



YOUR NAME (print) \_\_\_\_\_ TODAY'S DATE: \_\_\_/\_\_\_/\_\_\_

## Your Voyage Of Discovery ~ What Are Your Patterns?

Answer *Yes* or *No* to each of the following questions. Do not worry about what the symptoms mean...

Just note whether you experience them. If you have more than one-fourth to one-third yes responses in any diagnostic category, then you may have an element of this imbalance in your system. You may have more than one kind of imbalance operating at the same time. So do not be surprised if you have 50 percent yes answers for more than one diagnostic category.

### DIAGNOSIS

	/10	Yes	No
KIDNEY YIN DEFICIENCY (Ki Yin-)	/10		
Do you have lower back weakness, soreness, or pain, or knee problems? .....		<input type="radio"/>	<input type="radio"/>
Do you have ringing in your ears or dizziness? .....		<input type="radio"/>	<input type="radio"/>
Is your hair prematurely gray? .....		<input type="radio"/>	<input type="radio"/>
Do you have vaginal dryness? .....		<input type="radio"/>	<input type="radio"/>
Is your mid-cycle fertile cervical mucus scanty or missing? .....		<input type="radio"/>	<input type="radio"/>
Do you have dark circles around or under your eyes? .....		<input type="radio"/>	<input type="radio"/>
Do you have night sweats? .....		<input type="radio"/>	<input type="radio"/>
Are you prone to hot flashes? .....		<input type="radio"/>	<input type="radio"/>
Would you describe yourself as afraid a lot? .....		<input type="radio"/>	<input type="radio"/>
Does your tongue lack coating? Does it appear shiny or peeled? .....		<input type="radio"/>	<input type="radio"/>

### DIAGNOSIS

	/13	Yes	No
KIDNEY YANG DEFICIENCY (Ki Yang-)	/13		
Do you have lower back pain pre-menstrually? .....		<input type="radio"/>	<input type="radio"/>
Is your low back sore or weak? .....		<input type="radio"/>	<input type="radio"/>
Are your feet cold, especially at night? .....		<input type="radio"/>	<input type="radio"/>
Are you typically colder than those around you are? .....		<input type="radio"/>	<input type="radio"/>
Is your libido low? .....		<input type="radio"/>	<input type="radio"/>
Are you often fearful? .....		<input type="radio"/>	<input type="radio"/>
Do you wake up at night or early in the morning because you have to urinate? .....		<input type="radio"/>	<input type="radio"/>
Do you urinate frequently, and is the urine diluted and/or profuse? .....		<input type="radio"/>	<input type="radio"/>
Do you have early morning loose, urgent stools? .....		<input type="radio"/>	<input type="radio"/>
Do you have profuse vaginal discharge? .....		<input type="radio"/>	<input type="radio"/>
Does your menstrual blood tend to be dull in color? .....		<input type="radio"/>	<input type="radio"/>
Do you feel cold cramps during your period that respond to a heating pad? .....		<input type="radio"/>	<input type="radio"/>
Is your tongue pale, moist, and swollen? .....		<input type="radio"/>	<input type="radio"/>

### DIAGNOSIS

	/29	Yes	No
SPLEEN QI DEFICIENCY (Sp Qi-)	/29		
Are you often fatigued? .....		<input type="radio"/>	<input type="radio"/>
Do you have poor appetite? .....		<input type="radio"/>	<input type="radio"/>
Is your energy lower after a meal? .....		<input type="radio"/>	<input type="radio"/>
Do you feel bloated after eating? .....		<input type="radio"/>	<input type="radio"/>
Do you crave sweets? .....		<input type="radio"/>	<input type="radio"/>
Do you have loose stools, abdominal pain, or digestive problems? .....		<input type="radio"/>	<input type="radio"/>
Are your hands and feet cold? .....		<input type="radio"/>	<input type="radio"/>
Is your nose cold? .....		<input type="radio"/>	<input type="radio"/>
Are you prone to feeling heavy or sluggish? .....		<input type="radio"/>	<input type="radio"/>
Are you prone to feeling heaviness or grogginess in the head? .....		<input type="radio"/>	<input type="radio"/>
Do you bruise easily? .....		<input type="radio"/>	<input type="radio"/>
Do you think you have poor circulation? .....		<input type="radio"/>	<input type="radio"/>
Do you have varicose veins? .....		<input type="radio"/>	<input type="radio"/>
Are you lacking strength in your arms and legs? .....		<input type="radio"/>	<input type="radio"/>

	Yes	No
Are you lacking in exercise? .....	<input type="radio"/>	<input type="radio"/>
Are you prone to worry? .....	<input type="radio"/>	<input type="radio"/>
Have you been diagnosed with low blood pressure? .....	<input type="radio"/>	<input type="radio"/>
Do you sweat a lot without exerting yourself? .....	<input type="radio"/>	<input type="radio"/>
Do you feel dizzy or light-headed, or have visual changes when you stand up fast? .....	<input type="radio"/>	<input type="radio"/>
Is your menstruation thin, watery, profuse, or pinkish in color? .....	<input type="radio"/>	<input type="radio"/>
Are you more tired around ovulation or menstruation? .....	<input type="radio"/>	<input type="radio"/>
Do you ever spot a few days or more before your period comes? .....	<input type="radio"/>	<input type="radio"/>
Have you ever been diagnosed with uterine prolapsed? .....	<input type="radio"/>	<input type="radio"/>
Are your menstrual cramps accompanied by a bearing-down sensation in your uterus? .....	<input type="radio"/>	<input type="radio"/>
Are you often sick, or do you have allergies? .....	<input type="radio"/>	<input type="radio"/>
Have you been diagnosed with hypothyroid or anemia? .....	<input type="radio"/>	<input type="radio"/>
Do you have hemorrhoids or polyps? .....	<input type="radio"/>	<input type="radio"/>
Does your tongue look swollen, with teeth marks on the sides? .....	<input type="radio"/>	<input type="radio"/>
Do you have a pale, yellowish complexion? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

**BLOOD DEFICIENCY (BI-)** (*not necessarily equated with anemia*) /9

	Yes	No
Are your menses scanty and/or late? .....	<input type="radio"/>	<input type="radio"/>
Do you have dry, flaky skin? .....	<input type="radio"/>	<input type="radio"/>
Are you prone to getting chapped lips? .....	<input type="radio"/>	<input type="radio"/>
Are you fingernails or toenails brittle? .....	<input type="radio"/>	<input type="radio"/>
Are you losing hair on your head (not in patches, but all over)? .....	<input type="radio"/>	<input type="radio"/>
Is your hair brittle or dry? .....	<input type="radio"/>	<input type="radio"/>
Do you have diminished nighttime vision? .....	<input type="radio"/>	<input type="radio"/>
Do you get dizzy or light-headed around your period? .....	<input type="radio"/>	<input type="radio"/>
Are your lips, the inner side of your lower eyelids, or tongue pale in color? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

**BLOOD STASIS (BI X)** (*often associated with blood deficiency symptoms;*) /18

	Yes	No
Is your menstrual flow ever brown or black in color? .....	<input type="radio"/>	<input type="radio"/>
Do you feel mid-cycle pain around your ovaries? .....	<input type="radio"/>	<input type="radio"/>
Do you have painful, unmovable breast lumps? .....	<input type="radio"/>	<input type="radio"/>
Do you experience periodic numbness of your hands and feet (especially at night)? .....	<input type="radio"/>	<input type="radio"/>
Do you have varicose or spider veins? .....	<input type="radio"/>	<input type="radio"/>
Do you have red hemangiomas (cherry-red spots) on your skin? .....	<input type="radio"/>	<input type="radio"/>
Does your complexion appear dark and "sooty"? .....	<input type="radio"/>	<input type="radio"/>
Do you have chronic hemorrhoids? .....	<input type="radio"/>	<input type="radio"/>
Does your menstrual blood contain clots? .....	<input type="radio"/>	<input type="radio"/>
Have you been diagnosed with endometriosis or uterine fibroids? .....	<input type="radio"/>	<input type="radio"/>
Is your lower abdomen tender to palpation (resisting touch)? .....	<input type="radio"/>	<input type="radio"/>
Can you feel any abnormal lumps in your lower abdomen? .....	<input type="radio"/>	<input type="radio"/>
Do you have piercing or stabbing menstrual cramps? .....	<input type="radio"/>	<input type="radio"/>
Does your tongue look dark? .....	<input type="radio"/>	<input type="radio"/>
Do you have dark spots on your tongue? .....	<input type="radio"/>	<input type="radio"/>
Are the veins beneath your tongue twisty and tortuous? .....	<input type="radio"/>	<input type="radio"/>
Do you have dark spots in your eyes? .....	<input type="radio"/>	<input type="radio"/>
Have you been diagnosed with any vascular abnormality or blood clotting disorder? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

**LIVER QI STAGNATION (Lv Qi X)** /17

	Yes	No
Are you prone to emotional depression? .....	<input type="radio"/>	<input type="radio"/>
Are you prone to anger and/or rage? .....	<input type="radio"/>	<input type="radio"/>
Do you become irritable pre-menstrually? .....	<input type="radio"/>	<input type="radio"/>
Do you feel bloated or irritable around ovulation? .....	<input type="radio"/>	<input type="radio"/>
Does it feel as if your ovulation lasts longer than it should? .....	<input type="radio"/>	<input type="radio"/>
Are your breasts sensitive/sore at ovulation? .....	<input type="radio"/>	<input type="radio"/>
Do you experience nipple pain or discharge from your nipples? .....	<input type="radio"/>	<input type="radio"/>
Do you have a lot of premenstrual breast distention or pain? .....	<input type="radio"/>	<input type="radio"/>

	Yes	No
Have you been diagnosed with elevated prolactin levels? .....	<input type="radio"/>	<input type="radio"/>
Do you become bloated pre-menstrually? .....	<input type="radio"/>	<input type="radio"/>
Are your pupils usually dilated and large? .....	<input type="radio"/>	<input type="radio"/>
Do you have difficulty falling asleep at night? .....	<input type="radio"/>	<input type="radio"/>
Do you experience heartburn or wake up with a bitter taste in your mouth? .....	<input type="radio"/>	<input type="radio"/>
Are your menses painful? .....	<input type="radio"/>	<input type="radio"/>
Do you feel your menstrual cramps in the external genital area? .....	<input type="radio"/>	<input type="radio"/>
Is the menstrual blood thick and dark, or purplish in color? .....	<input type="radio"/>	<input type="radio"/>
Is your tongue dark or purplish in color? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

	Yes	No
<b>HEART DEFICIENCY (Ht-) (often associated with heat)</b> /9		
Do you wake up early in the morning and have trouble getting back to sleep? .....	<input type="radio"/>	<input type="radio"/>
Do you have heart palpitations, especially when anxious? .....	<input type="radio"/>	<input type="radio"/>
Do you have nightmares? .....	<input type="radio"/>	<input type="radio"/>
Do you seem low in spirit or lacking in vitality? .....	<input type="radio"/>	<input type="radio"/>
Are you prone to agitation or extreme restlessness? .....	<input type="radio"/>	<input type="radio"/>
Do you fidget? .....	<input type="radio"/>	<input type="radio"/>
Is the tip of your tongue red? .....	<input type="radio"/>	<input type="radio"/>
Is there a crack in the center of your tongue that extends to the tip? .....	<input type="radio"/>	<input type="radio"/>
Do you sweat excessively, especially on your chest? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

	Yes	No
<b>EXCESS HEAT (^H)</b> /8		
Is your pulse rapid? .....	<input type="radio"/>	<input type="radio"/>
Are your mouth and throat usually dry? .....	<input type="radio"/>	<input type="radio"/>
Are you thirsty for cold drinks most of the time? .....	<input type="radio"/>	<input type="radio"/>
Do you often feel warmer than those around you do? .....	<input type="radio"/>	<input type="radio"/>
Do you wake up sweating or have hot flashes? .....	<input type="radio"/>	<input type="radio"/>
Do you break out with red acne (especially pre-menstrually)? .....	<input type="radio"/>	<input type="radio"/>
Do you have a short menstrual cycle? .....	<input type="radio"/>	<input type="radio"/>
Do you have vaginal irritation or rashes? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

	Yes	No
<b>DAMPNESS (D)</b> /9		
Do you feel tired and sluggish after a meal? .....	<input type="radio"/>	<input type="radio"/>
Do you have fibrocystic breasts? .....	<input type="radio"/>	<input type="radio"/>
Do you have cystic or pustular acne? .....	<input type="radio"/>	<input type="radio"/>
Do you have urgent, bright, or foul-smelling stools? .....	<input type="radio"/>	<input type="radio"/>
Does your menstrual blood contain stringy tissue or mucus? .....	<input type="radio"/>	<input type="radio"/>
Are you prone to yeast infections and vaginal itching? .....	<input type="radio"/>	<input type="radio"/>
Do your joints ache, especially with movement? .....	<input type="radio"/>	<input type="radio"/>
Are you overweight? .....	<input type="radio"/>	<input type="radio"/>
Do you have a wet, slimy tongue? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

	Yes	No
<b>DAMP HEAT (DH)</b> /3		
Do you have signs of heat and/or dampness as indicated above? .....	<input type="radio"/>	<input type="radio"/>
Do you have foul-smelling, yellow, or greenish vaginal discharge? .....	<input type="radio"/>	<input type="radio"/>
Are you prone to vaginal or rectal itching during your premenstrual phase? .....	<input type="radio"/>	<input type="radio"/>

**DIAGNOSIS**

	Yes	No
<b>COLD UTERUS (CW)</b> /3		
Do you fit the Kidney Yang deficiency (Ki Yang-) category? .....	<input type="radio"/>	<input type="radio"/>
Do you fall into the Blood stasis pattern? .....	<input type="radio"/>	<input type="radio"/>
Does your lower abdomen feel cooler to the touch than the rest of your trunk? .....	<input type="radio"/>	<input type="radio"/>