

RESPIRATORY

- ☐ Shortness of breath when standing or walking
- ☐ Tobacco smoker
- ☐ Easy coughing of mucus
- ☐ Difficulty swallowing mucus
- ☐ Rapid, shallow breather
- ☐ Sometimes wake up choking or gasping for breath
- ☐ Yawns frequently
- ☐ Sometimes hyperventilates
- ☐ Frequent chest colds

CARDIOVASCULAR

- ☐ Slow, strong pulse
- ☐ Fast, light pulse
- ☐ Frequent physical activity
- ☐ Warm bodied
- ☐ Cold bodied
- ☐ Sometimes dizzy or faint
- ☐ Hands warm, sweaty
- ☒ Hands cold, clammy or dry
- ☐ Palpitations either as an adolescent or before menses
- ☐ Hypertension, responds to diuretics
- ☐ Hypertension, not responding to diuretic

deficient

LYMPHATIC

- ☐ Recuperates quickly if ill
- ☐ Recuperates slowly if ill
- ☐ Injuries heal quickly
- ☐ Injuries heal slowly
- ☐ Eczema, dermatitis
- ☐ Asthma or hay fever
- ☐ Arthritis or rheumatism
- ☐ Digests fats easily
- ☒ Digests fats poorly

Not clear

(a little deficient)

SKIN

- ☐ Skin eruptions superficial, come to a head
- ☐ Skin eruptions deep, not coming to a head
- ☐ Skin on trunk is dry
- ☐ Oily scalp or hair
- ☐ Dry scalp or hair
- ☐ Cracks, fissures on heel, feet, slow healing

MUCUS

- ☐ Sores, cracks, on mouth, anus, vagina
- ☐ Lips often dry, chapped
- ☒ Food often causes intestinal pain passing through
- ☐ Gets sore throat easily

deficient

GENERAL

Mark conditions that are frequent. If it is mild, mark "1"; if it is a dominant condition, Mark "2"

- ☐ Alluminum cooking vessels
- ☐ Awakens, can't go back to sleep
- ☐ Bad dreams
- ☐ Blurred vision
- ☐ Brown spots, bronzing of skin
- ☐ Bruises easily
- ☐ Can't gain weight
- ☐ Can't lose weight
- ☒ Can't get started without coffee
- ☐ Chemical or spray poisoning
- ☐ Chronic fatigue, depression
- ☐ Cry easily without seeming cause
- ☐ Depressed for long periods
- ☐ Earaches
- ☐ Eat often or else faint/nervous
- ☐ Eyes often red, inflamed
- ☐ Face, eyes get puffy
- ☐ Facial twitches
- ☐ Gum problems
- ☐ Headaches
- ☐ Headaches in morning, wearing off
- ☐ Heart palpitations when hungry
- ☐ Heart palpitations after eating
- ☐ Highly emotional
- ☐ Highly controlled
- ☐ Impaired hearing
- ☐ Increase in weight (recent)
- ☐ Lack of sensation somewhere in the body
- ☐ Likes depressants
- ☐ Likes stimulants
- ☐ Lower back pain
- ☐ Frequent muscle cramps
- ☐ Nails split, brittle
- ☐ Nails weak, ridges
- ☐ Nose bleeds frequently
- ☐ Pollution heavy in work or home environment
- ☐ Ringing in ears
- ☐ Pulse speeds up after meals
- ☐ Sensitive to cold weather
- ☐ Sensitive to hot weather
- ☐ Sensitive to high humidity
- ☐ Sensitive to low humidity
- ☐ Sexual desire decreased
- ☐ Sexual desire increased
- ☐ Stuffy nose during the day
- ☐ Stuffy nose in evening, night
- ☐ Tendency, seemingly, to anemia
- ☐ Tremors in hands or neck
- ☐ Varicose veins
- ☐ Weight gain in upper arms, shoulders, back of neck

ADDITIONAL THINGS YOU WISH TO MENTION

- frequent gas, recently an infrequent "chalky" mouth
- infrequent intestinal pain
- lactose intolerant