

Complimentary Analysis of your Health



SELF-ASSESSMENT HEALTH PROFILE

NAME _____

DATE _____

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. (Example: fatigue) Circle those that have been most troublesome. Example: indigestion)

PATTERNS OF DEPLETION

DEFICIENT QI

- weak, lethargic, weary
- lowered libido
- 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
- frequent, profuse urination



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
- constipation
- uncomfortable feeling of heat in the body
- low afternoon fever with sweating
- hot flashes
- night sweats
- unstable blood sugar, emotional lability
- persistent dry cough
- dry sore throat
- flushed face



SLACK MOISTURE

- excessive secretions from eyes, nose, mouth, skin, vagina
- seminal incontinence or premature ejaculation
- frequent urination or incontinence
- dizzy or weak after sex (female)



DEFICIENT BLOOD

- restless fatigue
- emotional sensitivity
- insomnia and anxious sleep
- itching, prickling skin or scalp
- dryness without thirst
- blurred or weak vision
- thinning of hair
- light headed when fatigued
- 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
- postpartum weakness or anemia
- tendency to miscarry
- dizzy or weak after sex (male)



SLACK BLOOD

- easy bruising or bleeding
- chronic ulcers of 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
- flaccid and stiff
- 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
- thinning or graying of head and pubic hair
- loss of elasticity of tendons, ligaments, and muscles
- decline of memory, vision or hearing
- progressive loss of weight or emaciation
- arthritic changes
- compromised immunity



ADVERSE CONDITIONS (continued)

DAMP-HEAT

- dryness or thirst
- without desire
- or ability to drink
- feeling of heat in stomach or chest with a nauseating taste in the mouth
- sticky yellow or green discharge from nose, throat, bronchi, urethra, or vagina
- hot flashes with profuse perspiration
- fever or heat not relieved by perspiring or drinking
- loose or sticky stool streaked with mucus or pus
- burning, red, oozing sores, boils, pimples, blisters or rashes
- hot, heavy, dull feeling in the head, chest, abdomen or limbs
- worse from heat and/or humidity, and sweet, spicy or oily foods



EXTERNAL WIND

- itching or pricking
- sensations of skin, ears, eyes, nose; sneezing, headache
- unpredictable or migrating pains
- dizziness or headache with cold, flu, or allergy
- muscle soreness or shivering when exposed to wind, drafts or changing temperatures
- numbness or pain of face or scalp
- neck stiffness or spasm
- worse from drafts and changing temperatures



INTERNAL WIND

- trembling hands, feet, head
- spasms, twitches, cramps of nerves, muscles and viscera
- disequilibrium, incoordination
- contracture or quivering of tongue
- vertigo, motion sickness, hypertension
- headache with vertigo, numbness, spasms, paresthesia (strange sensations)
- seizures, sequelae of stroke or T.I.A.
- worse from wind, changing barometric pressure, or changing from lying to upright posture



PHLEGM (congealed Moisture)

- dizziness or fullness in head
- from mucus congestion
- nausea with phlegm in chest or throat
- thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina or urethra
- firm, mobile lumps or enlarged lymph nodes
- worse in humid environment or from eating sticky, greasy, oily foods, milk products, eggs, sugar
- sticky or greasy stool
- hardened nodules or cysts



ORGAN NETWORK DISTURBANCES

LIVER NETWORK

- dry eyes
- blurred or unclear vision
- nervous, irritable, short tempered
- easy chilling arms, hands, legs, feet
- coarse, brittle nails or hair
- touchiness from heat, wind, noise, bright light
- numbness, tingling of limbs when asleep or inactive
- muscle cramps of pelvis, sides, hips, calves, feet
- tension in shoulders, neck, sacrum, hips, legs
- stitching pains under diaphragm, between ribs, groin or pelvis
- dry or hard stool, tension or cramping in colon
- high pitched or loud ringing in the ears (tinnitus)
- dizzy, queasy, flushed or headache from hunger, tension, anger
- hypersensitive genital organs



HEART NETWORK

- anxiety, dread
- restless and excitable
- easily confused or disoriented
- mood swings (laughs easily, cries easily)
- insomnia when nervous, worried or excited
- excitement, anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares
- cravings for cool drinks, juicy or hot, spicy foods
- sores of mouth and tongue
- easily overheats and perspires
- easy blushing of face, chest, neck, and ears
- burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus
- frequent urination or bowel movements from nervousness
- palpitations when nervous, upset or fatigued



SPLEEN NETWORK

- tender muscles
- difficult bowel movements
- slow digestion or indigestion
- frequent abdominal gas or bloating
- loose stool from raw or cold foods, cold liquids
- variable appetite
- lingering hunger after meals
- hard to gain, lose or regulate weight
- easily worried, obsessed
- difficulty focusing, distractable
- overwhelmed by details, upset by changes
- lethargy and inertia
- prolapse of stomach, intestines, uterus, vagina, bladder
- lack of muscle tone or strength
- water retention, puffiness, heaviness of head, limbs
- easy bruising, prolonged or heavy menstruation



ORGAN NETWORK DISTURBANCES

(continued)

LUNG NETWORK

- weakness of chest
- respiratory allergies
- runny nose or stuffy sinuses
- frequent and lingering colds, coughs, throat clearing or laryngitis
- morning attacks of coughing or sneezing
- constant phlegm in chest or throat
- shortness of breath, chest pain, or 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
- easily disappointed or offended
- sensitive to wind, cold and dryness
- stiffness of joints and muscles



KIDNEY NETWORK

- puffiness around eyes
- diminished libido
- lack of sexual secretions
- loss or thinning of pubic hair
- early cessation of menses, irregular cycle
- profuse or scanty urination
- frequent or difficult urination
- decreased range of motion 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
- needs to sleep a lot
- 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
- sensitivity or aversion to strong odors or flavors
- erratic cravings for fatty, sour, or sweet foods
- erratic appetite, difficulty knowing what to eat



- tenderness, tension and heaviness in muscles, especially head, neck, jaw, elbows or knees
- headache with heaviness, or pressure behind eyes
- headaches with nausea, diarrhea
- sensitivity to light, noise, heat and humidity
- vacillates between assertiveness and ambivalence, irritability and lethargy
- variable blood sugar
- eating disorders
- food sensitivity or intolerance
- irritable bowel



SPLEEN - KIDNEY DISHARMONY

- slow digestion and sluggish intestines
- weak gums and loose teeth
- dryness and thirst with water retention
- sore, swollen joints or muscles
- heaviness, weakness and soreness of head, neck, back, sacrum and limbs
- loose or dry, small stool with bloating
- frequent, scanty or difficult urination
- variably strong or diminished libido
- 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 with fatigue and lumbar weakness
- easily overheated or chilled
- hot chest, head, ears, face and hands, with cold belly, buttocks and 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
- spine stiffness and lack of muscle tone
- anxiety, despair, phobias
- nausea, diarrhea, urinary frequency associated with anxiety or fright
- craves salty, spicy food and stimulants (nicotine and caffeine)
- chronic endometritis/cervicitis/urethritis
- chronic sleep disturbances
- hyper-hypothyroid syndrome



ARCHETYPE SELF-ASSESSMENT PROFILE
Check the qualities that apply to you

WOOD ARCHETYPE: *The Pioneer*

- feel confident, act assertively
- ambitious and enjoy being competitive
- openly discuss my abilities and achievements
- comfortable with challenges, conflict, or pressure
- enjoy being first, best, unique, even outlandish
- feel right, even if others disagree or disapprove
- tend to be pushy or provocative
- take pleasure in public recognition
- comfortable directing or leading others
- follow my own hunches
- like to take the initiative
- comfortable acting boldly and decisively
- tend to reject or argue with other peoples' opinions, especially of me



FIRE ARCHETYPE: *The Wizard*

- enjoy the pleasure of my senses
- easily know what another thinks and feels
- enjoy physical contact and emotional intimacy
- enjoy excitement and stimulation
- easily share my innermost feelings and desires
- tend to live in the here-and-now
- see the humorous side of life
- thoroughly enjoy getting what I want
- get involved easily and enjoy being moved emotionally
- optimistic and hopeful despite what others may say
- identify and sympathize with another's joy and pain
- unabashed in showing affection, enthusiasm and excitement
- enjoy being attractive and magnetic



EARTH ARCHETYPE: *The Peacemaker*

- agreeable and accommodating
- nurturing and supportive, putting other's needs first
- enjoy frequent socializing with friends and family
- enjoy being relied upon for reassurance and help
- the hub of my social and family networks
- enjoy settling disputes so that all parties are satisfied
- involved in other peoples' lives
- like to create a relaxed and comfortable environment for others
- loyal and accessible to friends, family, and co-workers
- tend to be diplomatic and tactful, a consensus builder
- happy to rely on the skill and intelligence of others
- like getting close and being needed
- comfortable and open even with people I don't know well



METAL ARCHETYPE: *The Alchemist*

- prefer a neat and orderly lifestyle
- enjoy a convivial but undemanding social life
- committed to high moral principles and conduct
- comfortable when proper procedures are followed
- enjoy tasks that require logical, and systematic approaches to problem-solving
- meticulous, tasteful and discriminating
- self-contained, not overly-involved in other's affairs
- work effectively in situations where goals and guidelines are well defined
- willing to accept the authority of those with more competence
- enjoy solving puzzles and mysteries
- put virtue and principle before pleasure and fulfillment
- temperate and moderate
- likes things to run calmly and smoothly



WATER ARCHETYPE: *The Philosopher*

- cautious and sensible
- particularly enjoy solitude
- curious and imaginative
- tend to keep feelings, thoughts, and opinions to myself
- content being anonymous, a "fly on the wall"
- doesn't mind being considered unusual or eccentric
- excited by intellectual pursuits
- content figuring things out for myself
- careful about what I reveal to other people
- stubborn defender of the truth as I see it
- patient and persevering in spite of defeats or dead ends
- objective and fair, regardless of what others think
- preferably self-sufficient and independent
- cherishing privacy and a few good friends
- like to reflect upon my place in the grand scheme of things



Make an appointment to learn more about your health, Please call Dr. Walsh-Van Keuren at 408-583-7964 or email for an appointment by contacting dr.twalsh@gmail.com.