





THE CENTER FOR ENERGY MEDICINE

Gynecological

Length of period: days		Menstrual cramps		Pain relieved by passing clots	
Length of cycle: days		Breast lumps		Irregular menstruation	
Start of menstration: Age		Heavy flow		Uterine fibroids	
Start of menopause: Age		Light flow		Bleeding between periods	
Number of Miscarriages:		Pale color		PMS	
Number of pregnancies:		Bright red color		Breast tenderness	
Number of live births:		Normal color		Amenorrhea	
Number of premature births:		Vaginal odor		Date of last menstrual period	
Number of Abortions:		Clots		Date / Result of last PAP Smear	

Pi

Fatigue		Abdominal pain		Hemorrhoids		Lacking sense of taste	
Loss of appetite		Bloating		Edema		Cloudiness of the head in the morning	
Loose stools		Diarrhea		Muscle weakness		Vaginal discharge:	
Flatulence		Heavy limbs		Prolapse		yellow	
Bleed / Bruise easily		Excessive saliva		Worry		white	

Xin

Palpitations		Stuttering		Red face		Easily Startled	
Anxiety		Aphasia		Chest pain		Bitter taste in morning	
Insomnia		Incessant talking		Shortness of breath		Dream-disturbed sleep	
Phobias		Inappropriate laughter		Mouth / tongue sores		Excessive dreaming	
Tachycardia		Irregular heartbeat		Fainting		Heart disease	

Shen

Low back pain		Memory problems		Hot flashes		Knee & Ankle weakness	
Frequent urination		Infertility		Chronic sore throat		Brittle bones	
Incontinence		Impotence		Concentration problems		Night sweats	
Edema		Black circles under eyes		Arthritis		Afternoon / evening fever	
Problems with hearing		Teeth problems		Premature ejaculation		Increased libido	
Nocturnal emission		Bedwetting		Decreased libido			



THE CENTER FOR ENERGY MEDICINE

Fei

Acute Cough	Chronic cough	Asthma	Shortness of breath
Difficulty breathing when lying down	Spontaneous sweating	Sore throat	Frequent colds
No sense of smell	Pneumonia	Weak voice	Yellow phlegm
White phlegm	Fullness of chest	Emphysema	Excessive grief or sadness
Bleeding from the nose	Sinus problems	Wheezing	Pleurisy

Dan

Bitter taste	Indecisiveness	Stiff neck	Ear infection
Timidity	Yellow Complexion	Fatty Stools	Lack of initiative

Da Cheng

Constipation	Diarrhea	Black stools	Tenesmus
Blood in stool	Itchy anus	Burning sensation in mouth	Abdominal pain and/or distention
Burning anus	Fever	Cold sensation in abdomen	Rectal pain
			Bowel movements (qty.) per day

Pang Guang

Pain with urination	Frequent Urination	Urgent urination	Unable to hold urine
Blood in urine	Incomplete urination	Wake up to urinate often	Bladder and/or Kidney stones

Lifestyle / Habits

Alcohol	Smoking	Marijuana	Eating disorder	Hard drugs
---------	---------	-----------	-----------------	------------

Do you exercise? yes      no

If yes, describe what type and how often: \_\_\_\_\_

Diet

Give a brief description of what you eat in an average day:

Breakfast

Lunch

Dinner