



Why Can't I Get Pregnant? A Questionnaire of Discovery (for Men)

Name:

*Natures differ,
And needs with them,
Hence the wise men of old
Did not lay down
One measure for all.
- Chuang Tse, 4th century B.C.*

DIAGNOSIS

KIDNEY DEFICIENCY/ YIN (Ki Yin-)

YES

NO

Do you have lower back weakness, soreness or pain, or knee problems?

Do you have ringing in your ears or dizziness?

Is your hair prematurely gray?

Do you urinate frequently?

Do you have dark circles around or under your eyes?

Do you have night sweats?

Are you prone to hot flashes?

Would you describe yourself as afraid a lot?

Have you been diagnosed with low sperm count or motility?

Is your semen thick and/or sticky?

KIDNEY DEFICIENCY/ YANG (Ki Yang-)

YES

NO

Do you have lower back pain?

Is your lower back sore or weak?

Are your feet cold, especially at night?

Are you typically colder or hotter in nature than those around you?

Is your libido low?

Are you often fearful?

Do you wake up at night or in early morning because you have to urinate?

Do you urinate frequently, and is the urine dilute and/or profuse?

Do you have early morning loose, urgent stools?

Are you experiencing weakened ejaculation?

Are you prone to impotence?

Do you have low sperm count?

Have you been diagnosed with low sperm motility?

Do you experience seminal emissions?

SPLEEN DEFICIENCY (Sp-)

YES

NO

Are you often fatigued?

Do you have a poor appetite?

Is your energy lower after a meal?

Do you feel bloated after eating?

Do you crave sweets?

Do you have loose stools, abdominal pain, or digestive problems?

Are your hands and feet cold?

Is your nose cold?

Are you prone to feeling heavy or sluggish?

Are you prone to feeling heaviness or groggy in the head?

Do you bruise easily?

Do you think you have poor circulation?

Do you have varicose veins?

Are you lacking strength in your arms and legs?

Are you lacking in exercise?

Are you prone to worry?

Have you been diagnosed with low blood pressure?

Do you sweat a lot without exerting yourself?

Do you feel dizzy, lightheaded, or have visual changes when you stand up fast?

Are you often sick or do you have allergies?

Do you see dark spots in your eyes?

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Have you been diagnosed with any vascular abnormality or
blood clotting disorder?

Have you been diagnosed with a condition called varicocele?

Do you have poor sperm morphology?

LIVER QI STAGNATION (Lv Qi X)

YES **NO**

Are you prone to emotional depression?

Are you prone to anger and/or rage?

Are your pupils usually dilated and large?

Do you have difficulty falling asleep at night?

Do you experience heartburn or wake up with a bitter taste in your mouth?

Do you have difficulty ejaculating?

Are you experiencing impotence?

Is your libido low?

Do you drink alcohol?

Do you use pharmaceutical or recreational drugs?

Do you have morphology issues (sperm deformities)?

HEART DEFICIENCY (Ht-)

YES **NO**

(Often associated with heat signs)

Do you wake up early in the morning and can't get back to sleep?

Do you get heart palpitations, especially when anxious?

Do you have nightmares?

Do you seem low in spirit or lacking in vitality?

Are you prone to agitation or extreme restlessness?

Do you fidget?

Is the tip of your tongue red?

EXCESS HEAT (^H)

YES **NO**

Is your pulse rate rapid?

Are your mouth and throat usually dry?

Are you thirsty most of the time?

Do you crave icy, cold drinks?

Do you often feel warmer than those around you?

Do you wake up sweating?

Do you break out with red acne (especially premenstrually?)

DAMPNESS (D)

YES

NO

(Includes Phlegm - condensed dampness)

Do you feel tired and sluggish after a meal?

Do you have cystic or pustular acne?

Do you have urgent, bright, or foul smelling stools?

Do your joints ache, especially with movement?

Are you overweight?

DAMP HEAT (DH)

YES

NO

Do you have signs of heat and/or dampness as indicated earlier?