

Blood Stasis

- ___ periodic numbness in hands/feet especially at night
- ___ varicose or spider veins
- ___ red cherry spots (raised) on skin
- ___ chronic hemorrhoids
- ___ dark spots in eyes
- ___ vascular problems or blood clotting disorder
- ___ menstrual blood clots
- ___ endometriosis or uterine fibroids
- ___ menstrual cramps, piercing or stabbing
- ___ brown or black menstrual flow
- ___ mid-cycle ovary pain
- ___ breast lumps, painful and unmovable

Excess Heat

- ___ mouth/throat usually dry
- ___ often thirsty for cold drinks
- ___ warmer than others near you
- ___ wake up sweating or hot flashes
- ___ pre-menstrual red acne breakouts
- ___ short menstrual cycle
- ___ vaginal irritation

Liver Qi Stagnation

- ___ prone to emotional depression
- ___ prone to anger/rage
- ___ pupils usually large and dilated
- ___ difficulty falling asleep at night
- ___ heartburn or bitter taste in morning
- ___ pre-menstrual irritability
- ___ pre-menstrual breast pain/swelling
- ___ nipple pain/discharge
- ___ pre-menstrual bloating
- ___ painful menses
- ___ dark/thick menstrual flow
- ___ menstrual cramps in genital area

Dampness

- ___ tired/sluggish after meal
- ___ cystic or pustular acne
- ___ foul-smelling urgent stools
- ___ overweight
- ___ wet, slimy tongue
- ___ sensitive to barometric pressure changes
- ___ prone to yeast infection/vaginal itching
- ___ fibrocystic breasts

Heart

- ___ wake up too early
- ___ difficulty falling back asleep
- ___ heart palpitations when anxious
- ___ nightmares
- ___ low spirits/lack of vitality
- ___ easily agitated or restless
- ___ fidgety
- ___ sweat excessively especially chest