

Fertility Questionnaire

Sp Qi Def

- frequent fatigue
- poor appetite
- lower energy after a meal
- bloated after eating
- craving for sweets
- loose stool/abdominal pain/digestive problems
- cold hands and feet
- cold nose
- heavy or sluggish feeling
- heavy or groggy feeling in head
- bruise easily
- poor circulation
- varicose veins
- lack of strength in arms and legs
- lack of exercise
- prone to worry
- low blood pressure
- profuse sweating without exertion
- dizzy, light headedness upon standing quickly
- thin, watery, profuse or pinkish menstruation
- more tired around ovulation or menstruation
- spotting a few days before period
- uterine prolapse
- frequently sick or allergies
- hypothyroid or anemic
- hemorrhoids or polyps
- swollen tongue with teethmarks
- pale, yellowish complexion

Blood Def

- scanty and/or late menses
- dry, flaky skin
- prone to chapped lips
- brittle finger and/or toenails
- hair loss (not patches, all over)
- brittle, dry hair
- diminished nighttime vision
- dizzy or light headed around period
- pale lips, inside lower eyelid or tongue

Ki Yin Def

- lower back weak/sore/pain or knee problems
- ringing in the ears or dizziness
- prematurely grey hair
- vaginal dryness
- scanty/missing midcycle fertile cervical mucus
- dark circles under eyes
- night sweats
- hot flashes
- often fearful
- lack of coating on tongue, shiny or peeled

Ki Yang Def

- premenstrual lower back pain
- sore or weak lower back
- cold feet, especially at night
- typically colder than those around you
- low libido
- often fearful
- nighttime/early morning wakening to urinate
- frequent urination/diluted and/or profuse urine
- early morning loose, urgent bowel movements
- profuse vaginal discharge
- dull colored menstrual blood
- cramps during period relieved with heating pad
- pale, moist and swollen tongue

Blood Stasis

- brown or black menstrual flow
- midcycle pain around ovaries
- painful, unmovable breast lumps
- periodic hand and foot numbness (esp. at night)
- varicose or spider veins
- red hemangiomas (cherry-red spots) on skin
- dark and sooty complexion
- chronic hemorrhoids
- clotted menstrual blood
- endometriosis or uterine fibroids
- tender lower abdomen
- abnormal lower abdomen lumps
- piercing or stabbing menstrual cramps
- dark colored tongue
- dark spots on tongue
- twisty veins under tongue
- dark spots in eyes
- vascular abnormality or blood clotting disorder

Lr Qi Stag

- prone to emotional depression
- prone to anger and/or rage
- premenstrual irritation
- bloated or irritable around ovulation
- sensitive or sore breasts around ovulation
- nipple pain or discharge
- premenstrual breast distention or pain
- elevated prolactin
- premenstrual bloating
- large and dilated pupils
- difficulty falling asleep
- heartburn or bitter taste in mouth
- painful menses
- menstrual cramps in external genital area
- thick and dark or purplish menstrual blood
- dark or purplish tongue

Fertility Questionnaire

Ht Def

- early am wake, can't go back to sleep
- heart palpitations, esp. w/anxiety
- nightmares
- low in spirit or vitality
- prone to agitation or restlessness
- fidget, can't sit still
- red tongue tip
- crack in center of tongue extending to tip
- excessive sweating, esp. on chest

Excess Heat

- rapid pulse
- dry mouth and throat
- thirsty for cold drinks
- warmer than those around you
- sweating, hot flashes
- red acne breakouts, esp. premenstrually
- short menstrual cycle
- vaginal irritation or rashes

Dampness

- tired and sluggish after a meal
- fibrocystic breasts
- cystic or pustular acne
- urgent, bright or foul-smelling stools
- stringy tissue or mucus in menstrual blood
- prone to yeast infections or vaginal itching
- achy joints, esp. with movement
- overweight
- wet, slimy tongue

Damp Heat

- excess heat or dampness symptoms
- foul-smelling, yellow or greenish vaginal discharge
- prone to vaginal and/or rectal itching during luteal or premenstrual phase

Cold Uterus

- Ki Yang Def pattern
- Blood Stasis pattern
- lower abdomen feels cooler than rest of body