Towers Family Chiropractic 2302 Colonial Ave. SW, Suite A, Roanoke, VA 24015

Name____Date_____________

Please check the symptoms or conditions you experience frequently.

Sp/St	Ht/P	Lu/LI	Ki/UB	Liv/GB
__excessive appetite	__insomnia	__cough	__low back pain	__eye problems
_loose stool/diarrhea	__palpitations	__shortness of breath	__knee problems	__jaundice
__digestive problems	__cold hands/feet	__decreased sense of smell	__hearing impairment	__gall stones
__vomiting	__nightmares	__nasal problems	__ear ringing	__light-colored stool
__belching, burping	__mentally restless	__skin problems	__kidney stones	__soft/brittle nails
__heartburn/reflux	_laughing w/no cause	__claustrophobia	__decreased libido	__easily angered
__stomach bloating	__chest pains	__colitis/diverticulitis	__hair loss	__difficult relations
__obsession in work	__poor memory	__constipation	__urinary problems	__difficutly making decisions
__blood in stool	__sadness	__allergies	__dental problems	__dizziness
__lack of appetite	__depression	__asthma	__fatigue	__headaches
__hemmorrhoids	__anxiety	__get sick easily	__edema	
__easily bruised				
__usually feel warm				
__usually feel chilled				

Please indicate if the following pertain to you.

Kidney Yin Deficiency

__lower back weakness, soreness or pain
__ringing in the ears
__prematurely graying hair
__dark circles under eyes
__night sweats
__prone to hot flashes
__"afraid" frequently
__dizziness
__knee problems
__vaginal dryness
__midcycle cervical mucus scanty/missing

Blood Deficiency

__dry, flaky skin
__prone to chapped lips
__fingernails/toenails brittle
__hair brittle or dry
__poor night-time vision
__pale lips, inner lower eyelid or tongue
__menstrual dizziness
__hair loss on head
__menses scant or late

Kidney Yang Deficiency

__sore or weak back
__cold feet especially at night
__usually colder than others
__low libido
__often fearful
__wake up in night to urinate
__urinate frequently
__early morning loose urgent stools
__premenstrual low back pain
__profuse vaginal discharge
__menstrual cramps relieved by heat

Spleen: Qi, Blood, and/or Yang Deficiency

__often fatigued
__poor appetite
__low energy after a meal
__bloated after meal
__crave sweets
__loose stools, abdominal pain or digestive ills
__cold hands and/or feet
__prone to feeling sluggish
__prone to grogginess ggish
__varicose veins
__prone to worry
__diagnosed w/ low blood pressure
__sweat easily w/o exertion
__light-headed upon standing quickly
__often sick or allergies
__hypothyroid or anemia
__hemorrhoids or polyps
__menstral flow thin/watery/pink
__uterine prolapse diagnosis
__more tired at ovulation or menstruation
__menstral cramps w/ bearing down feeling