

SELF-EVALUATION

Please describe your main problem in one sentence:

When did your problem begin? Please write the approximate date and time:

Your body has energy flowing through it, Traditional Chinese Medicine calls this energy Qi, the pathways that this energy flows through are called Meridians. When you have a blockage in your energy flow through the Meridians, you can become unhealthy most times resulting in what we call an allergy, but we can also be in pain or have more severe health issues. By filling out the times you feel tired, restless, irritable or you wake at night, it can help me discover an allergen that you may not know is an allergen.

Rate () your symptoms on the following lists on a 0-10 scale, with 10 being the worst.

How is your energy? Are you tired, restless, irritable, awake, etc. generally at these following times:

3-5am	()	_____	This is your Lung Meridian
5-7am	()	_____	This is your Large Intestine Meridian
7-9am	()	_____	This Is your Stomach Meridian
9-11am	()	_____	This is your Spleen Meridian
11am-1pm	()	_____	This is your Heart Meridian
1-3pm	()	_____	This is your Small Intestine Meridian
3-5pm	()	_____	This is your Urinary/Bladder Meridian
5-7pm	()	_____	This is your Kidney Meridian
7-9pm	()	_____	This is your Pericardium Meridian
9-11pm	()	_____	This is your Triple Warmer Meridian
11pm-1am	()	_____	This is your Gall Bladder Meridian
1-3am	()	_____	This is your Liver Meridian

How is your appetite? ()

How is your digestion? ()

How is your elimination? ()

How is your sleep? ()

How is your mental clarity? ()

How is your general well-being? ()