

Women's Health Screening

This is a list of symptoms associated with designated organ imbalances from Oriental Medicine. Add up the number of symptoms from each pattern that you are experiencing. The more symptoms you have, the more out of balance your health is. In addition to acupuncture and herbs, needed diet and lifestyle changes can be identified by your overall presentation. If not corrected these patterns build into more severe disorders. If identified and treated they can be resolved, building a healthier body/mind for your future.

HEART YANG / QI DEFICIENCY

Pale, fatigue, spontaneous sweating, difficulty catching one's breath; even at rest, slight exertion causes sweating, sensitivity of tissue lining the mouth and tongue, shortened menstrual cycle and/or lighter menses.

HEART BLOOD AND YIN DEFICIENCY

Pale, poor memory/forgetfulness, easily confused, slow to fall asleep, excessive dreaming, emotional disturbance, giddiness, dizziness, palpitations.

BLOOD STAGNATION AND CONGEALED BLOOD

This develops from blood deficiency, psychological trauma and/or physical trauma. Fixed stabbing pain, purple blotches or bruises, tumors [fibroids, cancer], hemorrhoids, hair loss, chest pain, angina, chronic hiccups, coronary artery disease, fibromyalgia, erratic insomnia, extreme mood swings, piercing headaches, elevated cholesterol, severe menopausal symptoms, ovarian cysts, irregular menstrual cycle, clots in the menses.

SPLEEN QI DEFICIENCY

Lusterless complexion, exhaustion, digestive disturbances, gas, swollen abdomen, puffiness, sweet cravings, blood sugar swings, lack of concentration, overwhelmed by details, leads toward anemia, shorter menstrual cycle, light flow if anemic.

With Dampness: dry sticky mouth without thirst, edema of the limbs, couch potato, overweight, excessive mucus discharge.

With Yang Deficiency: undigested food in loose stools, premenstrual cold hands and feet.

SPLEEN QI FALLING (Spleen Yang Deficiency)

Weakness, abdominal distension, prolapsing (falling organs, sagging muscles), variable menstrual bleeding patterns. KEY SYMPTOM is breakthrough bleeding. May have premenstrual incontinence when sneezing. Often cold.

SPLEEN FAILING TO REGULATE THE BLOOD

White complexion, dizziness, palpitations, short of breath with exertion, easy bruising, ulcers. Fibroids develop from this pattern, often in combination with heart blood stagnation. Heavy breakthrough bleeding or heavy cycles.

STAGNATION OF LIVER QI

This is a widespread syndrome with a range of severities. Often wake at 3am, depression, impatience, exaggerated emotional response, bloating and distension, often have neck and shoulder tension, dry/hard/pellet-like stools, forceful shout to voice, vertical ridging on nails, pain and cramping with menses, hot flashes.

With Yang Rising: symptoms are more extreme and include brain buzz, vertex headaches, and tinnitus.

LIVER BLOOD DEFICIENCY

Dizziness, slow to fall asleep and/or wake 3-4:30am, emaciated body, excessive dreaming, dry skin, blurring vision, eyes sensitive to light, cataracts, floaters in visual field, scanty menstrual flow or alternating light and heavy menstrual bleeding, prolonged menstrual cycle, fatigue after menses, long or irregular length cycle, weak extremities premenstrually.

With Blood Stagnation: elevated cholesterol, dryness, clots in menses.

KIDNEY YIN DEFICIENCY

Dizziness, tinnitus, dry mouth, steady fever, low back pain, spontaneous sweating, hot soles or palms, malar flush, dry feces, concentrated urine, floaters in visual field, reawaken during the night, neck and shoulder tension, hot flashing.

KIDNEY YANG DEFICIENCY

Fatigue relieved by rest, chronic diarrhea, water retention, dull black hue under the eyes, aversion to cold, cold hands and feet, dizziness, dull frontal headaches, joint pains, forgetfulness (more cognitive changes than with Spleen Yang deficiency), kidney infections, backache with menses, heavy menstrual flow, infertility.

With Spleen Yang Deficiency: easily fatigued, no relief from resting, diarrhea with undigested food.

Dr. Kindred's clinic offers natural therapies for these presentations. Call the clinic for an appointment, or if you just have a few symptoms, ask for our list of herbal formulas and dietary recommendations, which correct each pattern individually. Herbal treatments usually take two to three months.