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ACUPUNCTURE QUESTIONNAIRE

Patient's Name: _____ Date: ___/___/___

Circle the phrases that you identify with in each category.

SHAO YIN WATER

Inhibited, passive
Hearing problems
Stiff lumbar pain
Affinity for salt
Wears black
Premature gray, balding
Recurrent tonsillitis

TAI YANG WATER

Indecisive, fearful
Hyper-analytic
Bladder infection, urethritis
Lumbar pain

TAI YIN EARTH

Round and fleshy
Like sweets
Obsessive
Abdominal bloating & diarrhea
Menstrual and fertility problems
Heaviness in thighs, varicose veins

SHAO YIN FIRE

Talkative, noisy
Creative, impulsive
Restless, insomniac
Easy to anger
Wears red, likes color
Flushed, sweaty, hot
Chest pain

TAI YANG FIRE

Imposing, impatient
Authoritative, competitive
Insomniac
Back spasm

TAI YIN METAL

Long thin features
Organized, methodical
Depressed in the winter
Constipation
Respiratory disorders
Eczema, allergies

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YANG MING EARTH

Pleasure seeker
Gourmet
Rich & sweet foods
Gains weight easily
Stomach, intestinal problems

JUE YIN WOOD

Timid, reluctant to face challenges
Blue & Turquoise colors
Sour and citrus flavors
Sensitive to caffeine
Sensitive eyes, myopia
Tension in upper back and neck
Migraines

SHAO YANG WOOD

Indecisive
Lacks self confidence
Insomniac, fatigue
Darkness around the eyes
Neck and shoulder problems
Biliary and digestive symptoms

YANG MING METAL

Honor, respect for the law
Sinusitis
Spicy flavors
Thin, gaunt
Bad breath, poor smell

JUE YIN FIRE

Anxious, irritable
Harbors grudges
Headaches
Muscle cramps
Fatigue

SHAO YANG FIRE

Decisive, clear thinking
Great self confidence
Agitated, insomniac
Tight jaw, teeth grinding
Muscular aches and cramps
Abdominal discomfort