

## **Course: Top 10 Consultation Concerns**

Instructor: Christa Sinadinos

### **1) Nervous System**

- Sleep (number of hours and quality of sleep)
- Response to stress
- Anxiety or panic attacks
- Depression
- Acute or chronic pain

### **2) Digestion (Upper and Lower Gastrointestinal Function)**

- Appetite
- Gas & bloating
- Bowel movements (frequency, consistency)
- Dietary preference (carbohydrates, proteins, fats)
- Diet
- Taste cravings (sour, salty, sweet, spicy, astringent)

### **3) Liver**

- Moist or dry skin conditions
- High level of inflammation
- Blood sugar regulation
- History of chemical exposure, drug or alcohol use, or liver disease
- Varicose veins or hemorrhoids
- Anemia
- Easily irritated, agitated, or angry

### **4) Renal (Kidneys)**

- Frequency and volume of urination
- Blood pressure
- Edema
- Frequent UTI
- Prolapsed bladder or incontinence

### **5) Reproductive**

- Cycle length (< or > 28 days)
- Menstruation (cramping, clotting, pain, menstrual blood color)
- Breast tenderness or swelling
- Yeast or other infections
- Perimenopausal – Menopausal
- Benign prostatic hypertrophy
- Libido
- Fertility issues

### **6) Respiratory**

- Membrane health (moist or dry)
- Asthma
- History of bronchial infections (bronchitis or pneumonia)
- History of smoking

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### 7) Cardiovascular

- Blood pressure (low/normal/high)
- LDL cholesterol or triglyceride levels
- Cardiovascular diseases
- Heat distribution in the core and extremities

### 8) Lymph, Immune, and Skin

- Lowered resistance or slow recovery from infection
- Frequency and duration of infections
- Ear, nose, throat infections, congestion or swelling
- Lymphatic swelling or stagnation
- Autoimmune or inflammatory issues, allergies
- Moisture of the skin and mucus membranes

### 9) Endocrine Function

- ***Adrenals (General Adaptation Syndrome)***
  - Phase one – Alarm stage
  - Phase two – Resistance stage
  - Phase three – Burn out stage
- ***Pancreas***
  - Insulin resistance
  - Hypoglycemia
  - Metabolic syndrome
  - Diabetes Type 1 or 2
- ***Thyroid***
  - Hypothyroid**
    - Fatigue, depression
    - Low body temperature (<97.5)
    - Weight gain, lowered metabolism
    - Pain and cold sensitivity
  - Hyperthyroid**
    - Anxious, panic or anxiety attacks
    - Difficulty sleeping
    - Hot and thin bodied, rapid metabolism
    - Sweats easily, oily skin

### 10) Tongue diagnosis

- Color
- Shape
- Moisture
- Coating
- Cracks
- Spirit

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### Constitutional Evaluation

**Directions: "X" symptoms that you experience, Leave blank items you do not experience. Put a "?" for items you are unsure about.**

#### Upper GI

- Sometimes nausea in evenings
- Mouth frequently too dry
- Duodenal ulcer
- Sometimes foul burps
- Butterflies in stomach
- Seldom eat breakfast
- Often don't finish meals
- Often eat to calm down
- Receding gums
- Frequent use of alcohol (2x week or more)
- Frequent poor appetite
- Bitter taste in mouth in the morning
- "Dragon breath" in the morning
- Acid indigestion in the morning
- Frequent mouth or cold sores
- Sometimes difficulty in swallowing
- Indigestion after eating
  
- Strong, demanding hunger
- Sometimes nausea in mornings
- Stomach ulcer
- Sometimes excess salivation

#### Lower GI

- Constipation with gas
- Frequent constipation
- Light colored, hard stools
- Bloating intestines
- Constipation with hemorrhoids
- Constipation with painful defecation
- Constipation with hard, marbled stools
- Constipation with fully formed stools
- Constipation alternating with diarrhea
- Frequent need for laxatives
- Tongue often coated
- Receding gums
  
- Stools loose with gas
- Digestion unusually rapid
- Loose stools when tired/stressed
- Dark, soft stools
- Quick defecation after eating

#### Liver

- Dry, even scaly skin
- Hay fever or asthma
- Craves fruit or sweets
- Frequent trouble digesting fats

- Acne on face and buttocks
- Seems to have low blood sugar
- Past history of hepatitis
- Frequent use of alcohol (3x week or more)
- Work with solvents or chemicals
- Psoriasis, eczema, dermatitis
- Frequent minor illnesses
- Don't sweat when sick
- Varicose veins, spider veins
  
- Moist, sometimes oily skin
- Hives from food or drugs
- Craves proteins, fats
- Fever with sweat when sick

#### Renal

- Standing too quickly causes faintness, dizziness
- Wake up at night to urinate
- Frequent flushing or blushing
- Water retention with change of weather
- Moderate low blood pressure, craves sweets
- Frequent thirst
- Craving for salt
- Urine always light colored
  
- Urine usually darker
- Pulse roars in ears when standing quickly
- Moderate high blood pressure, craves fats

#### Lower Urinary Tract

- Frequent urination, small amounts
- Sometimes dribbles urine afterwards
- Frequent bladder infections
- Demanding and sudden need to urinate
- Mucus in urine
- Benign prostatic hypertrophy (males)
- Dull ache after urination
  
- Infrequent urination, copious amounts

#### Reproductive

##### Men

- Pain or ache after orgasm
- Benign prostatic hypertrophy
- Difficulty maintaining erection even if you are "in the mood"
- Frequent cannabis user

##### Women

- Cycle more than 28 days
- Water retention before menses (feet, hands)
- Usually craves sweets before menses
- Miss some periods
- Menses slow starting with cramping

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- Menstruation lengthy, frequent cramps
- Frequent class II pap smears
- History of PID, cervicitis
- Miscarriages, problem pregnancy
- Period late with altitude change
- Tried, but couldn't handle birth control pills
- Frequent yeast infections

- Cycle less than 28 days
- Water retention before menses (hips, breasts)
- Usually craves fats, proteins before menses
- Sides of breasts tender before menses
- Heart palpitations before menses
- Menstruation short, defined, few cramps
- Period early with altitude change

### Respiratory

- Shortness of breath when standing or walking
- Tobacco smoker
- Marijuana smoker
- Difficulty swallowing mucus
- Rapid, shallow breather
- Sometimes wake up choking or gasping for breath
- Yawns frequently
- Frequent chest colds
- Earaches
- Asthma, Chronic Bronchitis
  
- Easy coughing of mucus
- Sometimes hyperventilates

### Cardiovascular

- Fast, light pulse
- Cold bodied
- Sometimes dizzy or faint
- Hands cold, clammy or dry
- Hypertension, does not respond to diuretics
  
- Slow, strong pulse
- Frequent physical activity
- Warm bodied
- Hands warm, sweaty
- Palpitations either as an adolescent or before menses
- Hypertension, responds to diuretics

### Mucus Membranes

- Sores, cracks on mouth, anus, vagina
- Lips often dry, chapped
- Food often causes intestinal distress as it passes through
- Gets sore throat easily

- Excess secretions in mouth and lungs

### Lymphatic

- Recuperates slowly if ill
- Injuries heal slowly
- Eczema, dermatitis
- Asthma or hay fever
- Arthritis or rheumatism
- Digests fats poorly

- Recuperates quickly if ill
- Injuries heal quickly
- Digests fats easily

### Skin

- Dry skin, cold hands and feet
- Skin eruptions deep, not coming to a head
- Skin on trunk is dry
- Dry scalp or hair
- Cracks, fissures on heels & feet, slow healing
  
- Sweat freely with strong scent
- Oily skin, facial acne
- Oily scalp or hair
- Skin eruptions superficial, come to a head

### Thyroid

- Feel cold a lot
- Low body temperature (97.5 or lower)
- Can't lose weight
- Recent increase in weight
- Can't get started without coffee
- Chronic fatigue, depression
- Very tender or swollen joints
- Can't gain weight
- Headaches or migraines
- Swelling in the face, hands, or feet
- Recurrent infections, lowered resistance
- Bruise easily
- Sensitive to cold weather

- Feel hot often
- Sensitive to hot weather
- Anxiety attacks or heart palpitations
- Difficulty sleeping
- Sweat a lot, body wide

(Adapted from Michael Moore's Intake Form)