

West Vancouver Wellness Centre

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PATTERNS OF DEPLETION

Deficient Qi

- weakness, lethargy or weakness
- lowered libido
- decreased motivation
- dull thinking or feeling
- poor appetite
- weak digestion
- susceptible to colds or flu
- prolonged recovery following illness
- pasty, pale complexion
- limp hair
- shortness of breath
- aversion to talking
- perspires easily with exertion
- weak muscles
- chills easily
- frequent, profuse urination
- infertility
- miscarriage
- palpitations
- emotionally sensitive

Slack Qi

- atony or prolapse of stomach, intestines, anus
- fecal incontinence or constant diarrhea
- hemorrhoids
- dizzy or weak after meal or bowel movement
- loose or flaccid muscles

Deficient Moisture

- dry and thirsty
- dryness of mucous membranes
- scant secretions and urination
- constipation
- uncomfortable feeling of heat in the body
- restlessness and insomnia
- low fever in the afternoon or evening
- parched and cracked skin
- emotional lability, susceptible to change
- hot flashes
- night sweats
- constant hunger
- unstable blood sugar
- persistent dry cough

ADVERSE CLIMATES OR CONDITIONS

Heat

- fever, associated with infection or inflammation
- pain, soreness, swelling or dryness accompanied by a sensation of heat or burning
- sores or infections with green or yellow pus
- yellow or green mucous discharges from ears, nose, throat, anus, vagina or urethra
- extreme thirst with a craving for cold foods and liquids
- reddening of eyes, ears, nose, lips, face, skin, mucous membrane or tongue

Cold

- cold feeling in limbs, head, chest or abdomen
- inertia or weakness with pallor, cold or clammy face, hands, feet
- loose stool after eating raw or cold foods
- profuse urination or swelling of face or limbs upon exposure to cold climate or after drinking cold liquids
- craving for warm, cooked foods and hot drinks
- pain in head, chest, limbs or joints when exposed to cold air
- pale skin, nail beds, lips, mucous membrane or tongue

Damp Heat

- dryness or thirst without desire or ability to drink
- queasiness with a nauseating taste in the mouth
- sticky yellow mucous in the nose, throat or bronchi
- fever or a sensation of heat that is not relieved by perspiring
- sticky slimy stool or taking fluids
- loose or sticky stool streaked with blood, mucous or pus
- burning, oozing sores, boils, pimples, blisters or rashes
- heavy, dull distended feeling in the head, chest, abdomen or limbs
- worse from heat, humidity, and sweet spicy or oily

- ___ dry sore throat
- ___ flushed face with dry skin and lips

Slack Moisture

- ___ excess secretion from eyes, nose, mouth, skin, vagina
- ___ seminal incontinence or premature ejaculation
- ___ frequent urination, enuresis or incontinence
- ___ dizzy or weak after sex

Deficient Blood

- ___ restless fatigue
- ___ irritability
- ___ insomnia and anxious sleep
- ___ itching, prickling skin or scalp
- ___ dryness without thirst
- ___ blurred or weak vision
- ___ loss or thinning of hair
- ___ dizziness
- ___ dry or hard stool
- ___ dry skin, eyes, hair
- ___ anemia
- ___ numbness of hands and feet
- ___ muscle cramps
- ___ lack of semen
- ___ scanty or irregular menstruation
- ___ pale, waxy, sallow complexion
- ___ easy bruising
- ___ poor skin healing
- ___ postpartum weakness or anemia

Slack Blood

- ___ bleeding from skin, nose, lungs, stomach, bladder, intestines
- ___ ulcers of skin, mucous membrane, stomach, intestines
- ___ excessive bleeding during menses, pregnancy or postpartum
- ___ bleeding hemorrhoids
- ___ anemia associated with inflammation of stomach or intestines

Diminished Essence

- ___ generalized fatigue, weakness and stiffness
- ___ increased flaccidity of muscles
- ___ sagging or wrinkling of skin
- ___ diminished or absent sexual arousal and pleasure
- ___ premature infertility or menopause
- ___ repeated miscarriages
- ___ loosening or increased loss of teeth
- ___ thinning, graying and drying of head and pubic hair
- ___ weakening of bones and loss of elasticity of tendons, ligaments
- ___ decline of memory, vision and hearing, progressive loss of weight or emaciation

Stagnant Blood

foods

PATTERNS OF CONGESTION

Stagnant Qi

- ___ head feels stuffy
- ___ mild nausea
- ___ distension or fullness in chest or abdomen
- ___ gas pains, cramps, tension in stomach or intestines
- ___ hiccups, belching or flatulence
- ___ constipation with gas
- ___ vague or intermittent pains

Obstructed Qi

- ___ generalized discomfort, fullness, pressure in head, chest, limbs or abdomen
- ___ belching or flatulence
- ___ wheezing
- ___ difficulty swallowing
- ___ stitch or acute pain in abdomen
- ___ sense of fullness under ribs

Stagnant Moisture

- ___ soft or loose stool
- ___ bloating with water retention
- ___ puffy eyes, face, hands or ankles
- ___ frequent but scanty urination
- ___ feels swollen, tender, lethargic in humid weather
- ___ soft swellings or enlarged lymph nodes
- ___ premenstrual soreness and swelling of breasts

Obstructed Moisture

- ___ swollen or heavy head, limbs or abdomen
- ___ tender muscles and joints
- ___ thick or sticky saliva or phlegm
- ___ sticky perspiration
- ___ lumps, nodules and cysts
- ___ scanty urine
- ___ generalized water retention
- ___ edema of hands and feet
- ___ thick nauseated feeling in mouth and stomach
- ___ congestion in eye and sinuses

External Wind

- ___ itching, prickling sensations of the skin
- ___ migrating pains appear or retreat suddenly and unpredictably
- ___ dizziness
- ___ itchy, painful ears, eyes, nose, headache, muscle soreness or shivering when exposed to wind/drafts
- ___ sneezing, runny nose or eyes
- ___ numbness of face
- ___ neck stiffness or spasm
- ___ worse from drafts and changing temperatures

- ___ mottling or chilling of limbs from poor circulation
- ___ sharp pains in head, eyes, joints, internal organs
- ___ irregular or painful menses
- ___ premenstrual pain and hardness of breasts
- ___ painful hemorrhoids or cysts
- ___ elevated cholesterol

Obstructed Blood

- ___ traumatic bruises, swellings and sprain
- ___ persistent, stabbing or throbbing pains (esp. in joints or viscera)
- ___ pain aggravated at night or from inactivity
- ___ severe cramping numbness or paralysis
- ___ severe headache
- ___ dark red complexion
- ___ red or purple lesions on the skin and mucous membrane
- ___ angina
- ___ severe menstrual cramps with dark blood or clots
- ___ pain worse from pressure or massage
- ___ hard lumps or masses

Disturbed Shen

- ___ extreme restlessness, agitation or loquaciousness
- ___ labile emotions (easily moved to tears or laughter)
- ___ extreme hypersensitivity to pain or insult
- ___ hysterical outbursts of shouting, laughing or grief
- ___ overwhelming hopelessness, sadness or grief
- ___ constant anxiety or incessant worry
- ___ easily startled or frightened
- ___ morbid thoughts or impulses
- ___ erratic sleep, stubborn insomnia or disturbing dreams
- ___ mental confusion and disorientation
- ___ uncontrollable rage or elation
- ___ incoherent speech or babbling
- ___ dull, glazed or bizarre look to eyes and face

ORGAN NETWORK DISTURBANCES

Heart Network

(Emotions, Sleep, Depleted Moisture or Blood, Congested Blood)

- ___ easily confused
- ___ anxiety*
- ___ mood swings (laughs easily, cries easily)
- ___ insomnia when nervous, worried or overtired
- ___ excitement, anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares*
- ___ craving for cool drinks and juicy foods
- ___ slight exertion or excitement causes heat, perspiration
- ___ burning, sensitivity or irritation of mouth, tongue, urethra, or anus
- ___ dry mouth or throat

- ___ easily overheats and overchills*
- ___ easy blushing of face and ears

Internal Wind

- ___ trembling or shaking of hands, feet, head vagina
- ___ spasms, twitches, cramps or contractures of skin, nerves, muscle and viscera
- ___ disequilibrium, uncoordinated
- ___ spasm or quivering of tongue
- ___ vertigo
- ___ headache and vertigo
- ___ seizures
- ___ worse from heat, wind, changing barometric pressure or changing from lying to upright posture

Phlegm

- ___ dizziness or fullness in head with mucous
- ___ congestion or nausea
- ___ nausea or difficult breathing with fullness in upper abdomen or chest
- ___ thick, sticky secretions or discharges from the skin, mucous membranes, ears, eyes, nose, throat, mouth, anus, vagina, or urethra
- ___ soft, mobile lumps or enlarged lymph nodes
- ___ worse in humid environment or from eating sticky, greasy, fatty foods, milk products, eggs, sugar

CONFLICTS BETWEEN ORGAN NETWORKS

Liver-Spleen Disharmony

- ___ cold hands and feet
- ___ hot flashes
- ___ indigestion with nausea, bloating, flatulence, belching
- ___ erratic elimination with constipation or diarrhea
- ___ spasm of esophagus
- ___ dryness and water retention
- ___ thirst for alternately cold and hot liquids
- ___ sensitivity and/or aversion to strong flavors
- ___ cravings for fatty, sour, sweet or sticky foods
- ___ erratic appetite with difficulty knowing what to eat or feeling dissatisfied with food
- ___ tenderness, tension or heaviness in muscles, especially head, neck, shoulders, jaw or legs

Spleen-Kidney Disharmony

- ___ slow digestion and sluggish intestines
- ___ weak gums and loose teeth
- ___ dryness of skin and mouth
- ___ sore or swollen joints or muscles, especially of face, hands or feet
- ___ heaviness of head or limbs
- ___ weakness or soreness of low back or sacrum
- ___ feet, legs and back tire easily
- ___ diarrhea or dry, small stool with bloating
- ___ frequent, scanty or difficult urination
- ___ alternately strong and diminished libido
- ___ easy chill of back, legs and arms

- hot flashes
- restlessness and fatigue*
- frequent urination and bowel movements from nervousness
- palpitations when nervous, upset or exhausted
- PMS characterized by the symptoms marked above with asterisk (*)

Spleen Network
(Digestion, Appetite, Attitude and Attention, Depleted Qi, Congested Moisture)

- slow digestion or indigestion
- frequent abdominal gas or bloating*
- loose stool from raw or cold foods, cold liquids
- excess or deficient appetite
- lingering hunger after meals
- hard to gain, lose or regulate weight
- easily worried
- difficulty focusing, jumps from one thing to another
- overwhelmed by details*
- upset by changes*
- lethargy and inertia*
- prolapse of stomach, intestines, uterus, vagina and bladder
- hemorrhoids
- lack of muscle tone or strength, especially of abdomen, back or neck
- water retention and puffiness*
- heaviness of head and limbs*
- tender muscles*
- frequent but scanty urination
- easy or frequent bruising
- PMS characterized by the symptoms marked above with asterisk (*)

Liver Network
(Nerves, Muscles, Congested or Depleted Blood)

- irritable: "things get on my nerves"
- touchiness from heat, wind, noise
- numbness or tingling of limbs when asleep or inactive
- muscle cramps on lower abdomen, hips, calves, feet*
- pain from tension in shoulders and neck or in hips*
- stitching pains under diaphragm, in ribs, groin or pelvic region*
- easy chilling of arms, hands, legs, feet*
- coarse, brittle nails or hair
- dry eyes
- weak or blurred vision
- difficult elimination, dry or hard stool, tense colon*
- whistling or loud ringing in the ears (tinnitus)
- weak, dizzy, flushed from hunger, tension or anger*
- nausea or queasiness from hunger or fatigue*
- genital organ hypersensitivity
- PMS characterized by symptoms marked above with asterisk (*)

Lung Network
(Respiration, Skin, Depleted or Congested Moisture)

- constipation and water retention follow overeating
- craves salty or sweet foods
- edema
- rheumatism
- adrenal insufficiency (Addison's disease)
- leucorrhea
- chronic gingivitis
- chronic cystitis or urethritis
- prostatic hypertrophy or prostatitis
- nervous and distractible
- apathetic and insecure

Lung-Liver Disharmony

- tension and stiffness of muscles of neck, shoulders, chest, abdomen and hips
- irregular bowel movements
- irregular, heavy or shallow breathing
- wheezing or sighing
- sensitive, easily inflamed skin or mucous membranes of upper respiratory or genito-urinary tissue
- sensitivity or aversion to heat, dryness, wind, droughts or sudden changes in weather
- awkward and stiff expression of feelings
- unpredictable reactive or indifferent, angry or sad, friendly or distant
- craving for fatty and spicy foods
- acne
- asthma
- irritable bowel syndrome
- generalized pruritus, dermatologic disease
- allergic sinusitis or rhinitis
- seasonal hay fever
- bursitis
- headaches involving eyes and sinuses
- severe or chronic neck spasms
- depression characterized by quiet melancholy or passive rage

Kidney-Heart Disharmony

- insomnia or restless sleep alternating with heavy slumber
- difficulty awakening and arising from bed
- nervousness and mood swings with fatigue, lumbar weakness
- easily overheated or chilled
- hot chest, heat and hands with cold buttocks and feet
- easily excited but difficult to sustain effort and enthusiasm
- depressed or melancholy after sustained mental or physical activity
- sexually excitable but difficult to sustain desire or achieve satisfactory release
- lack of muscle tone and joint mobility
- anxiety and apathy
- tension and weakness of muscles along the spine
- nausea, diarrhea, urinary frequency associated with anxiety
- craves salty, spicy food and stimulants (nicotine)

- frequent colds or coughs
- frequent runny nose or stuffy sinuses*
- frequent throat clearing or laryngitis*
- morning attacks of coughing or sneezing with clear phlegm or mucous discharge*
- shortness of breath, chest pain, or wheezing in chest from fatigue or exertion
- dryness of mucous membranes*
- dry skin*
- itchiness or rashes of skin
- easily disappointed or offended*
- sensitive to wind, cold and dryness*
- fullness or pressure in head or behind ears
- headaches with nausea, visual disturbances or dizziness
- sensitivity or aversion to light, noise, heat and humidity
- abdominal tension or distension with belching or flatulence
- vacillates between assertiveness and ambivalence
- vacillates between nervous tension and languid lethargy
- vacillates between being irritable and hostile and tolerant
- allergies and sympathetic
- hypoglycemia
- diabetes
- cirrhosis
- jaundice/hepatitis
- eating disorders
- food allergies
- hives
- colitis
- migraine
- PMS characterized by symptoms marked above with asterisk (*)

and caffeine)

- manic-depressive syndrome
- ileitis (Crohn's disease)
- bulimia
- phobias
- chronic endometritis/cervicity/urethritis
- chronic sleep disturbances
- hyper-hypothyroid syndrome

Heart-Lung Disharmony

- sensitivity to changes in temperature and humidity
- easily overheated but can't sweat
- dry cough
- flushes when coughing
- coughing when nervous or embarrassed
- anxiety with laryngitis, chest pain or wheezing
- heat triggers sneezing, itchy throat or rashes
- dry skin with cracking, redness and itching, especially upper back, elbows, knees and hands
- light sleeper and wakes easily
- itching and inflammation of vagina or urethra without discharge
- alternately euphoric and melancholic
- emotionally hypersensitive yet reserved
- craves spicy, hot foods and stimulants
- acne or dry eczema
- sun allergy
- psoriasis
- asthma
- hyper-thyroidism
- hysteria
- chronic pharyngitis/rhinitis
- chronic vaginitis

Kidney Network

(Reproduction, Genito-Urinary, Joints, Depleted Qi, Congested Moisture)

- difficulty conceiving or carrying to term
- diminished libido*
- lack of sexual secretions
- loss or thinning of pubic hair
- amenorrhea
- excess or scanty urination
- pain in low back, sacrum or hips*
- weakness or soreness of hips, knees, ankles or feet
- lack of stamina, runs out of steam quickly
- needs to sleep a lot*
- diminished motivation*
- forgetfulness and dull-minded
- puffiness or swelling of feet and ankles
- puffiness around eyes

- dull hearing
- low humming in ears (tinnitus)
- sore throat from fatigue*
- easily defeated and disgruntled
- menopause or PMS characterized by symptoms marked with asterisk (*)