



INTEGRATIVE  
MEDICINE &  
ACUPUNCTURE

## Acupuncture Intake Form

For each symptom you currently have, please rate its severity from 1 to 5 (5 being the worst).  
Leave blank if not applicable.

### Li/GB (wood)

- Irritability / frustration / impatient
- Depression
- Stress
- Emotional eating
- Unfulfilled desires
- Visual problems / floaters
- Blurred vision / poor night vision
- Red / Dry / Itchy eyes
- Headaches / Migraines
- Dizziness
- Feeling of lump in throat
- Muscle twitching / spasm
- Neck / shoulder tension
- Brittle nails
- Sighing
- Sensation or pain under rib cage
- PMS
- Waking from 11pm-3am
- Menstrual clots
- Heavy periods
- PMS
- Period pain
- Genital itching / pain / rashes

### Ki/UB (Water)

- Frequent urination
- Bladder infection
- Lack of Bladder control
- Wake to urinate
- Feel cold easily
- Cold hands / feet
- Night sweats / hot flushing
- Low sex drive
- High sex drive
- Loss of head hair
- Hearing problems
- Tinnitus
- Crave salty food
- Fears
- Poor long term memory
- Ankle swelling
- Darkness under eyes
- Weight changes
- Tooth loss
- Chronic fatigue
- Low bone density/fractures
- Weak legs/knees

**HR/SI (Fire)**

- Palpitations
- Chest pain / tightness
- Insomnia / Sleep problems
- Easily startled
- Restless / easily agitated
- Mania/hypomania
- Vivid dreams
- Lack of joy in life
- Forgetful
- Aversion to heat
- Bitter taste in mouth
- Tongue / mouth ulcers / cankers
- Facial redness/flushing

**Lu/LI (Metal)**

- Dry cough
- Cough with Phlegm
- Nasal discharge / drip
- Sinus infection / congestion
- Itchy / painful throat
- Dry mouth / throat / nose
- Loss of voice
- Dry skin
- Skin rashes / hives
- Snoring
- Grief / sadness
- Issues letting go
- Shortness of breath
- Allergies / asthma
- Weak immune system
- Alternate fever / chills
- Dry stools/constipation

**SP/St (Earth)**

- Heaviness in the head / body
- Fatigue / worse after eating
- Difficult getting up in morning
- Water retention/edema
- Muscles tired / weak
- Bruise easily/ easy bleeding
- Unusual bleeding (stool, nose)
- Bad breath
- Poor appetite
- Increased appetite
- Crave sweets
- Low blood sugar
- Low blood pressure
- Poor digestion
- Nausea / vomiting
- Bloating / gas
- Hemorrhoids
- Constipation
- Loose stool/ undigested food
- Food allergies / intolerances
- Alternate constipation / loose
- Abdominal pain
- Intestinal pain / cramping
- Heartburn
- Pensive / over-thinking
- Excess worry / worry about past
- Overweight
- Foggy mind
- Yeast infection
- Aversion to cold
- Cold nose
- Increased Thirst
- Prefer Warm / Cold drinks
- Sweat easily