

# Health Intake Form

## *Your Fertility Archetype Assessment*

**Step One:** *please check the boxes in front of any symptoms you currently experience, or have experienced in the past 60 days.*

### I. Liver/Gallbladder (Frustrated--Stagnant)

- Blurry Vision
- "Floaters," "seeing spots," or other visual disturbances
- Dry Eyes
- Cataracts
- Red Eyes
- Migraine headaches
- Stress headaches
- My headaches or migraines improve when I take a vacation
- Headaches that frequently occur at the base of your skull
- Headaches effecting your eyes or temples
- Feeling frustrated
- Feeling angry
- Sensation of having a lump stuck in your throat
- Tend to have a "short fuse" or react angrily to situations
- Feeling full or distended beneath your rib cage
- Pain beneath the ribs, often worse after eating
- Right-sided pain or discomfort
- Nausea after eating fatty foods
- Depression
- Shoulder pain
- Constipation alternating with loose stools
- Have Irritable Bowel, Crohn's or Ulcerative Colitis
- Have a sour or bitter taste in your mouth
- Crave sour or bitter flavors
- Have health issues that worsen in the spring
- Grinding teeth (especially at night) or TMJ Diagnosis
- Brittle nails
- Ridges on your nails
- Inflexible muscles or tight tendons
- Difficulty making decisions/indecisive
- History of gallstones

Whole Body Fertility: Optimal Fertility in 90 Days.

- Have cold hands and feet, but the rest of my is warm enough
- Have a strong thirst for cold drinks
- Often sigh or make similar sounds when overwhelmed (work, tasks, etc)
- Yawn while talking about things you don't enjoy (even if you are not tired)
- Feeling frustrated with your partner over fertility issues
- Feeling "stuck" in a rut, in one or more areas of your life
- Feel tightly wound (may have trouble sitting still or relaxing)
- Feel cold at night
- Frequently feel warm or flushed
- I rely on caffeine to get me started in the morning

**Women:**

- Menstrual cramps
- Painful periods
- Ovarian cysts
- Uterine Fibroids
- Heavy menstrual flow on day
- Clotted blood with menses on day
- Dark red or maroon blood during period on day
- PMS
- Breast tenderness or distention before or during menses
- Constipation before menses
- Alternating loose stools and constipation with period
- Menstrual migraines
- Diagnosis of Endometriosis
- Unexplained Infertility
- Infertility due to structural or physical origin
- Difficulty conceiving
- Feel better following your menses

**Men:**

- Testicular pain after ejaculation
- Low ejaculation volume

*Continued on the next page*

## II. Spleen/Stomach (Worried/Dampness)

- Bruise easily
- Dislike damp weather and/or humidity
- Crave sweets
- Tend to feel bloated after eating starchy foods
- Tend to feel tired after eating starchy foods
- Feeling muscle weakness
- History of significant blood loss (i.e. from trauma or childbirth)
- Tend to have loose bowel movements
- Poor appetite
- Weight gain in the past six months
- Have been diagnosed with Type II diabetes or Pre-diabetes
- Frontal headaches that may your head feel full
- Have symptoms that worsen in late summer
- Sensitive to molds (environmental and dietary)
- Sensitive to mildew
- Tendency to have hives or welts (possibly as allergic reactions)
- Diagnosed at some point with Chronic Fatigue Syndrome
- Diagnosed at some point with Fibromyalgia
- Have been diagnosed with Polycystic Ovarian Syndrome (PCOS)
- Have been diagnosed with Pelvic Inflammatory Disease (PID)
- Have a strong thirst for hot or warm drinks
- Prone to yeast infections (or fungal infections)
- Prone to fungal infections (such as athlete's foot, toenail fungus, etc.)
- Feel like you are losing muscle tone (maybe even despite working out)
- Have a history of ear infections
- Have a history of antibiotic use (within the past two years)

### Women:

- Often have vaginal discharge other than during ovulation
- Light menstrual flow
- Short menstrual cycle
- Light colored or pale blood during my period
- Feeling tired after your period
- Loose stools with period
- Have been told I have a thin uterine lining

### Men:

- Watery semen with ejaculation
- Feel cold after ejaculation

### III. Kidney/Urinary Bladder (Anxious)

- Low back pain
- Knee pain
- Joint pain
- Diagnosed with arthritis
- Ringing in the ears
- Poor hearing
- Feel anxious
- Feel afraid
- Have a history of stressful periods in your life
- Do not like making changes in your life
- Decrease in libido
- Poor memory
- Frequently feel cold
- Prefer warmth over cooler temperatures
- Have health problems that worsen in the winter
- Loss of hair
- Dry or brittle hair
- Frequent urination
- History of kidney stones
- Urgent urination
- Awakening at night to urinate
- Have symptoms that worsen in the winter
- Frequently feel cold
- My stress levels are very high
- Many of my health complaints improve when I take a vacation
- My relationship with my spouse or partner causes me stress
- Work is stressful
- Feel warm at night
- Have high blood pressure
- Have a rapid heart rate, heart palpitations or skip heart beats
- Feel exhausted most of the time (rarely feel well-rested)
- Night sweats
- Difficulty sleeping because of night sweats
- I am a "night owl"
- Perspire at night
- Feel hot in my face, chest or hands
- I am a slow starter in the morning
- I am tired frequently

**(Kidney pattern continued)**

**Women:**

- Hot flashes

**Men:**

- Difficulty ejaculating  
 Tired or sore back after ejaculating  
 Difficulty obtaining or sustaining an erection

*-End of intake form-*

**Step Two:** *go back through your results and tally up the total number of checks in each category--ex. Liver 12, Spleen 9, Kidney 8.*

- The category with the **most checks** will represent your **primary imbalance**.
- The category with the **next highest number** of checks is your **secondary imbalance**.
- The **third** category is less significant, but it still supports the health of category two.

**Step Three:** *read specific details about your Fertility Archetype, in order of importance, in Chapter 30 of the WBF book.*

*This will assist you in customizing your own **fertility action plan**, based upon your own specific patterns of imbalance.*