



BODY-FEEDBACK for Health, LLC

Confidential Health History

Name _____

Please Check All That Apply

METAL ELEMENT

- Frequent colds, rhinitis, or sinusitis
- Allergies, asthma, or autoimmune conditions
- Frequent cough, post-nasal drip, or congestion
- Dry skin or sensitive skin
- Hives, eczema, or rashes
- Constipation, loose stools, irregular bowels
- Colon polyps or history of any type of cancer
- Low back or hip pain worse in the morning
- Shortness of breath or exercise induced asthma
- Cold sores or herpes or other viral infections
- Easily disappointed or offended
- Sadness, low self-esteem, or excessive grief

EARTH ELEMENT

- Muscle weakness or lack of strength
- All over puffiness or water retention
- Bruises easily, varicose, or spider veins
- Low energy or fatigue after eating
- Hypo or hyper thyroid function
- Indigestion, bloating, or gas
- Craves sugar, sweets, or carbohydrates
- Neck pain or left sided pain in body
- Diabetes, pre-diabetes, or hypoglycemia
- Pain that worsens with cold or damp weather
- Headaches or migraines triggered by weather
- Easily worried or upset with changes or obsessive

WATER ELEMENT

- Frequent, urgent, or difficult urination
- Swollen or puffy ankles or feet
- Low energy or needs more than 8 hours sleep
- Low libido, sex drive, or reduced sexual function
- Kidney stones, disease, or dysfunction
- Forgetful or poor short term memory
- Low back pain worse at end of day
- Headaches or migraines triggered by fatigue or hormone changes
- Adrenal or thyroid dysfunction (hyper or hypo)
- Scoliosis, osteoarthritis, osteoporosis, osteopenia
- Hormonal imbalances or endocrine dysfunction
- Fearful, depression, or lack of motivation

FIRE ELEMENT

- Insomnia, difficulty sleeping, or waking early
- Excessive dreaming or nightmares
- Dry skin and increased desire for fluids
- Heart palpitations or irregular heartbeat
- Easy flushing, red type acne, dislike heat
- Hot flashes or night sweats
- Heart disease or family history of
- Anxiety, restlessness, panic attack, or mind racing with physical exhaustion
- High blood pressure or Low blood pressure
- Pain in sacrum, SI joint, or tailbone
- Mouth sores, bleeding gums, or burning tongue
- Headaches triggered by heat or excessive sun

WOOD ELEMENT

- Muscle tension, cramps, tightness
- Sensitive to noise, strong odors, and tastes
- Dry, red, or weak eyes
- Coarse or brittle hair or nails or premature gray hair
- Tendon, ligament, or meniscus weakness or pain
- Fibromyalgia or all over joint pain
- Numbness and tingling with sleep or inactivity
- Seizures, tremors, or Parkinson's
- Pain or tightness in right shoulder or side of neck
- Bloating, diarrhea, or stomach pains after eating
- Headaches or migraines triggered by stress
- Anger, irritability, or easily frustrated

MINISTERIAL FIRE ELEMENT

- High-pitched ringing or congestion in the ears
- Headaches or migraines that move around in head
- Swollen lymph nodes or chronic infections
- Chronic sinus or ear congestion
- Stiff movements or general tightness
- Belching, burping, or heartburn
- Difficulty losing weight or obesity in family
- Polycystic ovarian syndrome or ovarian cysts
- Cystic acne, boils, or cysts
- Sciatic pain or tailbone pain
- Overly optimistic or unrealistic
- Feeling oppressed or unable to make changes