

Five Element Intake Form

(This check list is just a sampling of Five Element criteria that are used in diagnosis. You can use it by simply checking off those items that pertain to your constitution or your current problems and then adding up the results. The results will be a superficial, yet somewhat reliable, calculation and diagnosis. Complete diagnosis requires careful observation by a trained Doctor of Oriental Medicine, tongue and pulse diagnosis and a complete family and personal health history.)

WATER ELEMENT

tired between 3-5 p.m.
hypoglycemia
craves salt
craves sugar
craves a meat and potatoes with gravy diet
like or dislike for the color dark blue or black
has a black car
wears predominantly black clothes
urinary tract infections
little sex drive
premature ejaculation
prostate inflammation
prostate cancer
dark circles under the eyes
bad hearing
dizziness
afternoon headaches
low energy in general
needs to snack frequently
fear is a primary emotion or motivating factor in life
fears change
fears sex
fears the dark
clostrophobia
weak or painful knees
losing hair
dislike for cold or rainy weather
vaginal discharge

vaginal pain
painful sexual intercourse
menstrual difficulty
poor will power and follow through
difficulty sticking to your diet
dreams of drowning people, plunging into water or of boats

_____Total Water

WOOD ELEMENT

dislike for the wind, especially dislike the Santa Ana winds
angers easily
flies off the handle
like or dislike for the color green
likes fatty or fried foods a lot
craves cheese
flatulence
burping
heartburn
poor eyesight or wears glasses
like or dislike for sour foods (sweet tarts, vinegar, pickles, sourkraut, etc.)
voice is of a shouting nature
family history of gall bladder problems
acne
alcoholic mother or father
you drinks too much alcohol
menstrual cramps
pre-menstrual symptoms
insomnia, can't get to sleep, or hyper between 11 p.m. and 1 a.m.
an "idea" person
starts projects easily, but trouble following through
arthritis or joint pain
pain in the right shoulder blade
pain in the right shoulder
pain in the right eye or left eye radiating from the back of the head
nightmares of being trapped
feelings of being smothered
overly organized
difficulty planning
difficulty making decisions
muscle spasms
epilepsy or convulsions

M.S.
cystic breasts
warts
moles
freckles
cysts
fibroids
family history of cancer
dreams of mountain forests or trees

_____Total Wood

FIRE ELEMENT

very warm person emotionally
difficulty getting close to people
very protected emotionally
always laughing and giggling
heartburn
flatulence a few hours after eating
dislike for the heat of summer or loves the heat of summer
stuttering
perspiration: either too much or not at all
like or dislike for the color red
red car
wears red clothing a lot
emotional problems
dreams of fire, laughing, or blazing flames
red complexion
hot flashes
poor circulation
cold a lot more than others
high blood pressure

_____Total Fire

EARTH ELEMENT

feels connectedness with the earth
very grounded
stubborn
overweight

underweight
anorexic
bulemia
homesick or difficulty leaving home
constantly thinks about the past
obsessive compulsive
feels alone a lot
feels a sense of disconnection from life in general
likes or dislikes the color yellow
yellowish complexion
stomach pains
ulcers
stomach gas right after eating
constant stomach troubles
hypoglycemia
fatigue after eating
diabetic
inability to receive sympathy
has a monotone voice
has a singing voice
likes to sing a lot
belching after eating
dislike for dampness
arthritis which is worse in damp weather
dreams of lack of food or drink, singing or building buildings
craves sweets
dislike for sweets

_____Total Earth

METAL ELEMENT

pale face
white skin
white automobile
wears white clothing a lot
looks good in white
allergies
lots of colds and flu
hay fever
constipation or diarrhea a lot
must use laxatives

chronic bronchitis
asthma
skin rash
eczema
psoriasis
dry skin
very sad a lot
constantly dwelling on the loss of a loved one
cries at the drop of a hat
never cries
difficult to feel any emotions
grieving over a recent sad event
likes hot and spicy foods
likes or dislikes the color white
worries a lot
shortness of breath
emphasema
smoker or got a lot of passive smoke growing up
sighs a lot
acne
boils
post nasal drip
dreams of white objects, cruel killing, crying, flying in the air

_____Total Metal

Compliments of Dr. Randy Martin, www.drrandymartin.com