

American Integrative Medicine, LLC

Chinese Element Questions

Please read these questions carefully and answer with the first thought that comes to mind. These answers are used for your acupuncture sessions to determine your main chinese element and meridian. Thank you.

What is your favorite color?	blue/green	red	yellow	white	black
what is your favorite flavor?	sour	sweet	spicy	salty	
What is your favorite season?	spring	summer	harvest	autumn	winter
How would you describe your voice?	shouting	laughing	singing	weeping	moaning
When you become upset do you?	hold resentment	become manic	worry	become depressed	become fearful
What is your main personality trait?	anxious	joyful	thoughtful	sad	willful
What element are you most vulnerable to?	wind	heat	damp	dryness	cold
What body tissue do you have the most problems with?		blood	lungs	bones	
What is your dominant sense?	vision	taste	touch	smell	hearing
What is your most active of the day?	11p-1a	11a-1p 1a-3a 7p-9p 9p-11p	7a-9a 1p-3p	3a-5a 9a-11a	5p-7p