



WHAT'S YOUR FERTILITY TYPE?

Answer the following questions.
Enter 1, 2, or 3 into the box if the answer is Yes.
1 for mild, 2 for moderate, 3 for severe.
Leave it blank if the answer is No.
Calculate the total for each type.
The type with the most points is your dominant pattern.

YIN TYPE

- Do you have night sweats?
- Do you have lower back weakness, soreness, or pain, or knee problems?
- Do you have ringing in your ears or dizziness?
- Is your hair dry or prematurely grey?
- Do you have vaginal dryness?
- Is your mid-cycle fertile cervical mucus scanty or missing?
- Do you have dark circles under your eyes?
- Are you prone to hot flashes?
- Do you wake up in the middle of the night or are you restless sleeper?
- Do your hands and feet tend to be hot or sweaty?
- Do you have a red face?
- Are you thin?

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Total

SPLEEN TYPE

- Are you often fatigued?
- Have you been diagnosed with hypothyroidism or low progesterone levels?
- Do you feel cold a lot of the time or have cold hands and feet?
- Do you need a lot of sleep?
- Do you gain weight easily?
- Do you feel bloated or low energy after eating?
- Do you crave sweets?
- Do you have loose stools?
- Are you prone to feeling heavy, sluggish, or foggy headed?
- Do you bruise easily?
- Do you have poor circulation?
- Do you have spotting before your period starts?

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Total



BLOOD TYPE

- Are your periods very light?
- Do you have dry skin?
- Are your hair or fingernails dry or brittle?
- Do you have diminished nighttime vision, not like driving at night?
- Do you see floaters in your vision?
- Is your face pale?
- Do you get dizzy if you stand up quickly?
- Do you have trouble falling asleep?
- Are you tired?
- Are you a vegetarian?
- Do you have a light menstrual flow or a short period (shorter than 3 days)?
- Do you get weepy premenstrually?

Total

LIVER TYPE

- Do you feel tense, irritable, overwhelmed, or generally stuck?
- Do you become irritable before your period?
- Do you feel bloated or irritable around ovulation?
- Do you have a lot of premenstrual breast distention or pain?
- Does your menstrual blood contain clots?
- Do you have endometriosis or fibroids?
- Are your periods painful?
- Do you alternate between loose stools and constipations?
- Do you sigh a lot or grind your teeth at night?
- Do you have tense muscles?
- Does regular exercise make you feel better and keep you sane?
- Does your period stop and start again?

Total

DAMP TYPE

- Do you often feel tired and sluggish or foggy headed?
- Do you have fibrocystic breasts?
- Do you have cystic acne?
- Does your menstrual blood contain mucous?
- Are you prone to yeast infections?
- Do your joints ache?
- Do you have trouble controlling your weight?
- Do you have sinus problems or seasonal allergies or often feel mucus-y?
- Do your hands and feet swell?
- Do your arms and legs feel heavy?
- Do you feel bloated?
- Have you been diagnosed with PCOS or endometriosis?

Total