

582.  
Central palace mountain earth.

Client Intake Form

Date: 7/5/24

Name: Lynette Linden email:

Date of Birth: 22/5/1959 Age: Gender:

Occupation: Marital Status: Children/ How Many?: 2?

Reasons for visit: 4 grandchildren.

Do you have any health conditions/physical symptoms you would like to work on?

physical - hips, pelvis, glute, piriforms  
right side / left below head  
2 months 8/10 pain.

Do you have any areas of emotional wellbeing that you would like to work on? For example depression, fear, grief etc?

recurrent urinary infection - 3 years. - COVID.  
fibroids - 30 years plus.

moderate sternum right heart - stairs + blood pressure

Do you have particular areas of your life you would like to work on? (for example self confidence, work stress, relationship issues?)

butt pain - sharper, better palpation, better sit down

responsibility - looking after grandchildren  
resigned

What changes would you like to make in your life right now?

Emotions

If there was one thing you could change, what would it be?

How do you want to feel?

# Head to Toe

anger -

Issue	Symptom	Quadrant	Channel	Comment
Headaches	Parietal (side) / vertex (top) - intense	Stag	Lv/ GB	
	Parietal (side) / vertex (top) - dull	Qi/ Yang	Lv/ GB	
	Frontal - intense	Damp	St	
	Frontal - dull	Qi/ Yang	St	
	Occipital - intense	Stag	Bl	
	Occipital - dull	Qi/ Yang	Bl	
Memory	General			
Dizziness	General, on standing	Blood/ Yin	Ht	
Nose	Sinus/ Blocked	Qi/ Yang Damp	Sp/ Lu	sinus
	Exhale, Asthma. Bronchitis	Qi Yang	Lu	blood nose. - right can get loud.
Hearing	Tinnitus - loud	Stag	Lv/ GB	
	Tinnitus - soft/ poor hearing	Qi/ Yang	Ki	
Eyes	Spots/ Blurred vision/ red/ dry	Blood/ Yin	Lv	
	Mouth Ulcers	Damp		
	Teeth decay	Qi/ Yang	Ki	
	Jaw clenching/ grinding	Stag	Lv/ GB	clenching jaw
	Dry lips	Blood/ Yin	Lv	
Throat	Tonsils			as a lids.
	Thyroid	Yin def	Ki (hyperthyroid)	
Cough	Dry	Blood/ Yin	Lu	
	Wet	Qi/ Yang Damp	Lu	
Heart	Blood pressure normal/ low/ high			right artery.
	Palpitations, dysrhythmia	Qi/ Yang	Ht	
	Angina, problems with pump	Qi/ Yang	Ht	
	Chest pain - stabbing, exploding	Qi Yang Stag	Ht	
	Chest pain - dull	Qi Yang Blood/ Yin		
Blood signs	Brittle nails, dry eyes, dry lips, hair falling out	Blood/ Yin	Lv	
Skin	Dry	Blood/ Yin	Lu	
	Oily, pimples	Damp heat		
	Eczema, Psoriasis, Dermatitis	Blood/ Yin	Lu	elbows - eyes.
Urinary	Water intake			
	Frequent, difficult to control	Qi/ Yang	Ki/ Bl	
	Waking for toilet at night	Qi/ Yang	Ki/ Bl	
Pain	Location			
	How long have you had it for? What was happening in your life when this started?			
	Describe the pain: Wandering	Qi Stag		
	Dull, worse with fatigue	Qi/ Yang Blood/ Yin		
	Sharp, knife like pain	Blood Stag	Location	

knee pain - right - comes + go. up stag's  
left wrist - weak.



Issue	Symptom	Quadrant	Channel	Comment
	Does the pain refer anywhere else?			
	Is the pain better for movement or rest?			
	Is the pain worse or better in the mornings/evenings	Stag morn Def even		
	What makes the pain better/worst?			
	Is it better or worst with palpation?	Stag worst Def better		
	Rate the pain 1-10 (10=high)			
Digestion	Bowel movement frequency?			
	Appetite higher than normal + eat a lot	Stag	St/ Lv	
	Appetite higher than normal + don't feel like eating	Blood/ Yin	St	
	No appetite	Qi/ Yang	St	
	Bloated, regurgitation, reflux, intermittent constipation & diarrhoea	Stag	Lv/ Sp	no.
	Bloated, heavy, loose stools	Damp	St/ Sp	
	Bloated, diarrhoea, undigested food in stool	Qi/ Yang	Sp/ St	
	Constipation	Blood/ Yin	LI	Sometimes.
	Food sensitivities			
	Food preferences			
Energy	Rate levels 1-10 (10=high)			⑦. congested under head.
	On waking – tired/ refreshed	Stag	Lv	don't want to get up.
	Mid afternoon	Qi/ Yang	Sp/ St	
Stress	Rate levels 1-10 (10=high)	Lv Qi Stag	Lv	6
Sleep	Hours/night			7 hours.
	Trouble getting to sleep	Blood/ Yin	Lv/ Ht	no
	Trouble staying asleep	Blood/ Yin	Ht/ Ki	wake up to let.
	What time of the night do you wake up?			7 hours – 10:30am
	Hot at night and night sweats	Blood/ Yin	Ki	
	Dreams – vivid		Lv/ GB	
Bones	Frequent fractures, osteoporosis, osteopenia	Blood/ Yin	Ki	right thumb.
Menstruation	Absence, or lack of blood	Blood/ Yin	Lv/ Sp	
	In wk before period - pain, distension of breasts, moodiness	Stag	Lv	
	Intense pain with clots up to 2cm, irregular periods	Stag	Lv	
	Stabbing pain with very large clots	Stag	Yin	
	Heavy dull pain during	Damp	Sp	
	Dull pain particularly at end of period	Blood/ Yin	Ki/ Lv	
	Intense pain and pin prick clots or dull pain during	Qi/ Yang	Ki/ Sp	
	Early menopause	Blood/ Yin	Lv/ Sp	
	Endometriosis, polycystic ovaries, uterine cancer	Stag, Damp	Lv/ Yin	
Physical complaint	Any other physical complaints?			
Psychological Conditions				

*anxiety*

Issue	Symptom	Quadrant	Channel	Comment
Neurological disorders				
Fainting or epilepsy?				

*Cyst in kidney*

#### Other Factors

Exercise – type/ frequency	
Medication or drugs (current and past)	
Supplements	
Briefly describe your diet	

Please detail any previous illnesses/accidents/surgery (including date and year)

Any childhood illnesses or complaints?

Any other information that may be relevant?

#### Pulse

Right pulse	In home/ High/ low	Left pulse	In Home/ High/ Low
Lu		Ht	
SP		Lv	
Ki/Bl organ		Ki Yin/yang	

**Pulse:** if pulse higher = heat or dryness, if pulse lower = cold or dampness

Tongue Diagnosis (colour, coat, shape)

	Qi/Yang Def <i>COLD</i>	Blood/Yin Def <i>HEAT</i>	Stagnation	Damp
Sandpaper, dry, cracks				
Thin				
Bloated/ swollen				
Red & dry				
Red not dry				
Purple				
White & dry				
White and bloated				

Colour	Pale	Red	Deep red	Purple	Blue
Shape	Thin	Swollen	Cracked	Toothmarks	
Coating	White	Yellow	Thick coat	Thin coat	No coat
Moisture	Wet	Dry	Cracks		

Map of the Tongue, showing major organ areas

