

***Naturalife Wellness Center***  
***180 Great East Neck Road West Babylon, NY 11704***  
***(631) 661-2323***

Ki Yin –

Do you have low back weakness, soreness, or pain, or knee problem?

Do you have ringing in your ears or dizziness?

Is your hair prematurely gray?

Do you have night sweats?

Does your body tend to be warmer in afternoon or at night?

Are you prone to hot flashes?

Would you describe yourself as afraid a lot?

*Women Only*

Do you have vaginal dryness?

Is your midcycle fertile cervical mucus scanty or missing?

Ki Yang –

Is your low back sore or weak or easy to feel cold?

Are your feet cold, especially at night?

Is your libido low?

Do you wake up at night or early in the morning because you have to urinate?

Do you urinate frequently, and is the urine diluted and / or profuse?

Do you often have diarrhea in the early morning ?

Are you incontinent?

*Women Only*

Do you have low back pain before or during period?

Do you have profuse vaginal discharge?

Does your menstrual blood tend to be dull in color?

Do you feel cold cramps during your period that respond to a heating pad?

*Men Only*

Are you impotent, experience premature ejaculation, or spermatorrhea?

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Sp-

- Are you often fatigued?
- Do you have poor appetite?
- Is your energy lower after a meal?
- Do you feel bloated after eating?
- Do you crave sweets?
- Do you have loose stools, abdominal pain, or digestive problems?
- Are your hands and feet cold?
- Is your nose cold?
- Are you prone to feeling heavy or sluggish?
- Are you prone to feeling heaviness or grogginess in the head?
- Do you bruise easily?
- Do you think you have poor circulation?
- Do you have varicose veins?
- Are you lacking strength in your arms and legs?
- Are you lacking in exercise?
- Are you prone to worry?
- Have you been diagnosed with low blood pressure?
- Do you feel dizzy or light-headed, or have visual changes when you stand up fast?
- Have you been diagnosed with hypothyroid or anemia?
- Do you have hemorrhoids or polyps?

*Women Only*

- Is your menstruation thin, watery, profuse, or pinkish in color?
- Are you more tired around ovulation or menstruation?
- Do you ever spot a few days or more before your period comes?
- Are your menstrual cramps accompanied by a bearing-down sensation in your uterus?

LU-

- Do you sweat a lot without exerting yourself?
- Do you catch cold easy?
- Do you cough a lot?
- Do you cough with a lot of phlegm?
- Do you often have a congested nose?
- Do you have skin problems?

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Bl-

- Do you have dry, flaky skin?
- Are your fingernails or toenails brittle?
- Are you losing hair on your head a lot ( not in patches, but all over)?
- Is your hair brittle or dry?
- Do you have diminished nighttime vision?

*Women Only*

- Do you get dizzy or light-headed around your period?
- Are your menses scanty and / or late?

Bl x

- Do you experience periodic numbness of your hands and feet?
- Do you have varicose or spider veins?
- Do you have red hemangiomas (cherry-red spots) on your skin?
- Do you have chronic hemorrhoids?
- Can you feel any abnormal lumps in your lower abdomen?
- Have you been diagnosed with any vascular abnormality or blood clotting disorder?

*Women Only*

- Is your menstrual flow ever brown or black in color?
- Do you feel midcycle pain around your ovaries?
- Do you have painful, unmovable breast lumps?
- Does your menstrual blood contain clots?
- Have you been diagnosed with endometriosis or uterine fibroids?
- Do you have piercing or stabbing menstrual cramps?

Lv Qi x

- Do you have difficulty falling asleep at night?
- Do you experience heartburn or wake up with a bitter taste in your mouth?
- Do you always sigh deeply?
- Are you prone to emotional depression or get irritable easily?
- Do you feel tightness or compression on your chest?

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*Women Only*

- Are your menses painful?
- Do you become irritable pre-menstrually?
- Is the menstrual blood thick and dark, or purplish in color?
- Do you feel bloated or irritable around ovulation?
- Are your breasts sensitive or sore at ovulation?
- Do you experience nipple pain or discharge from your nipples?
- Do you have a lot of premenstrual breast distention or pain?
- Have you been diagnosed with elevated prolactin level?
- Do you become bloated pre-menstrually?

Ht-

- Do you wake up early in the morning and have trouble getting back to sleep?
- Do you have nightmares?
- Do you have heart palpitations, especially when anxious?
- Do you seem low in spirit or lacking in vitality?
- Are you prone to agitation or extreme restlessness?
- Do you fidget?
- Is there a crack in the center of your tongue that extends to the tip?
- Do you sweat excessively, especially on your chest?

^H

- Are your mouth and throat usually dry?
- Are you thirsty for cold drinks most of the time?
- Do you often feel warmer than those around you?
- Do you wake up sweating or have hot flashes?
- Do you break out with red acne (especially pre-menstrually)?
- Do you have a short menstrual cycle?
- Do you have vaginal irritation or rashes?
- Is your urine very yellow and warm?

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D

Do you feel tired and sluggish after a meal?

Do you have fibrocystic breasts?

Do you have cystic or pustular acne?

Do your ankles swell before or during menses?

Are you overweight?

*Women Only*

Are you prone to yeast infections and vaginal itching?

Is your vaginal discharge thin or watery?

Is your vaginal discharge with odor?