

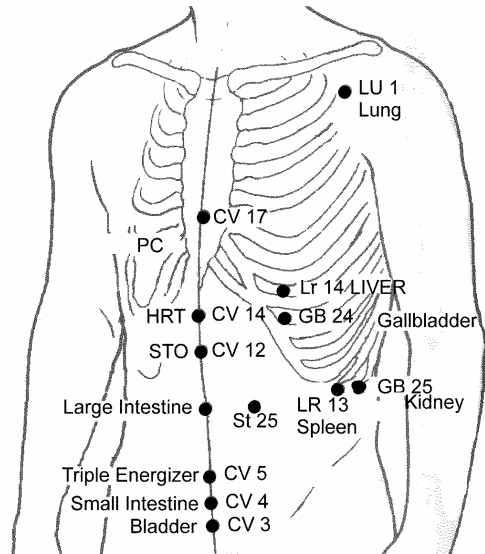
Mu points:

Mark the areas that are significant to you

Any sensitivity or pain?

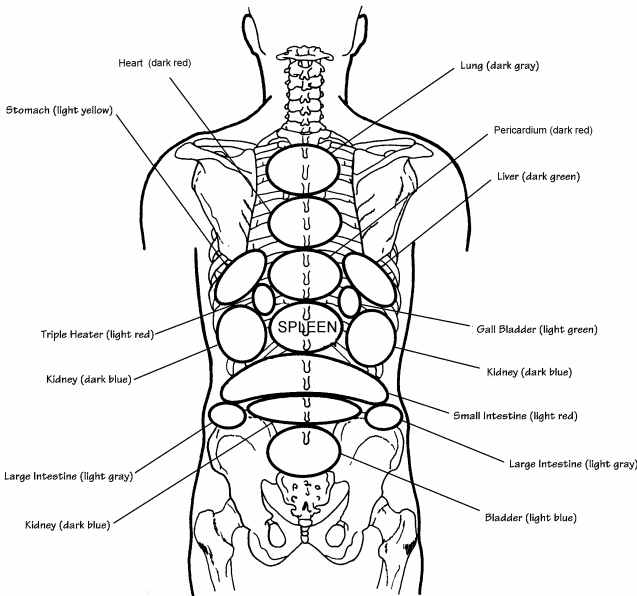
Kyo SP, LR 13 feels normal

Jitsu GB - LR are very sensitive
GB 24 - LR 14
CV 17 very tight



What do you notice at the Back Evaluation areas?

Mark the areas that are significant to you



Lung area feels cool

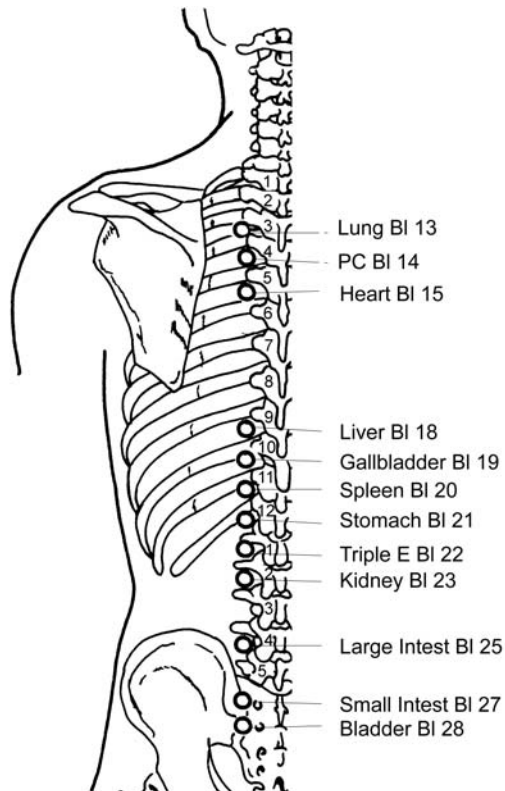
How do the most kyo and most jitsu areas of the Hara feel in the back areas?

Spleen area is tight

(most kyo in Hara)

Liver area is hard and more full

(most jitsu in the Hara)



Where do you find any tension, pain or weakness at the Shu points?

Describe any circled areas.

LU, HT and KI are deficient

Evaluation: indicate to which element (meridian) your observation belongs

Bo Shin/Looking:

Overall impression:

- quality of shen: average
- posture: kyphosis
- movement: slow fast
- clothing: Color preferred jerky color avoided Weather appropriate

strong weak
normal lordosis
smooth **Wood**

Element:

*HT
Metal defic.*

external manifestations:

- nails: white pink pale smooth ridges **Wood**
- lips: pale red pink thick thin **Earth**
- complexion: pale red flushed grey **Metal**
- headhair: thin thick curly straight dull shiny color **Water**

Bun Shin/Listening-smelling:

- voice quality : angry happy singsong whining fearful **Wood**
stuttering smooth fast slow normal
- voice volume: loud normal weak **Lung deficient**
- respiration: deep superficial wheezing out of breath **none**
- body sounds: creaky joints borborygmi burping often **Earth**
- odors (5 element) sweet rotten putrid rancid burned **Wood**

Mon Shin/Asking:

Element:

- chief complaint _____
- Do you have any pain/ muscular tension/headaches? How long has it been going on? _____
- where? *Side of the head, left temple* WO_
- What makes it better? _____
- Hot/cold movement/rest *pressure* time of day _____
- What makes it worse? _____
- Sleep: sleep well long enough *wake up during the night* dreams night mares WO_
- difficulty falling asleep _____
- Diet - Appetite is strong weak _____
- how often do you eat? very frequent rarely regularly *on the run* Earth
- do you eat your meals at the same time every day? _____
- Diet consists of: _____
- 1) Meat, vegetables and dairy 2) vegetables and dairy 3) strict vegetarian 4) macrobiotic _____
- do you use: coffee/tea ___ cups/day alcohol ___ drinks/day/week tobacco _____
- Water _____/day _____
- Digestion: no problems indigestion sometimes *indigestion regularly* Earth_
- Elimination: diarrhea loose stools constipation normal _____
- Urination: often abundant scant pale yellow dark cloudy _____
- Menstrual cycle: normal irregular pms _____
- Lifestyle: *all work no play* exercise relaxation family life WO_
- what kind *aerobic* _____
- how often *5xwk* _____
- Emotional state: happy angry/irritable sad content afraid WO_
- Do you have children? Which age: _____

Five element associations:

- time of day: feel better around: *late at night* WO feel worse around: *4-5 am* ME_
- color: *like/dislike* white *black/blue* green red yellow/orange WA_
- climate: *like/dislike* dry cold wind *heat* damp FI_
- season: *like/dislike* fall winter spring *summer* late summer FI_
- flavor: *like/dislike* *spicy* salty sour bitter bland sweet ME_
- smell: *like/dislike* rotten putrid rancid burnt fragrant _____

Do you use any medication?

- O.T.C.
- Prescribed?

Cautions - Contra-indications

- Are you pregnant? _X
- Do you have recent cuts, bruises, burns, bites, surgery? _X
- Do you have varicose veins? _X
- Does you bruise easily? _X
- Do you take blood thinners? _X
- Do you have any implants? _X
- Have you had any lymph nodes removed? _X
- Do you have any other condition that needs to be treated with caution? _X

Place your information in the appropriate element:

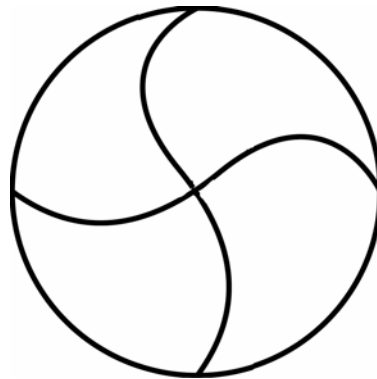
+ = jitsu

- = kyo

± = in - between (neutral)

FIRE

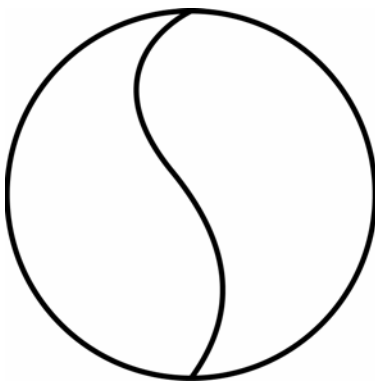
TE: 2nd kyo
 HT: easy talker, 2nd Jitsu
 Deficient HT SHU
 PC: lack of interpersonal
 connection



EARTH

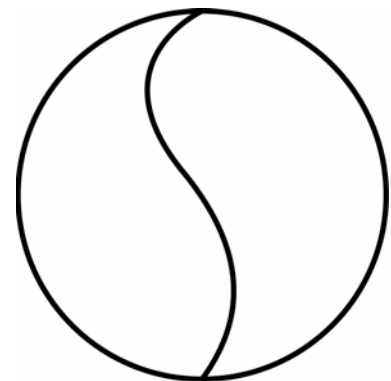
WOOD

Left temple pain
 - irritability, angry edge to voice



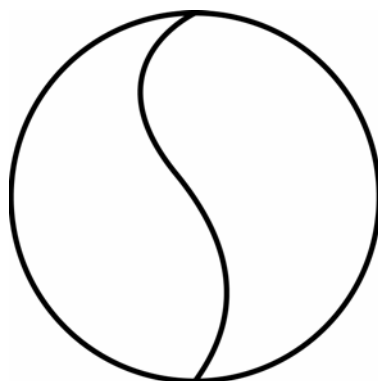
- temporal headaches
- heavy physical workout
- late evening energy surge
- jitsu Liver
- sensitive Mu points
- difficulty falling asleep

- irregular eating
- indigestion - kyo Spleen



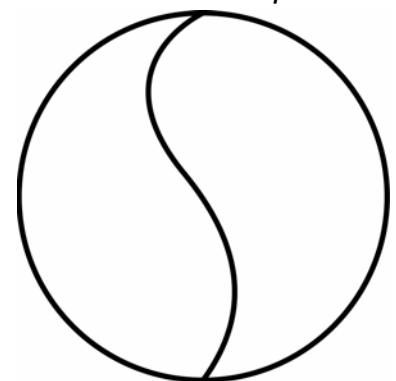
WATER

- lack of quiet time (all work)
- low back pain
- KI Shu deficient
- likes black



METAL

- deflated chest - pale complexion
- lack of volume - occasional constipation
- allergic attacks in am
- craves spicy foods
- deficient (cool) Lu back zone
- deficient Lu Shu



INTAKE _____ points (total 37 points)

BoShin - SetsuShin: 12 points. 5 Elements diagram 5 points each element

Five Element Pattern of Disharmony/ Assessment

What is today's Chief Complaint/Treatment goal? *Stabbing headaches*

Which organ is most involved in the chief complaint? WOOD / LIVER

Which function of this organ is out of balance, leading to the chief complaint? (5 points)

Smooth flow of Qi: signs of disturbance of the smooth flow are irritability, pain. Also the headaches indicate that the flow of LR meridian is not smooth: it is excess in the head, causing the headaches.

Is it Kyo or Jitsu? (5 points) *JITSU*

Based on your intake using the Four stages of Evaluation, which organ/meridian is most kyo and which most jitsu? (5 points each)

Most kyo: *LUNG*

Most Jitsu: *LIVER*

Describe the pattern leading to the chief complaint and how it manifests in your client using 5 Element theory (Generation and Control cycle) (15 points):

Stabbing headaches are a LR S&S. The client has a very active lifestyle: all work, regular intense physical workouts, but no real down time: no time to eat well, no time spent with other persons. So Wood is excess in his lifestyle and starts to invade Spleen: indigestion + Spleen kyo.

Also: if Wood is excess Metal will not be able to control it. We find a pale complexion, deflated chest, lack of volume in the voice, occasional constipation, deficient Lu Back area and Shu. Spleen is not able to feed Metal well.

Water is being depleted by Wood: lower back pain and deficient Kidney Shu.

STRATEGY (10 points):

What you will work

Earth

Metal

Water

EXPLANATION (10 points):

Explain why you work it, using Generation and Control cycle.

Earth to tonify Spleen and tonify its child: Metal

Metal: to tonify the deficient Lung and tonify Water (backpain). Metal also will control Wood.

will support the Yin aspect of the Body: Lung and Spleen. Also work the deficient Shu points: Lu, Ht, and Ki.

Session Choreography (8 points):

In which order will you work the meridians, which specific techniques will you use in your session to tonify, disperse and bring balance? Where will you apply stretches and zone work?

I will work in the order of Generation cycle: E - M - Water. As I work Metal I will also do stretches for HT: to disperse; and stretches for TE: to draw energy to TE. With these Fire stretches energy will be drawn from the Wood excess to the next phase: Fire.

In working BL special attention for the deficient Shu points: BL 13, 15, 23.

Stretches for the lower back: in supine fold both legs over the abdomen.

Also do stretches in supine to the sides to release Wood.