



TRADITIONAL CHINESE MEDICINE

Eastern Remedies for Western Ailments



WHICH CHINESE HERB FORMULA DO I NEED?

There is nothing magical about Chinese herbs. In fact, the Chinese use many of the same plants we use in the West. Chinese herbs, like Western herbs, act as diuretics, alteratives, laxatives, tonics, expectorants and so forth. What makes Chinese herbalism so powerful is its philosophy- the way it helps you see health and disease. It is a cohesive, internally-consistent system of healthcare that was developed over 4,000 years of practical experience. While I can't give 4,000 years justice in this small space, I have designed this convenient introductory questionnaire to help you find out how your body is out of balance and what Chinese herbal formulas might help you to improve and sustain health. It is based on 14 basic Traditional Chinese Medicine (TCM) therapies for balancing energy in the body.

Look at the list of symptoms provided for each of the 14 categories. If you currently have a problem with that symptom, put down the following numbers across from the symptom:

A "1" if you rarely have it, a "2" if you occasionally have it, and a "3" if you frequently have it.

After completing the entire questionnaire and totaling all of your scores, record them in the summary box at the end of the questionnaire. Adding each row and column gives you your total scores for each element and for Excess and Deficient symptoms. See sample below, and call the person who gave you this so they can help you interpret your scores.

Element	Total Excess	Total Deficient	Total Each Line Here (Excess + Deficient)
Wood	2	2	4
Fire	8	5	13
Earth	4	3	7
Metal	3	2	5
Water	2	8	10
Yang Excess/ Yin Deficiency	6	4	10
Sagging Qi/ Deficient Qi	2	1	3
Total Excess & Deficient Columns Here	27	25	

INTERPRETING YOUR RESULTS

First, look for the category you scored the highest in. This is a strong indication of your basic constitution and the basic therapy you might need. In the example above, the person scores 13 in "Fire". Their predominant energy is fire-energy, making them more prone to the physical and emotional problems associated with Excess or Deficient Fire. The primary therapy that might benefit them would be to decrease Fire.

Second, look for other areas where you have a high score. Referring to the example above, the person also scored high in the Yin /Yang category, so from time to time they might also need a formula to reduce Yang.

Finally, look at the scores for Excess and Deficient. If the score is higher in the Excess column, then reducing Excess with Chinese Herbs will be a primary therapy and if the score is higher in the Deficient column, then the person should focus primarily on building therapies with Chinese Herbs to increase the Deficient energies. In the example above, the person needs more reducing therapies because they are prone to Excess more than Deficiency.

This questionnaire is only designed to get you STARTED in learning to select effective Chinese herbal therapies and formulas. For more detailed information contact:

SYMPTOMS FOR EXCESS WOOD



SYMPTOMS FOR DEFICIENT WOOD

Symptoms	Problem
Hypoglycemia (low blood sugar)	
Migraine Headaches	
Allergies (food or respiratory)	
PMS (pre-menstrual syndrome)	
Problems with fat digestion or metabolism	
Discomfort under right side of rib cage	
Fatigue in the mornings	
Hypochondriac feelings	
Lower abdominal pain & distention	
Sensation of foreign body (lump) in throat	
Angry, irritable feelings	
Puffy Eyelids	
Gallbladder problems	
Skin conditions (acne or rash)	
Totals for Excess Wood	

Symptoms	Problem
General Fatigue	
Lower back pain or weak legs	
Scant menstruation with prolonged cycle (women) Or anemia (women & men)	
Severe abdominal pain	
Blurring of vision	
Dryness of the eyes	
Pale complexion	
Hypochondriac feelings	
Depression or bipolar mood disorder	
Feelings of despondency or despair	
Dry skin around eyes	
Chronic liver problems (hepatitis, cirrhosis)	
Intestinal inflammation (IBS, colitis, etc.)	
Totals for Deficient Wood	

SYMPTOMS FOR EXCESS FIRE



SYMPTOMS FOR DEFICIENT FIRE

Symptoms	Problem
Nervous or high-strung personality	
Mania or excessive enthusiasm	
Dizzy or light-headed feelings	
Restless or always "on the go"	
Tension Headaches	
Irritable or fidgety	
Anxiety or panic attacks	
Muscle tension	
Heart palpitations	
Easily moved to tears or laughter	
Insomnia(difficulty getting to sleep)	
Absent mindedness or forgetfulness	
Fast or loud speaker	
Red tip on tongue	
Totals for Excess Fire	

Symptoms	Problem
Extreme fatigue with restless sleep patterns	
Sensation of pressure or pain on the right side of the chest	
Lack of sexual desire or impotency	
Muddled or confused thinking	
Waking up frequently at night	
Restless or disturbing dreams	
Night sweats or excessive perspiration	
Feeling overwhelmed	
Feeling "burned out"	
Nervous exhaustion or trembling	
Feeling vulnerable or brokenhearted	
Quivering tongue	
Dark circles under eyes	
Burning sensations in the hands, feet or heart	
Totals for Deficient Fire	

SYMPTOMS FOR EXCESS EARTH



SYMPTOMS FOR DEFICIENT EARTH

Symptoms	Problem
Frequent bad breath	
Belching after meals	
Bad taste in mouth	
Abdominal pain or discomfort	
Intestinal gas and bloating	
Cravings for sugar	
Sour or acid stomach	
Temporary loss of appetite	
Frequent nausea	
Chronic worry	
Thick coating on tongue	
Acid reflux	
Fear of the future	
Feeling off-balance	
Totals for Excess Earth	

Symptoms	Problem
Poor protein digestion	
General weakness	
Poor muscle tone	
Inability to gain or lose weight	
Intestinal cramping	
Food sits heavy in stomach after eating	
Stomach pain aggravated by cold	
Chronically poor appetite	
Difficulty swallowing capsules	
Hiatal hernia or tension in solar Plexus	
Pale tongue with moist, white coating	
Chronic worries and fears	
Clinging to the past	
Unable to cope with new situations	
Totals for Deficient Earth	

SYMPTOMS FOR EXCESS METAL



SYMPTOMS FOR DEFICIENT METAL

Symptoms	Problem
Congested lungs and sinuses	
Coughing	
Wheezing	
Asthma	
Bronchitis	
Allergies or hay fever	
Sinus headaches	
Swollen lymph nodes	
Sensation of fullness in chest	
Fluid in lungs or chest	
White or pale mucus	
Thick, white coating on tongue	
Excessive grieving	
Sadness	
Totals for Excess Metal	

Symptoms	Problem
Chronic lung infections	
Frequent colds and flu	
Pallor (pale and sickly looking)	
Fatigue	
Tightness in chest	
Feeble speaking (soft or low voice)	
Dry cough	
Excessive perspiration or night sweats	
Shortness of breath	
Pale tongue	
Repressed or deep-seated grief	
Aloof and emotionally distant	
Unable to cry or express sadness	
Totals for Deficient Metal	

SYMPTOMS FOR EXCESS WATER



SYMPTOMS FOR DEFICIENT WATER

Symptoms	Problem
Scanty or clear urine	
Edema or water retention	
Heavy, sluggish feelings	
Sluggish feeling in late afternoon	
Backache	
Leg, neck or shoulder pain	
Prostate problems (men)	
PMS with fluid retention (women)	
Burning urination	
Bladder infections	
Damp tongue with white, moist coating	
Teeth marks on edges of tongue	
Wishy-washy	
Timid and fearful	
Uncertain and indecisive	
Totals for Excess Water	

Symptoms	Problem
Spinal misalignment, chiropractic adjustments don't hold	
Frequent and urgent urination	
Weak and brittle bones, osteoporosis	
Impotence (men)	
Loss of sexual desire (women)	
Dribbling following urination	
Low back pain (lumbar region)	
Prostate problems (men)	
PMS with fluid retention (women)	
ringing in the ears	
Graying of the hair	
Weak knees or ankles	
Pale tongue, tendency to be dry	
Hardened, inflexible attitudes	
Fear of change, difficulty adapting	
Rigid and inflexible thinking patterns	
Totals for Deficient Water	

SYMPTOMS FOR EXCESS YANG



SYMPTOMS FOR DEFICIENT YIN

Symptoms	Problem
Fever or fever with chills	
Headache	
Sore throat	
Eye irritation (red or bloodshot eyes)	
Gum irritation (gingivitis, bleeding gums, etc.)	
Skin infections or acute rashes	
Earaches	
Nosebleeds	
Chronic inflammation	
Sensations of heat or burning	
Irritability or excitement	
Flushing of the face	
Bright red tongue	
Rapid heartbeat	
Totals for Excess Yang	

Symptoms	Problem
Constant thirst	
Frequent urination	
Dry mouth	
Dry eyes	
Night sweats	
ringing in the ears	
Dry cough	
Burning sensations in hands and feet	
Constipation with dry, hard stool	
Confusion with poor memory	
Burning skin	
Dry, sore throat	
Dry, red tongue	
Hypoglycemia or diabetes	
Totals for Deficient Yin	

SYMPTOMS FOR SAGGING QI



SYMPTOMS FOR DEFICIENT QI

Symptoms	Problem
Depression	
Feelings of heaviness	
Worry or nervousness	
Hysteria or neurosis	
Insomnia	
Tightness in the chest	
Prolapse of colon or uterus	
Sensation of lump in the throat	
Heavy feeling in the back of head	
Nightmares or restless dreams	
Migrating pains	
Chest pains	
Hypersensitivity	
Headaches or dizziness	
Totals for Sagging Qi	

Symptoms	Problem
Extreme or chronic fatigue	
General weakness	
Shortness of breath	
Cold and pale skin	
Hair loss	
Slow recovery from illness	
Frequent chills	
Anorexia or muscle wasting	
Poor appetite	
Discouragement, sadness or fear	
Impotency (males) or loss of sexual desire (males and females)	
Frequent illness (low immune system)	
Weakness of the legs	
Pale tongue	
Totals for Deficient Qi	

SUMMARY (RECORD YOUR RESULTS HERE. SEE INSTRUCTIONS)

ELEMENT	Total Excess	Total Deficient	Total Each Line Here (Excess + Deficient)
Wood			
Fire			
Earth			
Metal			
Water			
Yang Excess/ Yin Deficiency			
Sagging Qi/ Deficient QI			
Total Excess & Deficient Columns Here			