

Immune System Body-Feedback Assessment Form

Please rate 0 = never, 1 = sometimes, 2 = most of the time, 3 = all of the time

Meridians Associated with the Surface Layer of the Immune System

Lung Meridian - Total score _____

Discomfort in shoulder, chest, or upper back	0	1	2	3
Concerns with skin health	0	1	2	3
Concerns with overactive immune system	0	1	2	3
Concerns with shortness of breath	0	1	2	3
Feelings of low self-esteem	0	1	2	3
Feelings of grief or sadness	0	1	2	3

Large Intestine Meridian - Total score _____

Discomfort in low back in AM or hip joint	0	1	2	3
Concerns with digestive flora or colon	0	1	2	3
Concerns with sinus congestion or allergies	0	1	2	3
Concerns with loose stools or constipation	0	1	2	3
Difficulty letting go emotionally	0	1	2	3
Feeling stuck or blocked	0	1	2	3

Stomach Meridian - Total score _____

Discomfort in the throat or neck	0	1	2	3
Concerns with initial stages of digestion	0	1	2	3
Concerns with acid reflux or sour stomach	0	1	2	3
Concerns with thyroid function	0	1	2	3
Feeling spacey or distracted	0	1	2	3
Feeling easily over-stimulated	0	1	2	3

Spleen Meridian - Total score _____

Discomfort in upper back or left side only	0	1	2	3
Concerns with low energy and muscle tone	0	1	2	3
Concerns processing carbohydrates or sugars	0	1	2	3
Craves sugar and starchy foods	0	1	2	3
Feeling over-protective or worried	0	1	2	3
Feeling emotionally insecure	0	1	2	3

Meridians Associated with the Middle Layer of the Immune System

Pericardium Meridian - Total score _____

Discomfort in rib cage or back of hip	0	1	2	3
Concerns with metabolism and weight	0	1	2	3
Concerns with blood sugar and insulin	0	1	2	3
Concerns with stress hormones	0	1	2	3
Feeling manic or over-zealous at times	0	1	2	3
Having lack of direction	0	1	2	3

Triple Burner Meridian - Total score _____

Discomfort in joints in general or hairline	0	1	2	3
Concerns with fluid retention	0	1	2	3
Concerns with lymph system	0	1	2	3
Concerns with chronic infections	0	1	2	3
Feeling emotionally repressed	0	1	2	3
Feeling overly bound to rules	0	1	2	3

Gallbladder Meridian - Total score _____

Discomfort in tendons or outer thigh/hip	0	1	2	3
Discomfort in the temples or side of head	0	1	2	3
Difficulty digesting fats or heavy meals	0	1	2	3
General muscles tightness all over	0	1	2	3
Feeling misunderstood or fearing change	0	1	2	3
Feeling emotionally detached	0	1	2	3

Liver Meridian - Total score _____

Discomfort in the right side of ribcage	0	1	2	3
Wakes up with discomfort in head	0	1	2	3
Concerns with detoxing	0	1	2	3
Sensitive to environmental chemicals	0	1	2	3
Feelings of anger or frustration	0	1	2	3
Feeling overly sensitive	0	1	2	3

Meridians Associated with the Deepest Layer of the Immune System

Heart Meridian - Total score _____

Discomfort in jaw, left shoulder, or sacrum	0	1	2	3
Concerns with sleep cycle and feeling rested	0	1	2	3
Concerns with heart or cardiovascular system	0	1	2	3
Concerns with nightmares or bad dreams	0	1	2	3
Feelings of anxiety	0	1	2	3
Feelings of melancholy or general sadness	0	1	2	3

Small Intestine Meridian - Total score _____

Discomfort in knees, jaw, or abdomen	0	1	2	3
Concerns with absorbing nutrients	0	1	2	3
Concerns with excessive bloating	0	1	2	3
Concerns with recurring infections	0	1	2	3
Feeling self-critical	0	1	2	3
Being obsessed with details	0	1	2	3

Urinary Bladder Meridian - Total score _____

Discomfort of entire back or head, or ankle	0	1	2	3
Sensitive to stress or over responds to stress	0	1	2	3
Concerns with the nervous system	0	1	2	3
Concerns with bladder function	0	1	2	3
Feeling indecisive or ambivalent	0	1	2	3
Physically or emotionally inflexible	0	1	2	3

Kidney Meridian - Total score _____

Discomfort in low back in PM or inner thigh	0	1	2	3
Concerns with hormonal balance	0	1	2	3
Concerns with bone or teeth health	0	1	2	3
Concerns with aging or feeling old	0	1	2	3
Feeling betrayed or holding grudges	0	1	2	3
Feeling over-controlling	0	1	2	3