



Vibrant Living Wellness

*It's Your Life... Live It In Health!*

## 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?


Total 

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### 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?


Total 

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### BLOOD TYPE

Are you periods very light?	0	
Do you have dry skin?	0	
Are your hair or fingernails dry or brittle?	0	
Do you have diminished nighttime vision, not like driving at night?	0	
Do you see floaters in your vision?	0	
Is your face pale?	0	
Do you get dizzy if you stand up quickly?	0	
Do you have trouble falling asleep?	0	
Are you tired?	0	
Are you a vegetarian?	0	
Do you have a light menstrual flow or a short period (shorter than 3 days)?	0	
Do you get weepy premenstrually?	0	
Total		0

### LIVER TYPE

Do you feel tense, irritable, overwhelmed, or generally stuck?	0	
Do you become irritable before your period?	0	
Do you feel bloated or irritable around ovulation?	0	
Do you have a lot of premenstrual breast distention or pain?	0	
Does your menses blood contain clots?	0	
Do you have endometriosis or fibroids?	0	
Are your periods painful?	0	
Do you alternate between loose stools and constipations?	0	
Do you sigh a lot or grind your teeth at night?	0	
Do you have tense muscles?	0	
Does regular exercise make you feel better and keep you sane?	0	
Does your period stop and start again?	0	
Total		0

### DAMP TYPE

Do you often feel tired and sluggish or foggy headed?	0	
Do you have fibrocystic breasts?	0	
Do you have cystic acne?	0	
Does your menstrual blood contain mucous?	0	
Are you prone to yeast infections?	0	
Do your joints ache?	0	
Do you have trouble controlling your weight?	0	
Do you have sinus problems or seasonal allergies or often feel mucus-y?	0	
Do your hands and feet swell?	0	
Do your arms and legs feel heavy?	0	
Do you feel bloated?	0	
Have you been diagnosed with PCOS or endometriosis?	0	
Total		0