

## **SOME WORDS ABOUT YOUR ACUPUNCTURE TREATMENT**

- 1) No form of therapy “cures” every ailment: acupuncture is no different. The length of the treatment before you expect to see some lasting results is usually related to the length of time that the problem or symptom has existed.
- 2) Initial acupuncture treatments can be very fatiguing. Please schedule any major activity for the evening following your acupuncture treatment. In most cases you should be able to return to work for the balance of the day.
- 3) The response to acupuncture treatments can be none, improvement or even transient worsening of your symptoms. While we hope, of course, that your symptoms improve, Please do not be discouraged by a transient worsening. It is temporary.
- 4) Please call with a progress report within forty-eight hours after your first treatment; Please leave a message on my voice mail, during office hours. This allows me to assess the effects of the treatment and to plan the next treatment. **ALWAYS CALL SOONER IF YOUR SYMPTOMS WORSEN SIGNIFICANTLY.**
- 5) You will be given a bell or alarm to get the staff’s attention as needed during the treatment. The reasons to use the bell: loss of needle, discomfort at site of needle, Loss of sensation of electrical stimulation or positional fatigue or discomfort.
- 6) Please do not schedule an appointment for a few hours after a heavy meal. Eat lightly the rest of the day following your treatment.
- 7) It is better to avoid excesses of exercise and eating for 12 hours after a treatment. Likewise, avoid sweets, alcohol, and sexual activity for the same 12 hours.
- 8) If you have any questions, **PLEASE ASK!**
- 9) We hope your experience will be helpful and healing.

James Barry MD, AHMA

# Self-Assessment Health Profile

This profile can be used as an educational device as well as a diagnostic tool.  
It will aid you in becoming acquainted with the language of Chinese medicine.

**Check** the symptoms you have experienced during the last six months. (Example: )

**Check and circle** the symptoms that have been **most troublesome**. (Example: )

## Patterns of Deficiency

### Qi Deficiency

#### General signs and symptoms

- Tiredness
- Reduced appetite
- Shortness of breath
- Spontaneous daytime sweating
- Loose stools
- Pale face
- Weak voice
- Slight sensitivity to cold

#### Signs and symptoms pointing to specific organs

##### Spleen Qi Deficiency

- Limbs feel heavy and weak
- Tendency to bloat after eating
- Problems digesting food
- Tiredness after eating
- Loose stools
- Appetite low or erratic
- Poor concentration
- Food intolerances
- Anemia
- Prolapse

##### Stomach Qi Deficiency

- Tiredness in morning
- Lack of taste
- Weak limbs
- Loose stools
- Discomfort in epigastrium

##### Lung Qi Deficiency

- Weak, low voice
- Lack of desire to talk

- Weak breathing pattern
- Tendency to collect sputum in the lungs
- Shortness of breath on exertion
- Weak cough
- Tendency toward coughs and colds
- Tendency to daytime sweating

##### Kidney Qi Deficiency

- Frequent urination
- Weakness or achiness in the lower back
- Weakness of the skeletal structure especially at the knees or ankle
- Poor retention of urine and/or sexual fluids
- Chronic vaginal discharge
- Some shortness of breath
- Tendency to feel chilled
- Prolapse of uterus

##### Heart Qi Deficiency

- Tiredness
- Shortness of breath on exertion
- Palpitations
- Lethargy and a lack of spiritedness
- Spontaneous sweating

### Yin Deficiency

#### General signs and symptoms

- Low grade fever especially during the afternoon
- Feeling of heat in palms, soles and upper chest or face
- Flushed cheeks
- Dry throat at night

- Night sweats
- Emaciation
- Insomnia (shallow sleep with frequent waking)
- Nervousness

#### Signs and symptoms pointing to specific organs

##### Kidney Yin Deficiency

- Dizziness/vertigo
- Low frequency ringing in the ears
- Hearing loss
- Memory loss
- Adrenal hyperactivity
- Aching lower back
- Deep ache in the bones (feeling "bone tired")
- Low sperm production
- Nocturnal emissions
- Blood in urine

##### Liver Yin Deficiency

- Disturbed sleep
- Irritability
- Dry stools
- Numbness in the limbs
- Scanty or absent menstruation
- Dry eyes
- Depression
- Hypertension

##### Stomach Yin Deficiency

- No appetite
- Dry mouth
- Dry stools
- Thirst without desire to drink
- Feeling full after eating

### **Lung Yin Deficiency**

- Dry or tickly throat
- Irritating but unproductive dry cough
- Blood in sputum

### **Heart Yin Deficiency**

- Palpitations
- Feeling of restlessness
- Forgetfulness
- Intense dreaming
- Easily startled

## **Yang Deficiency**

### **General signs and symptoms**

- Tiredness
- Feeling cold
- Cold limbs
- Fear of cold
- Feel worse in winter/better in summer
- Lack of thirst
- Desire for hot drinks
- Pale face
- Loose watery stools
- Frequent pale urination
- Lack of motivation
- Timidity

### **Signs and symptoms pointing to specific organs**

#### **Kidney Yang Deficiency**

- Aching lower back
- Cold and weak knees
- Weak bladder
- Pale, copious urine
- Loose watery stools
- Oedema in the lower body
- Impotence in men and infertility in women
- Loss of hearing

#### **Spleen Yang Deficiency**

- Tendency to bloat after eating
- Loose stools
- Oedema

- Low appetite
- Bloating and tiredness after eating
- Chilliness
- Cold limbs

### **Heart Yang Deficiency**

- Lethargy
- Palpitations
- Shortness of breath on exertion
- Discomfort around the heart
- Depression
- Cold hands
- Profuse sweating

## **Blood Deficiency**

### **General signs and symptoms**

- Pale and dull complexion
- Dizziness on standing
- Blurred vision or 'floaters'
- Dry lusterless hair
- Pale lips
- Scanty or absent menstruation
- Poor memory
- Difficulty getting to sleep
- A general sense of anxiety and slight depression
- Tiredness

### **Signs and symptoms pointing to specific organs**

#### **Liver Blood Deficiency**

- Visual disturbance
- Floaters in field of vision
- Numbness or weakness or mild spasm in the muscles and tendons
- Weak or pale fingernails
- Dizziness
- Scanty, light or even absent menstruation

#### **Heart Blood Deficiency**

- Palpitations
- Insomnia
- Anxiety
- Intense dreaming

- Forgetfulness
- Easily startled
- Dizziness

## **Essence Deficiency**

- Slow physical development
- Poor skeletal development
- Late closure of fontanelle
- Premature aging
- Greying or falling of hair
- Senility
- Poor teeth
- Brittle bones
- General reproductive weakness

## **Patterns of Excess**

### **Internal Heat**

#### **General signs and symptoms**

- Fever
- Redness
- Inflammation
- Thirst
- Red eyes
- Burning sensations
- Scanty, dark urination
- Constipation
- Yellow coating on tongue

### **Internal Cold**

#### **General signs and symptoms**

- Chilliness
- Desire for warm places, food and drink
- Abdominal pain that feels worse for pressure
- Lack of thirst
- Loose stools
- Abundant clear urination
- White coating on the tongue
- Pale face
- Blue-tinged tongue, lips or extremities

## Internal Dampness

### General signs and symptoms

- Feeling of bodily heaviness
- Lack of appetite
- Feeling of congestion in or just below the chest
- Difficulty passing urine
- Sticky taste in the mouth
- Dirty or sticky discharges
- Muzzy head

### Signs and symptoms pointing to specific organs

#### Dampness in Spleen

- Full feeling in epigastrium
- Nausea
- Low appetite
- Loose stool
- Muzzy head
- No taste or unpleasant sweet taste in mouth
- Feel tired and heavy
- Sticky yellow coating on tongue

#### Dampness and Heat in Liver and Gallbladder

- Fever
- Dark, scanty urine
- Fullness in and below chest
- Nausea, maybe vomiting
- Abdominal distension
- Inability to tolerate fats
- Bitter taste in mouth
- Jaundice
- Vaginal itching and/or discharge

## Dampness and Heat in Large Intestine

- Abdominal pain
- Diarrhea
- Smelly stools
- Mucus or blood in stool
- Burning in anus
- Feeling of heaviness

## Phlegm in the Lungs

- Chronic coughing fits
- Pale sputum
- Shortness of breath
- Stuffy feeling in chest
- Worse for lying down
- White coating on tongue

## Phlegm and Heat in the Lungs

- Yellow or green phlegm
- Barking cough
- Stiffness of chest
- Shortness of breath
- Yellow coating on tongue

## Dampness and Cold in Bladder

- Difficult, frequent and urgency urination
- Pale, cloudy urination
- Heavy feeling in urethra

## Dampness and Heat in Bladder

- Difficult, frequent and urgent urination
- Burning sensation when urinating
- Dark yellow, cloudy urine
- Blood in urine

## Invasion of Wind

### General signs and symptoms

- Sudden onset
- Wandering pain and agitation mostly affecting the upper parts of the body
- Aversion to wind and cold/reluctance to go outside

- Chilliness
- Occipital ache/stiff neck
- Runny nose
- Sneezing

## Invasion of Wind Heat

- Moderate fever
- Shivering
- Sneezing
- Cough
- Stuffy or runny nose with yellow mucus
- Swollen tonsils
- Sore throat
- Thirst
- Mild sweating
- Aversion to cold

## Invasion of Wind Cold

- Chills
- Shivering
- Aches and pains
- Stiffness and little or no fever
- Itchy throat
- Sneezing
- Coughing
- Occipital headache
- Runny nose
- No sweating
- No thirst
- Aversion to cold

## Invasion of Wind Damp

- Puffy, swollen eyes and face
- Aversion to wind
- Cough with watery mucus
- Sweating
- No thirst
- Itchy skin and rashes which move from place to place
- Painfully swollen joints and aching muscles
- Symptoms are worse for humidity
- General feeling of heaviness

## Stagnation of Qi

### General signs and symptoms

- Frustration
- Distension of abdomen or throat
- Tenderness beneath ribcage
- Wandering distending pains
- Depression and irritability
- Volatile moods
- Frequent sighing
- Symptoms worse for stress
- Purplish tongue

### Signs and symptoms pointing to specific organs

#### Liver Qi Stagnation

- Frustration or inappropriate anger
- Tenderness and distension beneath ribcage or in chest
- Feeling of lump in the throat
- Lumps in groin or breast
- Breast tenderness before menstruation
- Irregular periods
- Menstrual pain
- Digestion easily disturbed by stress
- Belching

## Stagnation of Blood

### General signs and symptoms

- Pain which is stabbing and fixed in one location
- Purple lips and tongue
- Fixed abdominal lumps
- Bleeding with dark blood and a tendency towards blood clots
- Premenstrual pain

## Signs and symptoms pointing to specific organs

### Liver Blood Stagnation

- Premenstrual pain
- Dark, clotted menstrual blood
- Abdominal lumps

### Heart Blood Stagnation

- Palpitations
- Oppressive discomfort in chest
- Cold hands
- Heart pain radiating towards or along left arm



# ARCHETYPE SELF-ASSESSMENT PROFILE

Check the qualities that apply to you

## WOOD ARCHETYPE: *The Pioneer*

- feel confident, act assertively
- ambitious and enjoy being competitive
- openly discuss my abilities and achievements
- comfortable with challenges, conflict, or pressure
- enjoy being first, best, unique, even outlandish
- feel right, even if others disagree or disapprove
- tend to be pushy or provocative
- take pleasure in public recognition
- comfortable directing or leading others
- follow my own hunches
- like to take the initiative
- comfortable acting boldly and decisively
- tend to reject or argue with other peoples' opinions, especially of me



## FIRE ARCHETYPE: *The Wizard*

- enjoy the pleasure of my senses
- easily know what another thinks and feels
- enjoy physical contact and emotional intimacy
- enjoy excitement and stimulation
- easily share my innermost feelings and desires
- tend to live in the here-and-now
- see the humorous side of life
- thoroughly enjoy getting what I want
- get involved easily and enjoy being moved emotionally
- optimistic and hopeful despite what others may say
- identify and sympathize with another's joy and pain
- unabashed in showing affection, enthusiasm and excitement
- enjoy being attractive and magnetic



## EARTH ARCHETYPE: *The Peacemaker*

- agreeable and accommodating
- nurturing and supportive, putting other's needs first
- enjoy frequent socializing with friends and family
- enjoy being relied upon for reassurance and help
- the hub of my social and family networks
- enjoy settling disputes so that all parties are satisfied
- involved in other peoples' lives
- like to create a relaxed and comfortable environment for others
- loyal and accessible to friends, family, and co-workers
- tend to be diplomatic and tactful, a consensus builder
- happy to rely on the skill and intelligence of others
- like getting close and being needed
- comfortable and open even with people I don't know well



## METAL ARCHETYPE: *The Alchemist*

- prefer a neat and orderly lifestyle
- enjoy a convivial but undemanding social life
- committed to high moral principles and conduct
- comfortable when proper procedures are followed
- enjoy tasks that require logical, and systematic approaches to problem-solving
- meticulous, tasteful and discriminating
- self-contained, not overly-involved in other's affairs
- work effectively in situations where goals and guidelines are well defined
- willing to accept the authority of those with more competence
- enjoy solving puzzles and mysteries
- put virtue and principle before pleasure and fulfillment
- temperate and moderate
- likes things to run calmly and smoothly



## WATER ARCHETYPE: *The Philosopher*

- cautious and sensible
- particularly enjoy solitude
- curious and imaginative
- tend to keep feelings, thoughts, and opinions to myself
- content being anonymous, a "fly on the wall"
- doesn't mind being considered unusual or eccentric
- excited by intellectual pursuits
- content figuring things out for myself
- careful about what I reveal to other people
- stubborn defender of the truth as I see it
- patient and persevering in spite of defeats or dead ends
- objective and fair, regardless of what others think
- preferably self-sufficient and independent
- cherishing privacy and a few good friends
- like to reflect upon my place in the grand scheme of things



### **Patient Information and Consent Form**

Please read this information carefully and ask your doctor if there is anything that you do not understand

**What is acupuncture?** Acupuncture is a form of therapy in which fine needles are inserted into specific points on the body.

**Is acupuncture safe?** Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments.

**Does acupuncture have side effects?** You need to be aware that:

- (1) Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive
- (2) Minor bleeding or bruising occurs after acupuncture in about 3% of treatments
- (3) Pain during treatment occurs in about 1% of treatment
- (4) Symptoms can get worse after treatment (less than 3% of patients.) You should tell your acupuncturist about this, but it is usually a good sign
- (5) Fainting can occur in certain patients, particularly at the first treatment

In addition, if there are particular risks that apply in your case, your doctor will discuss these with you.

**Are acupuncture services billed to my health insurance?** Office visits will be billed to your health insurance. However, acupuncture is not a service we bill to health insurance. We charge for that at the time of service. Please discuss this prior to treatment if you have concerns about specific costs.

**Is there anything your practitioner needs to know?** Apart from the usual medical details, it is important that you let your doctor know:

- (1) If you have ever experienced a seizure or fainting
- (2) If you have a pacemaker or any other electrical implants
- (3) If you have a bleeding disorder
- (4) If you are taking anti-coagulants or any other medications
- (5) If you have damaged heart valves or have any other particular risk of infection

**Single-use, sterile, disposable needles are used in this office.**

**Statement of Consent** I confirm that I have read and understood the above information, and I consent to having acupuncture treatment. I understand that I can refuse treatment at any time.

Signature: \_\_\_\_\_

Print name in full: \_\_\_\_\_ Date: \_\_\_\_\_