobias
___ nausea, diarrhea, urinary frequency associated with anxiety or fright
___ craves salty, spicy food and stimulants
___ chronic endometritis/cervicitis/urethritis

**Heart - Lung Disharmony**
___ sensitivity to changes in temperature and humidity
___ easily overheated but can’t sweat
___ dry cough with heat in throat or chest
___ flushes when coughing, laughing, or sneezing
___ heat triggers sneezing, itchy throat or rashes
___ dry skin with cracking, redness and itching, especially from cold and dryness
___ light sleeper and wakes easily
___ itching, inflammation of vagina or urethra without discharge
___ alternately euphoric and melancholic, hysterical or depressed
___ easily hurt or offended
___ craves spicy, hot foods and stimulants
___ hives, eczema, rashes, worse in daytime

**Lung - Liver Disharmony**
___ tense, stiff neck, shoulders, chest, or loins
___ irregular bowel movements
___ sensitivity or aversion to strong odors or flavors
___ loss of ability to smell
___ irregular, tense or shallow breathing wheezing or sighing
___ 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
___ feels awkward expressing feelings or reactions
___ craving for fatty, sour and spicy foods
___ hives, itching, worse at night
___ sensitive to rage or rejection
___ seasonal sinusitis or hayfever
___ bursitis, lumbago or sciatica that comes and goes
___ neck spasms, and occipital or lateral headaches
___ depressed, sad, quiet, angry

Please list your additional health concerns:
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________
_______________________________________________

This Health Profile is excerpted from *Between Heaven and Earth: A Guide to Chinese Medicine* (Beinfield & Korngold, Ballantine, 1991). This book is a good resource to help you understand more about Chinese medicine, available through local bookstores.
Archetype Self-Assessment Profile - pg. 6

Name ___________________________________ Date ________________________

**WOOD ARCHETYPE: The Pioneer**
- ___ feel confident, act assertively
- ___ ambitious & enjoy competition
- ___ enjoy being first, best, unique
- ___ can be pushy or provocative
- ___ openly discuss abilities and achievements
- ___ comfort with challenges, conflict, pressure
- ___ right, even if others disagree or disapprove
- ___ pleasure in public recognition
- ___ comfortable directing or leading others
- ___ follow my own hunches, take initiative
- ___ comfortable with bold, decisive action
- ___ tend to argue with opinions, especially of me

**METAL ARCHETYPE: The Alchemist**
- ___ prefer a neat & orderly lifestyle
- ___ enjoy convivial but undemanding social life
- ___ committed to moral principles & conduct
- ___ enjoy logical, systematic problem-solving
- ___ meticulous, tasteful, discriminating
- ___ self-contained
- ___ temperate & moderate
- ___ enjoy solving puzzles and mysteries
- ___ appreciate well defined goals and guidelines
- ___ accept authority of those with more competence
- ___ virtue & principle before pleasure & fulfillment
- ___ likes things to run calmly & smoothly

**FIRE ARCHETYPE: The Wizard**
- ___ enjoy the pleasure of my senses
- ___ seek excitement & stimulation
- ___ intuitive about what others think or feel
- ___ seek physical contact, emotional intimacy
- ___ easily share innermost feelings & desires
- ___ tend to live in the here-and-now
- ___ see the humorous side of life
- ___ get involved easily, moved emotionally
- ___ optimistic & hopeful no matter what
- ___ identify with another's joy & pain
- ___ unabashed affection, enthusiasm & excitement
- ___ enjoy being attractive & magnetic

**WATER ARCHETYPE: The Philosopher**
- ___ cautious, sensible, self-sufficient
- ___ enjoy solitude, cherish privacy
- ___ curious & imaginative
- ___ content being anonymous
- ___ keep feelings, thoughts, opinions to myself
- ___ don’t mind being unusual or eccentric
- ___ excited by intellectual pursuits
- ___ careful about what I reveal to others
- ___ stubborn defender of the truth as I see it
- ___ patient & persevering in spite of defeats
- ___ objective & fair, regardless of others
- ___ content figuring things out for myself

**EARTH ARCHETYPE: The Peacemaker**
- ___ agreeable and accommodating
- ___ nurturing, putting other’s needs first
- ___ seek socializing with friends and family
- ___ seek being relied upon for reassurance & help
- ___ the hub of my social and family networks
- ___ mediate disputes so that all are satisfied
- ___ involved in other peoples’ lives
- ___ create comfortable environment for others
- ___ loyal & accessible
- ___ diplomatic and tactful—a consensus builder
- ___ happy to rely on skills & intelligence of others
- ___ like getting close & being needed
- ___ comfortable & open, even with strangers