

**HARMONY HEALTH & HEALING, INC.
PATIENT SYMPTOM CHECKLIST**

NAME _____ DATE _____

It is very important in Chinese Medicine to know how long a patient has experienced his/her symptoms. It is essential to indicate time on the symptoms. Please indicate with one check (☐) any conditions that you sometimes experience; use two checks (☑☑) for those which often occur and three checks (☑☑☑) for symptoms that are a major concern.

Water Element

- Hearing Loss
- Dizziness
- Lower Back Pain/Neck Pain
- Sinus Congestion
- Edema
- Darkness under the eyes
- Emotional instability
- Aversion to cold
- Hair thinning or loss
- Pre-mature aging
- Frequent urination
- Kidney stones
- Perspire very easily
- Weakness of the Legs/Knees
- Asthmatic Cough
- Rapid Weight Change
- Asthmatic Cough
- Loose teeth
- Reduced sexual energy
- Thyroid Problems
- Diabetes

Wood Element

- Headache
- Migraines
- Ringing in the ears
- Poor eyesight
- Eye infections
- Dry eyes
- Eczema
- Shingles
- Herpes Simplex
- Warts
- Nervousness
- Convulsions/Spasms
- Irritability
- Constipation
- Hemorrhoids
- Hepatitis
- Irregular Menstruation
- Painful Menstruation
- Ulcer
- Vomiting
- Gallstones
- Indecisiveness
- Fullness below ribs
- Shoulder/neck tension
- Insomnia 11pm-3am

Metal Element

- Bronchitis
- Asthma
- Shallow breathing
- Cough
- Sinus congestion
- Nasal infections

Other

- Fatigue
- Arthralgia
- Sciatica / nerve pain
- Cold hands/ feet
- Tendonitis
- Bursitis

Pain (please describe) _____

Other Comments _____

Earth Element

- Indigestion
- Flatulence
- Food Allergy
- Stomach ache/ulcer
- Diarrhea
- Anemia
- Halitosis
- Mouth sores
- Heartburn
- Strong appetite
- Weak appetite
- Nausea
- Abdominal bloating
- Low body weight

Fire Element

- Dry Scalp
- Skin eruptions, rashes
- Cysts, tumors
- Ear infections
- Sore throat, tonsillitis
- Lymphatic swelling
- Hot palms and soles
- Heart palpitations
- Aversion to heat
- Bitter taste in mouth
- Gum problems
- Nose bleed
- Facial redness
- Itching/burning skin
- Hot hands/ feet
- Thirst
- Dark urine
- Nightsweats