

Intake form: constitution

Name:

Date:

UPPER GI

- Sometimes nausea in mornings
- Sometimes nausea in evenings
- Sometimes excess salivation
- Mouth frequently too dry
- Duodenal ulcer
- Stomach ulcer
- Sometimes foul burps
- Butterflies in stomach
- Seldom eat breakfast
- Often don't finish meals
- Often eat to calm down
- Receding gums
- Frequent use of alcohol
- Frequent poor appetite
- Strong, demanding hunger
- Bitter taste in morning
- "Dragon breath" in morning
- Acid indigestion at night
- Frequent mouth or cold sores
- Sometimes difficulty in swallowing
- Indigestion after eating

LOWER GI

- Stools loose with gas
- Constipation with gas
- Frequent constipation
- Digestion unusually rapid
- Loose stools when tired/stressed
- Light coloured, hard stools
- Dark, soft stools
- Quick defecation after eating
- Intestines often bloated
- Constipation with haemorrhoids
 - w/ painful defecation
 - w/ hard, marbly stools
 - w/ fully formed stools
 - alternate w/ diarrhoea
- Frequent need for laxatives
- Tongue often coated

LIVER

- Dry, even scaly skin
- Moist, sometimes oily skin
- Hives from food or drugs
- Hay fever or asthma
- Crave proteins, fats
- Crave fruit or sweets
- Frequent trouble digesting fats
- Acne on face AND buttocks
- Seem to have low blood sugar
- Had hepatitis in past
- Frequent use of alcohol
- Work with solvents
- Psoriasis, eczema, dermatitis
- Frequent minor illnesses
- Fever w/sweat when sick
- Don't sweat when sick

RENAL

- Standing too quickly makes pulse roar in ears
- Standing too quickly causes faintness, dizziness
- Wake up at night to urinate
- Frequent flushing or blushing
- Water retention with change of weather
- Moderate high blood pressure, crave fats
- Moderate low blood pressure, crave sweets
- Frequent thirst
- Craving for salt
- Urine always light coloured
- Urine usually darker

LOWER URINARY TRACT

- Frequent urination, small amounts
- Infrequent urination, copious
- Sometimes dribbles urine afterwards
- Frequent bladder infections
- Demanding and sudden need to urinate
- Mucus in urine
- Benign prostatic hypertrophy (males)
- Dull ache after urination

REPRODUCTIVE — ALL

- Sweat freely with strong scent
- Oily skin, facial acne
- Dry skin, cold hands and feet
- Frequent cannabis user

WOMEN

- Cycle more than 28 days
- Cycle less than 28 days
- Water retention before menses, hips, breasts
- Water retention before menses, feet, hands
- Crave fats, proteins before menses, usually
- Crave sweets before menses, usually
- Sides of breasts tender before menses
- Miss some periods
- Menses slow starting with cramps
- Palpitations before menses
- Menstruation lengthy, frequent cramps
- Menstruation short, defined, few cramps
- Frequent Class II Pap Smears
- History of PID, cervicitis
- Miscarriages, problem pregnancy
- Period early w/altitude change
- Period late w/altitude change
- Tried, but could not handle birth control pills
- Frequent candida-type infections

MEN

- Pain or ache after orgasm
- Benign prostatic hypertrophy
- Difficulty maintaining erection even if feel in the mood

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RESPIRATORY

- Shortness of breath when standing or walking
- Tobacco smoker
- Easy coughing of mucus
- Difficulty swallowing mucus
- Rapid, shallow breather
- Sometimes wake up choking or gasping for breath
- Yawn frequently
- Sometimes hyperventilate
- Frequent chest colds

CARDIOVASCULAR

- Slow, strong pulse
- Fast, light pulse
- Frequent physical activity
- Warm bodied
- Cold bodied
- Sometimes dizzy or faint
- Hands warm, sweaty
- Hands cold, clammy or dry
- Palpitations either as an adolescent or before menses
- Hypertension, responds to diuretics
- Hypertension, not responding to diuretic

LYMPHATIC

- Recuperate quickly if ill
- Recuperate slowly if ill
- Injuries heal quickly
- Injuries heal slowly
- Eczema, dermatitis
- Asthma or hay fever
- Arthritis or rheumatism
- Digests fats easily
- Digests fats poorly

SKIN

- Skin eruptions superficial, come to a head
- Skin eruptions deep, not coming to a head
- Skin on trunk is dry
- Oily scalp or hair
- Dry scalp or hair
- Cracks, fissures on heel, feet, slow healing
- Fungal nail infection

MUCUS

- Sores, cracks, on mouth, anus, vagina
- Lips often dry, chapped
- Food often causes intestinal pain passing through
- Gets sore throat easily

GENERAL *Mark frequent conditions. Mild = 1, Dominant = 2*

- Aluminium cooking vessels
- Awaken, can't go back to sleep
- Bad dreams
- Blurred vision
- Brown spots, bronzing of skin
- Bruise easily
- Can't gain weight
- Can't lose weight
- Can't get started without coffee
- Chemical or spray poisoning
- Chronic fatigue, depression
- Cry easily without apparent cause
- Depressed for long periods
- Earaches
- Eat often or else faint/nervous
- Eyes often red, inflamed
- Face, eyes get puffy
- Facial twitches
- Gum problems
- Headaches
- Headaches in morning, wearing off
- Heart palpitations when hungry
- Heart palpitations after eating
- Highly emotional
- Highly controlled
- Impaired hearing
- Increase in weight (recent)
- Lack of sensation somewhere in the body
- Like depressants
- Like stimulants
- Lower back pain
- Frequent muscle cramps
- Nails split, brittle
- Nails weak, ridges
- Nose bleeds frequently
- Pollution heavy in work or home environment
- Ringing in ears
- Pulse speeds up after meals
- Sensitive to cold weather
- Sensitive to hot weather
- Sensitive to high humidity
- Sensitive to low humidity
- Sexual desire decreased
- Sexual desire increased
- Stuffy nose during the day
- Stuffy nose in evening, night
- Tendency, seemingly, to anaemia
- Tremors in hands or neck
- Varicose veins
- Weight gain in upper arms, shoulders, back of neck

Any additional things to mention?