

DIETARY QUESTIONNAIRE

Name: _____

Date: _____

Please **circle** all the symptoms you have had within recent weeks or are presently experiencing.

QI

Deficiency

Fatigue easily
Shortness of breath
Sweat easily
Dizziness
Hard to project voice
Tired all the time

Stagnation

Intermittent dull pain
Bloating and/or fullness
Sighing
Sensation of something stuck in throat
Emotional prior to menstruation

Rebellious

Cough and/or asthma
Vomiting
Belching
Hiccups

Prolapse

Organ prolapse
Bearing down sensation
Chronic diarrhea
Feeling like insides are sagging

BODY FLUIDS

Hoarse voice
Dry mouth
Dry skin
Dull hair
Dry hair
Thirsty
Dry stools
Scanty urination
Dry eyes
Dry nose

XUE

Deficiency

Dizziness
Pale face and nails
Blurry vision
Palpitations
Numbness
Scanty menses

Stagnation

Local sharp or stabbing pain
Lumps, masses or tumors
Large red spots under skin
Painful menses or
Irregular menses

Heat in blood

Feverish
Irritable
Bleeding
Red, painful skin eruptions
Heavy menses

YANG

Excess Yang (heat)

Feels hot/feverish
Sweat easily
Thirsty
Constipation
Red face and/or eyes
Sore throat/mouth
Mouth sores/ulcers
Dark scanty urine
Very irritable

Deficient Yang (empty cold)

Cold body and limbs
Low sex drive
Always tired
Sleeps a lot
Water retention/edema

YIN

Excess Cold

Always cold
Frequent clear urination
Diarrhea
Abdominal pain/spasm
Symptoms relieved by heat
Clear discharges

Deficient Yin (empty heat)

Hot/feverish at night
Night Sweats
Dry mouth and throat
Sweaty palms and soles of feet
Irritable
Insomnia
Flushed cheeks

JING

Premature gray hair
Hair loss
Tooth loss
Impotence
Low/no sex drive
Memory loss
Infertility

WIND

External

Cold

Sneezing
Clear runny nose
Aversion to wind/cold
Headache/body aches
Nasal congestion
Chills and fever
Sweating: yes no

Heat

Severe fever
Sweating: yes no
Slight chills
Dry mouth
Sore Throat

Internal

Spasms and tremors
Dizziness or vertigo
Stroke
Stiffness
Numbness
Convulsions
Seizures
Paralysis

DAMP

Heaviness
Bloating and swelling
Nausea
No thirst
Milky discharge
Loose stools
Weight gain

PHELG

Chest fullness
Coughing up mucus
Clearing throat often
Decreased appetite
Wheezing
Dizziness

LUNGS

Cough, asthma
Shortness of breath
Chest fullness, pain
Wake-up between 3-5am
Grief and sadness

HEART

Palpitations
Anxiety
Insomnia
Excess dreams
Chest pain/arm pain
Tongue sores/ulcers
Hysteria
Forgetful

LIVER

Rib/sides of trunk pain
Anger/depression
Migraine headache
Vertigo
Ringing in the ears
Red eyes/painful eyes
Poor vision
Poor nail growth

SPLEEN

Appetite low/none
Diarrhea
Bloating of stomach/abdomen
Nausea
Bleeding
Organ prolapse
Worry too much

KIDNEY

Pain and weak lower back
Pain and weak knees
Poor vision
Deafness
Incontinence
Nocturnal emission
Sexual dysfunction
Hair/bone loss
Infertility
Poor memory
Constantly fearful

LARGE INTESTINE

Constipation
Burning sensation of anus/rectum
Hemorrhoids

SMALL INTESTINE

Bearing down sensation in groin/scrotum
Abdominal pain
Burning urination

GALL BLADDER

Right trunk pain
Yellowing of skin
Bitter taste in mouth
Alternate chills and fever
Nausea
Vomiting bitter fluids
Frightens easily/timidity
Indecisive
Insomnia

STOMACH

Stomach ulcer
Stomach pain
Acid regurgitation
Nausea/vomiting
Swollen, painful gums
Bad breath
Always hungry

BLADDER

Painful burning urination
Bladder/kidney stones
Bloody/cloudy urine