

QUESTIONNAIRE

Do you have an element/organ that is out of Balance?

Element	Organs	Season
Earth	Spleen/Stomach	Late Summer
Fire	Heart/Small intestine	Summer
Wood	Kidney/Bladder	Winter
Water	Liver/Gallbladder	Spring
Metal	Lung/Large Intestine	Fall

The following symptoms are for informational purposes only and does not substitute for professional medical advice. It is only a guide to help find out if there is a "main" element/organ in the body that is out of balance and needs support.

DO YOU EXPERIENCE ANY OF THE FOLLOWING THAT ARE MORE EXTREME AT CERTAIN TIMES OF THE YEAR?

SPRING - WOOD ELEMENT- LIVER AND GALLBLADDER

Insomnia, night sweats, excessive dreams:

Premenstrual symptoms with mood changes, breast tenderness, and dizziness:

Irregular and painful periods, inflamed genital organs:

Weak, ridged and splitting nails, white flecks:

Stiffness and rigidity in the muscles, especially in the shoulder and neck:

Problems with tendons and ligaments, lack of flexibility:

Dizziness and nausea, vomiting brought on by food avoidance:

Shouting and a loud voice:

Pain under the right side of the ribcage near the liver/gallbladder:

Difficulty digesting fatty foods, bloating, allergies, and low tolerance to alcohol:

Bitter or metallic taste in the mouth, heartburn:

Symptoms are aggravated by wind and draughts:

Frustration, anger, aggression, irritability and extreme nervous tension:

Jealousy and resentment, unexpressed anger leading to depression:

Twitches and spasms in the body and muscles:

Craving for sour foods such as pickles and lemons:

Difficult to fall sleep between the hrs. 11p.m. and 3 a.m.:

Clumsy and accident prone:

Skin rashes, red itchy palms, acne:

Psoriasis, hives, cold sores, eczema:

Stay up late, difficult to wake in the morning:

Yeast infections:

Migraines (pain in the temple area):

SUMMER - FIRE ELEMENT-HEART AND SMALL INTESTINE

Palpitations and panic attacks:

Heart attacks, angina, hardening of the arteries:

High cholesterol:

High or very low blood pressure:

Poor circulation (numbness/tingling in hands or feet):

Insomnia and hot flashes in the night:

Red colored complexion, blush easily:

Vivid dreams, restless sleep and nightmares:

Extreme anxiety, emotional unease and lack of joy:

Hatred and cruel behavior:

Lack of self-love and low self-worth:

Pain in the throat, shoulder and neck:

Tennis elbow and frozen shoulder:

Symptoms are aggravated by excess heat:

Worse between the hours of 11a.m. and 3p.m.

Hearing difficulties and deafness:

Often sighing:

Shortness of breath:

Tightness in chest after meals:

Small intestine-poor food assimilation/absorption;

Boils or acne on neck:

LATE SUMMER - EARTH ELEMENT-SPLEEN AND STOMACH

Abdominal distension and bloating:

Puffiness, water retention and mucus in the body:

Tired, aching, heavy and cold limbs:

Great fatigue and lethargy:

Prolapsed organs in lower body, bladder, intestines, uterus:

Loose stools and diarrhea, abdominal gas and flatulence:

Pain under the left side of the ribcage near the spleen/stomach:

Anemia (low blood):

Symptoms aggravated by cold, damp, and humid conditions:

Easily worried and over concerned:

Obsessional and compulsive behavior disorder:

Upset by change and tendency to become overwhelmed by detail:

Eating disorders such as bulimia and anorexia nervosa;

Cravings for sweet foods and ice-cream:

Feel worse after eating cold foods, sweets and raw fruit and vegetables:

Appetite imbalance, either voracious or lack of appetite:

Hiccups and burping, nausea and vomiting:

Worse between the hours of 7a.m. and 11a.m.

Acid in the stomach, duodenal or gastric ulcers:

Stand up fast and almost or black out:

Smell burnt odor all the time:

Bleeding gums:

Eating when not hungry:

Swollen reddish feet:

Overweight:

Chronic thirst:

Nausea:

Pink spots on the skin:

Bruise easily:

Cuts take a long time to heal:

Depression or seasonal depression:

Lightheadedness in the mornings:

FALL - METAL ELEMENT-LUNGS AND LARGE INTESTINES

Breathing difficulties, asthma, emphysema and bronchitis:

Shortness of breath and fatigue on exertion;

Tightness in the chest and a soft voice:

Frequent cold and infections, low immunity:

Coughing with or without phlegm, throat infections, laryngitis;

Sinusitis, sneezing, rhinitis and other nasal difficulties:

Excess mucus or alternatively, dryness and lack of mucus:

Excessive or lack of perspiration:

Poor sense of smell:

Chronic constipation:

Alternate between constipation and diarrhea;

Allergies:

Body odor and bad breath:

Hemorrhoids and bleeding:

Aggravated by heat and dryness:

Dryness of skin, psoriasis and eczema:

Cravings for spicy and pungent foods:

Poor memory and fuzzy thinking:

Continual headaches especially when constipated:

WINTER - WATER ELEMENT-KIDNEYS AND BLADDER

Poor bladder control, frequent urination:

Ear, bladder infections, cystitis:

Puffiness and dark bags under the eyes:

Infertility and impotence:

Low libido and lack of sexual fluids:

Constant tiredness, lethargy, and frequent yawning:

Pain in the lower back, sciatica, (hip area);

Sore, stiff, or weakness of both knees:

Tightness or soreness in the back of legs and hips;

Pain in arches, soles and heels of feet:

Symptoms are aggravated by cold and damp conditions:

Fears and phobias, timidity and lack of confidence:

Paranoid and suspicious behavior:

Constant complaining and moaning:

Cravings for salty foods;

Itchy ears, ringing in the ears;

Poor memory:

Sniffles/running nose but no cold, stuffed up feeling all the time:

Poor concentration:

Poor circulation with cold hands or feet:

Stand up and quickly see stars:

Dry cough continually with no mucus:

Skin smells fishy:

Low immune system (constantly catching flu's or colds):

**Headaches at back of head and neck area (for women usually worse before there
period):**

Hair loss, dry, split ends and no shine:

Fluctuating body temp from cold to hot: