

# Which Chinese Herb Formula Do I Need?

There is nothing magical about Chinese herbs. In fact, the Chinese use many of the same plants we use in the West. Chinese herbs, like Western herbs, act as diuretics, alteratives, laxatives, tonics, expectorants and so forth. What makes Chinese herbalism so powerful is its philosophy—the way it helps you see health and disease. It is a cohesive, internally-consistent system of healthcare that was developed over 2,500 years of practical experience. While I can't give 2,500 years justice in a small brochure, I have designed this convenient introductory questionnaire to help you find out how your body is out of balance and what Chinese herbal formulas might help you to improve and sustain your health. It is based on 14 basic Traditional Chinese Medicine (TCM) therapies for balancing energy in the body.

Look at the list of symptoms provided for each of the 14 categories. If you currently have a problem with that symptom, put a check in the column marked "present problem" across from the symptom. If the problem has also been a problem in the past, put a check in the column marked "past problem."

After completing the entire questionnaire and totaling all of your scores, record them in the summary box at the end of the questionnaire. Adding each row and column gives you your total scores for each element and for Excess and Deficient symptoms. See the example below:

Element	Combined Total Excess	Combined Total Deficient	Total Each Line Here (Excess + Deficient)
Wood	2	2	4
Fire	8	5	13
Earth	4	3	7
Metal	3	2	5
Water	2	8	10
Yang Excess	6		10
Yin Deficiency		4	
Sagging Qi	2		3
Deficient Qi		1	
Total Excess and Deficient Columns Here	27	25	

## Interpreting your results

First, look for the category you scored the highest in. This is a strong indication of your basic constitution and the basic therapy you might need. In the example above, the person scored 13 in "Fire." Their predominant energy is fire-energy, making them more prone to the physical and emotional problems associated with Excess or Deficient Fire. The primary therapy that might benefit them would be to decrease Fire.

Second, look for other areas where you have a high score. Referring to the example above, the person also scored high in the Yin/Yang category, so from time to time they might also need a formula to reduce Yang. And, because they have a high score in Deficient Water they may occasionally benefit from remedies to Increase Water.

Finally, look at the total scores for Excess and Deficient. If the score is higher in the Excess column, then cleansing or reducing Excess will be a primary therapy and if the score is higher in the Deficient column, then the person should focus primarily on tonifying or building therapies to increase Deficient energies. In the example above, the person needs more cleansing and reducing therapy because they are prone to Excess more than Deficiency.

This questionnaire is only designed to get you STARTED in learning to select effective Chinese herbal therapies and formulas. For more detailed information consult: Chinese Herbs and the Untold Truth about the Shortcomings of Our Modern Disease Care System ([www.naturestools.com](http://www.naturestools.com)) or the Secrets of Chinese Herbs course available from Tree of Light Publishing ([www.treelite.com](http://www.treelite.com)).

To Start Questionnaire go to Table 1

## SUMMARY (RECORD YOUR RESULTS HERE). SEE INSTRUCTIONS.

Element	Combined Total Excess	Combined Total Deficient	Total Each Line Here (Excess + Deficient)
Wood	1	2	
Fire	3	4	
Earth	5	6	
Metal	7	8	
Water	9	10	
Yang Excess	11		
Yin Deficiency		12	
Sagging Qi	13		
Deficient Qi		14	
Total Excess and Deficient Columns Here			

# Symptoms for Excess

# Symptoms for Deficient

Start Here >>

## SYMPTOMS FOR EXCESS WOOD

Symptom	Present Problem	Past Problem
Hypoglycemia (low blood sugar)		
Migraine headaches		
Allergies (food or respiratory)		
PMS (pre-menstrual syndrome)		
Problems with fat digestion or metabolism		
Discomfort under right side of rib cage		
Fatigue in the mornings		
Hypochondriac feelings		
Lower abdominal pain and distention		
Sensation of foreign body (lump) in the throat		
Angry, irritable feelings		
Puffy eyelids		
Gall bladder problems		
Skin conditions (acne or rashes)		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Excess Wood</b>		

## SYMPTOMS FOR EXCESS FIRE

Symptom	Present Problem	Past Problem
Nervous or "high strung" personality		
Mania or excessive enthusiasm		
Dizzy or light-headed feelings		
Restless or "always on the go"		
Tension headaches		
Irritable or fidgety		
Anxiety or panic attacks		
Muscle tension		
Heart palpitations		
Easily moved to tears or laughter		
Insomnia (difficulty getting to sleep)		
Absent-mindedness and forgetfulness		
Fast or loud talker		
Red tip on tongue		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Excess Fire</b>		

## SYMPTOMS FOR EXCESS METAL

Symptom	Present Problem	Past Problem
Congested lungs and sinuses		
Coughing		
Wheezing		
Asthma		
Bronchitis		
Allergies or hay fever		
Sinus headaches		
Swollen lymph nodes		
Sensation of fullness in chest		
Fluid in lungs or chest		
White or pale mucus		
Thick, white coating on tongue		
Excessive grieving		
Sadness		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Excess Metal</b>		

## SYMPTOMS FOR EXCESS EARTH

Symptom	Present Problem	Past Problem
Frequent bad breath		
Belching after meals		
Bad taste in mouth		
Abdominal pain or discomfort		
Intestinal gas and bloating		
Cravings for sugar		
Sour or acid stomach		
Temporary loss of appetite		
Frequent nausea		
Chronic worry		
Thick coating on tongue		
Acid reflux		
Fear for the future		
Feeling off-balance		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Excess Earth</b>		

## SYMPTOMS FOR EXCESS WATER

Symptom	Present Problem	Past Problem
Scanty or clear urine		
Edema or water retention		
Heavy, sluggish feelings		
Sluggish feeling in late afternoon		
Backache		
Leg, neck or shoulder pain		
Prostate problems (men)		
PMS with fluid retention (women)		
Burning Urination		
Bladder infections		
Damp tongue with white moist coating		
Teeth marks on edges of tongue		
Wishy-washy		
Timid and fearful		
Uncertain and indecisive		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Excess Water</b>		



## SYMPTOMS FOR DEFICIENT WOOD

Symptom	Present Problem	Past Problem
General fatigue		
Lower back pain or weak legs		
Scant menstruation with prolonged cycle (women only) or anemia (women or men)		
Severe abdominal pain		
Blurring of vision		
Dryness of the eyes		
Pale complexion		
Hypochondriac feelings		
Hypoglycemia (low blood sugar)		
Depression or bipolar mood disorder		
Feelings of despondency or despair		
Dry skin around eyes		
Chronic liver problems (hepatitis, cirrhosis, etc.)		
Intestinal inflammation (IBS, colitis, etc.)		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Deficient Wood</b>		

## SYMPTOMS FOR DEFICIENT FIRE

Symptom	Present Problem	Past Problem
Extreme fatigue with restless sleep patterns		
Sensation of pressure or pain on the right side of the chest		
Lack of sexual desire or impotency		
Muddled or confused thinking		
Waking up frequently at night		
Restless or disturbing dreams		
Night sweats or excessive perspiration		
Feeling "overwhelmed"		
Feeling "burned out"		
Nervous exhaustion or trembling		
Feeling vulnerable or broken-hearted		
Quivering tongue		
Dark circles under eyes		
Burning sensations in the hands, feet or heart		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Deficient Fire</b>		

## SYMPTOMS FOR DEFICIENT EARTH

Symptom	Present Problem	Past Problem
Poor protein digestion		
General weakness		
Poor muscle tone		
Inability to gain or lose weight		
Intestinal cramping		
Food sits heavy on stomach after eating		
Stomach pain aggravated by cold		
Chronically poor appetite		
Difficulty swallowing capsules		
Hiatal hernia or tension in the solar plexus		
Pale tongue with moist, white coating		
Chronic worries and fears		
Clinging to the past		
Unable to cope with new situations		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Deficient Earth</b>		

## SYMPTOMS FOR DEFICIENT METAL

Symptom	Present Problem	Past Problem
Chronic lung infections		
Frequent colds and flu		
Pallor (pale and sickly looking)		
Fatigue		
Tightness in chest		
Feeble speaking (soft or low voice)		
Dry cough		
Excessive perspiration or night sweats		
Shortness of breath		
Dry cough		
Pale tongue		
Repressed or deep-seated grief		
Aloof and emotionally distant		
Unable to cry or express sadness		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Deficient Metal</b>		

## SYMPTOMS FOR DEFICIENT WATER

Symptom	Present Problem	Past Problem
Spinal misalignment, chiropractic adjustments don't hold		
Frequent and urgent urination		
Weak and brittle bones, osteoporosis		
Impotence (men)		
Loss of sexual desire (women)		
Dribbling following urination		
Low back pain (lumbar region)		
Prostate problems (men)		
PMS with fluid retention (women)		
Ringing in the ears		
Graying of the hair		
Weak knees or ankles		
Pale tongue, tendency to be dry		
Hardened, inflexible attitudes		
Fear of change, difficulty adapting		
Rigid and inflexible thinking patterns		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Deficient Water</b>		

## SYMPTOMS FOR EXCESS YANG

Symptom	Present Problem	Past Problem
Fever or fever with chills		
Headache		
Sore throat		
Eye irritation (red or bloodshot eyes)		
Gum irritation (gingivitis, bleeding gums, etc.)		
Skin infections or acute rashes		
Earaches		
Nosebleeds		
Chronic inflammation		
Sensations of heat or burning		
Irritability or excitement		
Flushing of the face		
Bright red tongue		
Rapid heartbeat		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Excess Yang</b>		

## SYMPTOMS FOR DEFICIENT YIN

Symptom	Present Problem	Past Problem
Constant thirst		
Frequent urination		
Dry mouth		
Dry eyes		
Night sweats		
Ringing in the ears		
Dry cough		
Burning sensations in hands and feet		
Constipation with dry, hard stool		
Confusion and poor memory		
Burning skin		
Dry, sore throat		
Dry, red tongue		
Hypoglycemia or diabetes		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Deficient Yin</b>		

## SYMPTOMS FOR SAGGING QI

Symptom	Present Problem	Past Problem
Depression		
Feelings of heaviness		
Worry and nervousness		
Hysteria or neurosis		
Insomnia		
Tightness in the chest		
Prolapse of colon or uterus		
Sensation of lump in the throat		
Heavy feeling in the back of the head		
Nightmares or restless dreams		
Migrating pains		
Chest pains		
Hypersensitivity		
Headaches or dizziness		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Sagging Qi</b>		

## SYMPTOMS FOR DEFICIENT QI

Symptom	Present Problem	Past Problem
Extreme or chronic fatigue		
General weakness		
Shortness of breath		
Cold and pale skin		
Hair loss		
Slow recovery from illness		
Frequent chills		
Anorexia or muscle wasting		
Poor appetite		
Discouragement, sadness or fear		
Impotency (males) or loss of sexual desire (males or females)		
Frequent illness (low immune system)		
Weakness of the legs		
Pale tongue		
<b>Present and Past Subtotals</b>		
<b>Combined Total for Deficient Qi</b>		