





CHINESE MEDICAL HEALTH SCREENING

WELCOME

Welcome to Your Chinese Medical Health Screening. Whereas a Western medical health screening might check blood pressure and cholesterol, today we'll be using diagnostic techniques that are at the heart of Traditional Chinese Medicine and have been used in China for thousands of years. Today's screening is not intended to diagnose or treat any specific condition you may have. Rather it is designed to give you an experience of the diagnostic lens of Chinese medicine, known as the "four inspections"; and an idea of how Chinese medicine can benefit your overall health and well-being.

INSTRUCTIONS

There are four parts to the screening. Your practitioner will perform each one with you.

TO SEE	TO HEAR	TO ASK	TO FEEL
Physiognomy/color	Sound of Voice	Interview/Questionnaire	Pulse
 面	 耳	 問	 脈

Begin by filling out the brief questionnaire. First Name _____ Age _____

Season(Favorite/Least) Summer ___ Indian Summer ___ Autumn ___ Winter ___ Spring ___

Climate(Favorite/Least) Dry ___ Hot ___ Cold ___ Windy ___ Humid ___

Flavor(Favorite/Least) Salty ___ Sour ___ Bitter ___ Sweet ___ Spicy ___

Place a check next to those that apply:

Sleep Restful _____ Restless/Waking _____

Digestion Bloating/Gas/Pain _____ Nausea _____ Constipation/Diarrhea _____

Appetite Craving food _____ Weak desire for food _____

Body Temperature Hot ___ Cold ___

Urination Frequent ___ Strained ___

Perspiration Excessive ___ Rarely ___

Thirst Often ___ Rarely ___

Menstrual Cycle Painful ___ Irregular ___ Other _____

Commonly Felt Emotions

Fear ___ Anger/Frustration ___ Joy ___ Sadness ___ Worry/Obsession ___

Melancholy ___ Other _____

Do you see yourself as a

Pioneer ___ Wizard ___ Peacemaker ___ Alchemist ___ Philosopher ___

Other Symptoms _____