

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please check all that apply to you, list the time of day when you experience the symptoms, use numbers 1, 2, 3 where 1 is mild, 2 is moderate, & 3 is severe, leave any items blank is not a concern.

### Metal Element

- Sorrow, Worry, Grief
- Bronchitis
- Spontaneous Sweating
- Asthma
- Allergies
- Common Cold
- Influenza
- Nasal/Sinus Issues
- Diarrhea
- Constipation
- Tiredness after Bowel Movement
- Mental Exhaustion
- Desire to have Abdomen Massage
- Abdominal Pain Worse /Pressure
- Anal itching/Burning
- Urgent Need to Defecate
- Loose Stools (like duck droppings)
- Dull Abdominal Pain
- Borborygmus (Noisy Intestines)
- Dry Hard Stool Difficult to Pass
- Dry Mouth & Throat
- Appendicitis

### Earth Element

- Anxiety, Desire, Pensiveness
- Fatigue
- Gastric or Duodenal Ulcer
- Nervous Dyspepsia
- Anemia
- Acute or Chronic Gastritis
- Anorexia no desire to eat
- Acid Reflux
- Bloating after eating
- Edema
- Prolapse Organs
- Functional Uterine Bleeding
- Hemorrhoids
- Mouth Ulcers/Sores
- Periodontitis
- Food Allergies
- Loose Stools
- Mental Fatigue
- Headache Esp. Frontal
- Gas Flatulence

### Fire Element

- Joy, Excessive Indulgence
- Heart Disease

### Fire Element

- CAD/PAD
- Reactive Depression
- Palpitations
- SOB on Exertion
- Hypertension High Blood Pressure
- Hyperthyroidism
- Insomnia (waking frequently)
- Anxiety esp. in the Evening
- Excessive Dreaming
- Poor Memory
- Dizziness
- Mental Restlessness
- Uneasy Feeling
- Fidgetiness
- Agitation
- Easily Startled
- Lack of Concentration
- Forgetfulness
- Vivid Dreaming
- Angina
- Tongue/Mouth Ulcer
- Impulsiveness
- UTI

### Water Element

- Fear
- Depression
- Diabetes
- Urinary Incontinence
- Nervous Exhaustion
- Soreness & Weakness of Back
- Sciatica
- Premature Ejaculation
- Nighttime Urination
- Vaginal Discharge
- Hearing Problems
- Low Back Pain
- Essential Hypertension
- Dizziness, Vertigo
- Poor Memory
- Male or Female Sexual Dysfunction
- Prostate Problems
- Hypothyroidism
- Osteoporosis
- Low Libido
- Premature Aging
- Kidney Disease

### Water Element

- Lower Extremity Edema
- Hearing Problems
- Prostatitis
- Kidney/Bladder Stones
- Headache Esp. Top of Head
- Weakness Knees/Legs

### Wood Element

- Anger & Jealousy
- Emotional Frustration
- Impatience
- Melancholy
- Lack of Courage
- Easily Startled
- Menstrual Disorders
- PMS
- Eye Diseases
- Hepatitis
- Menopausal Syndrome
- Ringing in Ears
- Headache esp. Temples
- Migraine Headaches
- Weak Tendons/Tendonitis
- Muscle Spasm
- Muscle Weakness
- GB Stones
- Inability to Digest Fats
- Pancreatitis
- Stool like Rabbit Pellets
- Arthritis

### Pain Description

- Dull Achy
- Sharp
- Distending
- Cold
- Hot Burning
- Cramping
- Boring
- Gnawing
- Shooting
- Numb
- Pins & Needles
- Electric
- Pulling
- Itching
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