

Chief Complaint: (keep it simple)

Only list most pressing current complaint(s)

1. _____
2. _____
3. _____

Your friends or partner might describe you as grumpy, irritable, snippy/snappy, impatient, frustrated, hot tempered, short-fused, easily triggered

- You sigh frequently
- You have "11" lines between eyebrows (knitted brow)
- You have unfulfilled desires and goals in your life.
- You blush easily or your face flushes, turns red, feels hot when you get upset/angry.
- You have tightness, discomfort, and/or pain in your lower ribs, under your ribs, around the bottom of your ribcage.

- Fatigue (any time, regular or intermittent, after eating)
- Cold hands/fingers/cold nose (constant)
- Dizziness especially/specifically when standing up
- Weak feeling/lack of strength in arms and legs
- Easy bruising (bruises seem to just appear, not sure how)
- Carb/sugar/sweets cravings

Bowels:

- Formed Unformed Sticky Foul odor
- Incomplete

Bowel Movements: Daily Every 2-3 days 1X/week Wipe more than 3-4 times?

Have to deep-breathe/push to initiate a bowel movement

Thirst/Urination:

- Mouth *feels* dry Cloudy urine
- Crave large amounts of liquid (large gulps)
- Crave small amounts of liquid (little sips)

Tongue Photos: (send photographs of the top and underneath as instructed by your practitioner)

- Poor night vision/blurry vision
- Cramping of muscles (especially in calves in the night)
- Twitching muscles
- Dizziness
- Poor memory/forgetfulness
- Pale nails, brittle nails, ridges/lines on nails

- Low Back coldness/soreness/weakness
- Frequent urination Wake at night to urinate
- Incontinence (leaking urine any time)
- Cold feet/toes (constant)
- *Low Libido

*this refers specifically to general lack of interest/drive for sex not just with current partner but in general. If fidelity/marriage/relationship were not a factor, would you be interested in sex?

- Ringing in the ears, difficulty hearing
- Dry throat/mouth

Menstruation:(practitioner must ask follow-up questions)

Painful: Sharp Fixed Dull Achy

Excessive volume: Yes No

Mid-cycle spotting Mid-cycle Pain

Cycle length: 20-27 days 28-33 days >33 days

Please use this space for any additional notes.