



NAME:

DATE:

ACUPUNCTURE SELF-ASSESSMENT PROFILE

Please place a **check mark** in the box if the symptom applies to you now.
Place a **circle** around the box if the symptom applied to you in the past.

SYMPTOM PATTERNS OF DEPLETION AND CONGESTION

Patterns of Depletion: Deficiency and Slackness

Symptoms of Deficiency: General weakness, fatigue/malaise, sensitivity, poor resistance

Stagnant Qi:

- head feels stuffy
- distension or fullness in chest or abdomen
- mild nausea
- gas pains, cramps, tension in stomach or intestines
- hiccups, belching or flatulence
- constipation with gas
- vague or migratory pains


Deficient Qi:

- weakness, lethargy or weariness
- lowered libido
- decreased motivation
- dull thinking, sensing or feeling
- poor appetite
- weak digestion
- susceptible to colds and flus
- prolonged recovery following illness
- pasty, pale complexion
- limp hair
- shortness of breath
- dislike talking
- perspire easily with exertion
- weak muscles
- chill easily
- frequent profuse urination
- infertility
- miscarriage
- dull, soft nails

Deficient Moisture:

- dry mouth
- dryness of mucous membranes
- scant secretions and urination



- 
- The logo for 360 Healing Centre is a large, light green circle containing the number '360' in a large, thin, grey font. Below the number, the words 'HEALING CENTRE' are written in a smaller, grey, sans-serif font. A thin horizontal line is positioned below the text.
- constipation
 - uncomfortable feeling of heat in the body
 - restlessness and insomnia
 - low fever in the afternoon and evening
 - parched or cracked skin
 - hot flushes
 - night sweats
 - constant hunger
 - constant thirst
 - unstable blood sugar
 - persistent dry cough
 - dry or sore throat
 - dry, brittle nails
 - flushed face with dry skin and lips

Deficient Blood:

- restless fatigue
- irritability
- poor sleep
- itching, prickling skin or scalp
- dryness without thirst
- blurred or weak vision
- loss or thinning of hair
- dizziness
- dry or hard stool
- premature ageing of skin
- dry skin, eyes, hair
- anemia
- numbness of hands and feet
- muscle cramps
- lack of semen
- scanty or irregular menstruation
- pale, waxy, sallow complexion
- easily bruise
- poor skin healing
- palpitations
- postpartum weakness or anemia
- pale, opaque, thin, weak nails
- pale pink or orange tongue and lips

Symptoms of Slackness: Lack of tone (prolapse, flaccidity), lack of focus, dissipation (wasting or ebbing of strength), loss of tissue integrity, vulnerability, instability

Slack Qi:

- prolapse of stomach, intestines, anus
- fecal incontinence or constant diarrhoea
- haemorrhoids
- dizzy or weak after meal or bowel movements
- loose or flaccid muscles

Slack Moisture:

- excess secretion from eyes, nose, mouth, skin vagina
- seminal incontinence or premature ejaculation
- frequent urination, enuresis or incontinence
- dizzy or weak following sex

Slack Blood:

- excessive or prolonged bleeding from skin, nose, lungs, stomach, intestines, bladder
- ulcers on skin, mucous membrane, stomach, intestines
- excessive bleeding haemorrhoids
- anemia associated with inflammation of stomach, small intestine or large intestine

Stagnant Moisture:

- soft or loose stool
- bloating with water retention
- puffy eyes, face, hands or ankles
- frequent but scanty urination
- feel swollen, tender, lethargic in humid weather
- soft swellings or enlarged lymph nodes
- pre-menstrual soreness and swelling of breasts

Stagnant Blood:

- mottling or chilliness of limbs from poor circulation
- sharp pains in head, eyes, joints, internal organs
- irregular or painful menses
- pre-menstrual pain and hardness of breasts
- painful haemorrhoids or cysts
- elevated cholesterol

Symptoms of Obstruction: Severe pain and discomfort, emotionally distraught

Obstructed Qi:

- generalized discomfort, fullness, pressure in the head, chest, limbs or abdomen
- belching and flatulence
- wheezing
- difficulty swallowing
- stitch or acute pain in abdomen
- fullness under ribs

Obstructed Moisture:

- swollen or heavy head, limbs, joints or abdomen
- tender muscles and joints
- thick or sticky saliva or phlegm
- lumps, nodules and cysts
- sticky or slimy stool
- scanty urine
- generalized water retention
- edema of hands or feet
- sticky taste in the mouth
- congestion in the eyes and sinuses

Obstructed Blood:

- tendency for bruises, swelling and sprains
- persistent localized, stabbing or throbbing pains (especially in joints or viscera)
- pain worse at night or with inactivity
- severe cramping, numbness or paralysis
- severe headache
- dark red complexion
- red or purple lesions on skin and mucous membranes
- severe menstrual cramps with dark blood or clots
- pain worse from pressure or massage
- hard fixed lumps

HEALING CENTRE

PATTERNS OF ACCUMULATION OF ADVERSE CLIMATES

Heat:

- fever associated with infection or inflammation
- pain, soreness, swelling, or dryness accompanied by a sensation of heat or burning
- sores or infections with yellow or green pus
- yellow or green mucous discharges from ears, nose, throat, anus or genitals
- extreme thirst with a craving for cold foods and liquids
- reddening of eyes, ears, nose, lips, skin, mucous membrane or tongue
- feel worse when exposed to heat or dryness

Cold:

- cold feeling in the limbs, head, chest or abdomen
- inertia or weakness with pallor, cold or clammy face, hands or feet
- loose stool after eating raw or cold foods
- profuse urination or swelling of face or limbs after exposure to cold climate or cold drinks
- craving for warm foods and hot drinks
- pain in head, chest, limbs or joints, worse when exposed to cold
- pale skin, nail beds, lips, mucous membranes

Wind:

- erratic spasms, cramps or contractures of skin, nerves, blood vessels, muscles etc.
- itching, prickling, twitching and other discomforting sensations in the skin and muscles
- migrating pains appear or disappear
- dizziness, uncoordinated movements and equilibrium
- itchy, painful ears, eyes, nose sneezing, headache, muscle soreness or shivering when exposed to wind or draughts
- trembling or shaking of the hands

Phlegm (congealed dampness):

- dizziness or fullness in head with mucous congestion or nausea
- nausea or difficult breathing with fullness in upper abdomen or chest
- thick, sticky secretion or discharges from the skin, mucous membranes, ears, eyes, nose, throat, mouth, anus or genitals
- soft, movable lumps or enlarged lymph nodes
- worse in humidity or from eating sticky, greasy, fatty foods, milk products, eggs or sugar

Liver Channel:

- easily irritated
- sensitive to wind, noise and strong odours
- bitter taste in the mouth
- muscle tension or cramps, especially in the neck, shoulders, lower abdomen or legs
- weak or blurry vision
- dry eyes
- coarse, brittle nails or hair
- numbness or tingling in limbs when asleep or inactive
- difficult elimination, dry stool
- feel weak, dizzy or flushed when hungry, tense or angry
- irregular menstruation
- scanty menstruation
- nausea or queasiness when hungry or tired
- genital organ hypersensitivity
- stitches or spasms in ribs, beneath diaphragm, groin and pelvic region
- craving for sour, spicy or fatty foods
- whistling or ringing in the ears
- symptoms worse with heat, wind and draughts

Heart Channel:

- easily confused
- fatigue with anxiety and restlessness
- slight exertion or excitement causes heat and perspiration
- insomnia or palpitations when nervous, worried or over tired
- frequent urination and bowel movements when nervous
- burning, sensitivity or irritation of mouth, tongue, genitals or anus
- dry mouth or throat with craving for cool drinks
- blush easily
- hot and cold flushes
- light, restless sleep with vivid dreams or nightmares
- cravings for spicy, hot or sweet foods
- heat and dryness aggravate symptoms

Spleen Channel:

- worry or obsess about things
- dislike changes
- overwhelmed by details
- often feel lazy
- slow digestion
- frequently have abdominal gas and bloating
- lingering hunger after meals
- cravings for sweet and starchy foods
- head and limbs feel heavy
- water retention and puffiness
- loose stool from eating raw or cold foods and liquids
- muscles feel tender
- bruise easily
- lack of muscle tone or strength, especially of abdomen, back or neck
- prolapse of stomach, intestines, uterus or bladder

- haemorrhoids
- frequent but scanty urination
- cold and damp make symptoms worse

Lung Channel:

- frequent colds
- frequent rhinitis or sinusitis
- Persistent cough
- frequent throat clearing or laryngitis
- morning attacks of coughing or sneezing
- sensitive to wind, cold and dryness
- dry skin and dryness of nose and mouth
- shortness of breath, chest pain or wheezing with fatigue or exertion
- easily disappointed or offended
- craves spicy, juicy or sweet foods
- craves stimulants like coffee, tea and cigarettes
- heat, cold and dryness aggravates symptoms

Kidney Channel:

- sore throat when fatigued
- frequent or difficult urination
- puffiness or swelling of feet and ankles
- puffiness around eyes
- dull hearing
- low humming sound in ears
- persistent low back pain or soreness
- weakness or soreness of hips, knees, ankles or feet
- diminished libido
- diminished motivation
- lack of sexual secretions
- infertility or difficulty conceiving and/or going to term
- loss or thinning of pubic hair
- loss of stamina
- need to sleep a lot
- easily depressed and disgruntled
- anemia
- missed periods
- forgetfulness and muddled thinking
- cold, sex and lack of rest make symptoms worse

Liver - Spleen Disharmony:

- cold hands and feet
- hot flushes
- indigestion with nausea, bloating, gas or belching
- erratic elimination with constipation or diarrhoea
- spasm of oesophagus
- dry skin and water retention
- sensitivity or aversion to strong flavours
- craving for fatty, sour, sweet or sticky food
- erratic appetite with difficulty knowing what to eat

- tenderness, tension or heaviness in muscles of head, neck and limbs
- fullness or pressure in head or behind eyes
- headaches with nausea, visual disturbance or dizziness
- sensitivity or aversion to light, noise, heat and humidity
- abdominal tension or distension with belching or gas
- vacillate between assertiveness and ambivalence
- alternate between nervous tension and lethargy
- alternate between hostility and graciousness

Characteristic health issues: Hypoglycaemia, diabetes, cirrhosis, jaundice/hepatitis, eating disorders, food allergies, hives, colitis, migraine headaches.

HEALING CENTRE

Spleen - Kidney:

- slow digestion and sluggish intestines
- weak gums and loose teeth
- dryness of skin and mouth
- sore or swollen joints or muscles of face, hands or feet
- heaviness of head or limbs
- weakness or soreness of low back and sacrum
- feet, legs and back tire easily
- diarrhoea or dry, small stools with bloating
- frequent scanty, difficult urination
- alternatively strong and weak libido
- back, legs and arms get cold
- constipation and water retention follow over eating
- crave salty or sweet foods
- nervous and distractible
- feel apathetic and insecure

Characteristic health issues: Edema, rheumatism, adrenal insufficiency, leucorrhoea, chronic gingivitis, chronic cystitis or urethritis, prostatic hypertrophy or prostatitis

Kidney - Heart:

- restless sleep alternating with heavy slumber followed by difficulty awakening
- nervousness and mood swings along with fatigue and lumbar weakness
- easily overheated or chilled
- hot chest, head and hands with cold back and feet
- easily excited but difficulty sustaining effort and enthusiasm
- strength easily dissipated
- depressed or melancholy after sustained mental or physical activity
- sexually excitable but unable to sustain desire or get release
- lack of muscle tone and joint mobility
- anxiety and apathy
- tension and weakness of muscles along the spine
- nausea, diarrhoea, urinary frequency when anxious
- craves salty, spicy food and stimulants (nicotine, caffeine)

Characteristic health issues: Manic depression, ileitis (e.g. Crohn's disease), bulimia, phobias, endometritis, endometriosis, chronic sleep disturbances, thyroid syndromes

Heart - Lung:

- sensitivity to changes in temperature and humidity
- easily overheated but can't sweat
- dry cough
- flushes when coughing
- coughing when nervous or embarrassed
- anxiety with laryngitis, chest pain or wheezing
- heat triggers sneezing, itchy throat or rashes
- dry skin with cracking, redness and itchiness of upper back, elbows, knees and hands
- easily awakened
- genital itching
- alternately euphoric and melancholy
- emotionally hypersensitive but keep feelings hidden
- crave spicy, hot foods and stimulants

Characteristic health issues: Acne or dry eczema, sun allergies, psoriasis, asthma, hyperthyroidism, hysteria, rhinitis

Lung - Liver Disharmony:

- tension and stiffness of muscles of neck, shoulders, chest abdomen and hips
- irregular bowel movements
- irregular, laboured or shallow breathing
- wheezing or sighing
- sensitive/easily inflamed skin or mucous memb. of upper respiratory or genitourinary tissues
- sensitivity and/or aversion to heat, dryness, wind or sudden changes in weather
- awkwardness expressing feelings
- unpredictable reaction or responses to people from moment to moment
- craving for fatty and spicy foods

Characteristic health issues: Acne, asthma, irritable bowel syndrome, generalized itchiness, allergic sinusitis or rhinitis, seasonal hayfever, bursitis, headaches behind the eyes and involving sinuses, severe or chronic torticollis (neck spasm), depression characterized by quiet melancholy or passive rage.

Thank you!

**Please bring to your next Acupuncture appointment or send prior by email to:
info@360healingcentre.com**