

CONSTITUTION ASSESSMENT

Name: _____

Date: _____

Scoring: Give yourself 1 point for mild symptoms (1-2 events per month), 2 points for moderate symptoms (3-6 events per month), 3 points for a severe condition (7 events+ per month). If a condition doesn't apply then leave the item blank. Men and women fill out both Yin and Yang sections. For unclear items, consult your Traditional Chinese Medicine practitioner.

YIN CONSTITUTION	Mild (1)	Moderate (2)	Critical (3)	Score
1. Give yourself two Yin points, if you are a woman				
2. Do you predominantly have feminine characteristics? (Men incl.)				
3. Do you appear timid?				
4. Do you stay indoors?				
5. Easily tired? (tired from walking around the block)				
6. Are you predominantly sluggish in your behavior?				
7. Easily fall asleep when traveling by plane, train, or bus?				
8. Are you more comfortable in winter-cold compared to summer-heat?				
9. Overweight? (If yes, score 1 point for every 10 lbs. over normal weight for your sex & build.)				
10. Is food more than or just as appealing as sex? (libido question)				
11. Is your sex drive weaker than normal (1=1 interruption/mth., 2=2-4 episodes/mth. 3=no function)				
General Yin Score				
YIN: Cold Constitution	Mild	Moderate	Critical	Score
1. Is your thirst usually quenched?				
2. Do you like hot drinks more than cold drinks?				
3. Do you normally have a pale complexion?				
4. Is your urine usually plentiful and clear?				
5. Bowel movements are normally soft?				
6. Do you often have cold hands or feet? (1=sometimes, 3=always)				
7. During cold weather do you experience muscular or joint pain?*				
8. Is the skin surface of your stomach, cool or cold? (Feel with your palm, under your sternum, your stomach area)				
Cold Constitution Score				
YIN: Damp Constitution	Mild	Moderate	Critical	Score
1. Do you often feel tired?				
2. Are you overweight? (1=10 lbs., 2=20 lbs., 3=30 lbs.+)				
3. Is your complexion usually dull?				
4. Are you often sad or depressed?				
5. Do your palms sweat?				
6. Is your tongue usually glossy or greasy?				
7. Do your joints ache when its raining?				
8. Does your tongue have indentations on the side? (Look in mirror)				
Damp Constitution Score				

YIN: Deficient Constitution				Mild	Moderate	Critical	Score
1.	Do you drink fluids throughout the day?						
2.	Are you often tired but appear to have abundant energy?						
3.	Are you skinny or underweight?						
4.	Do you sweat a lot?						
5.	Do you sometimes suffer from heart palpitations						
6.	Do you have a pale complexion?						
7.	Is your tongue white or light pink without coating?						
8.	Do you experience insomnia, irritability, worry, excess thought? Circle						
Deficient Constitution Score							
Total YIN Score							
Both men & women fill out both sections.							
YANG CONSTITUTION				Mild (1)	Moderate (2)	Critical (3)	Score
1.	If you are a man, give yourself 2 Yang points.						
2.	Do you consider yourself masculine?						
3.	Are you generally self-confident?						
4.	Are you the outdoor type?						
5.	Can you work for long stints without tiring?						
6.	Do you consider yourself energetic?						
7.	Do you find it difficult to sleep when traveling by plane, train, or bus?						
8.	Are your hands often hot?						
9.	Do your feet sweat?						
10.	Do you prefer the heat of summer to the cold of winter?						
11.	Are you underweight? (Score 1 point for 10 lbs. below the normal weight for your sex and build, 2=20 lbs., 3=30+ lbs.)						
12.	Is sex better than food?						
13.	Do you consider your sex drive to be higher than normal? (Give yourself: 1 point: responsive, 2 point: strong and 3 points: very strong.)						
General Yang Score							
YANG: Hot Constitution				Mild	Moderate	Critical	Score
1.	Do you normally prefer cold drinks over warm or hot ones?						
2.	Is your complexion generally reddish?						
3.	Is your urine usually scanty and of a reddish or yellowish hue?						
4.	Are you often constipated? (Score: 1 for 1 time per wk., 2 for 2 times per wk., 3 for 3 times +)						
5.	Are your stools usually dry?						
6.	Is your tongue normally red with a yellowish coating or no coating? (Look in the mirror)						
7.	Do you suffer from frequent skin eruptions or sores?						
8.	Do you stay up past 12 midnight? (1=hr., 2=2 hrs., 3=3+ hrs.)						
Hot Constitution Score							

YANG: Dry Constitution	Mild	Moderate	Critical	Score
1. Are you often thirsty?				
2. Are your nose & throat usually dry?				
3. When you catch cold, is your cough usually dry without mucus?				
4. Do your eyes and nose often itch?				
5. Is your tongue frequently parched and dry?				
6. Is it difficult for you to gain weight?				
7. Are you often constipated? (Score: 1 for 1 time per wk., 2 for 2 times per wk., 3 for 3 times +)				
8. Is your skin usually dry?				
Dry Constitution Score				

YANG: Excessive Constitution	Mild	Moderate	Critical	Score
1. Are you usually full of energy? (always moving or doing things)				
2. Do you consider yourself to be normally high-spirited?				
3. Is the tone of your voice high-pitched?				
4. Is your complexion usually flushed?				
5. Is your blood pressure higher than normal? (1=10 pts higher, 2=20 pts higher or 3=30pts+ higher)				
6. Are you restless and impatient?				
7. Do you suffer from constipation? (Score: 1 for 1 time per wk., 2 for 2 times per wk., 3 for 3 times +)				
8. Do you have any acid regurgitation, reflux, GERD, or hiatal hernia?				
Excessive Constitution Score				
Total YANG Score				

Emotion: What emotion(s) do you experience most in your life? Circle or highlight.

Anxiety depression anger rage fear
grief sadness worry joy hyper

Additional comments:

Scoring:

Your practitioner will score this for you. If you would like to learn how to score this aspect, then follow the procedures below. After completion of the questionnaire, first score only the main headings or the general Yin and Yang scores (don't include cold, damp, deficient, hot, dry, and excessive constitution scores in your first tally.) The first general score will allow you to see which YIN/YANG characteristic is predominant. Note: No one is completely YIN or YANG. Therefore a score of 0 for a YIN score for a man is not realistic. We are both with a predominance in one area. You can be a man who enjoys sex, outdoor life, etc. and still you will not have a 0 score.

🕒 Sub Body Type Criteria 🕒		
1-4 points-Mild indicator	5-7 points-Moderate indicator	8+ points-Critical indicator

Score your body constitution:

Once each area has been scored, add the cold, damp, and deficient scores to your YIN score. Then add the hot, dry, and excessive measures to your YANG score. Usually, most people will find their YIN/YANG scores will more or less be equal.

The point of this survey is to determine your general tendencies. This will help you correct current choices, which contribute to imbalance. Before deciding what diet is best for you, climate factors need to be considered. For instance, if you have a 23 YIN score and a 18 YANG score, you might be tempted to add onion, pepper, or garlic in your diet for the heating effects. This would be a mistake. Summer also counters YIN or cold deficiencies in your body. Those hot choices would tip you on the scales on the YANG side. Here is a table to factor in the seasons relative to your food choices: (next page)

YIN & YANG Effects of Climate

Spring	Cool summer	Hot Summer	Summer end (Sept., Oct.)	Autumn	Warm winter	Cold winter
3 Yang pts	5 Yang pts	8 Yang pts	0 pts	3 Yin pts	5 Yin pts	8 Yin pts

Add these scores to your total Yin/Yang scores for a more complete picture of your current constitution health.

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In modernized countries, food choice according a food’s characteristics is not even considered relative to maintaining body balance and your health. Finally, if your Yin & Yang scores are obviously different then a slight adjustment in your food choices is recommended. Try to include more offsetting or balancing foods in your diet.



Rule of thumb: Increase your intake of Yin or Yang, cool or warm foods by 10 % for every five point spread on your total Yin/Yang scores. Include more warming, drying or nourishing foods if your score indicates you are a cold, damp, or deficient constitution. If the season is winter, eat a little more cold or cooling food if you are the hot, dry, or excessive type, or it is summer.

Health improving, food choices, need to be selected based on personal constitution, time of year, and the nature of your imbalance. Once you have a clear picture of your health, then you can choose your diet with awareness of the cooling or warming properties of foods, their taste, element and whether they lubricate or constrict.

Next, we will look at your food choices and how they relate to these prior mentioned characteristics.

Based on the scoring and special circumstances, I will send you:

"Are the Foods You're Eating, Killing You?"
"Foods to Avoid and Foods That Benefit Your Health!"

The report is customized to support your general constitution requirements.

For complaints such as cancer, diabetes, heart disease, obesity, and hormonal disorders, please consult, in detail, with your practitioner.