

Yin, Yang and QI balance, or imbalance can affect how well your body functions and how you feel physically and emotionally. The survey below will help determine possible deficiencies and whether you should be taking YIN, YANG, or QI- MASTER to help support your body's healing and balance. Please put a number from 0 to 10 in the space before each symptom. (10 being the highest, 0 being none) Add up the numbers when finished. **Results:** Your score represents the amount of deficiency present and the proportion of each formula to use. Ex: If numbers are equal you would use equal amounts of the formulas. If Yin score is 100 and Yang is 50, you would use twice as much Yin formula as Yang. All 3 formulas can be used in the proportion of the deficiency shown by your score. **Dosing:** 1-20 drops in water. Yin water should be used in the afternoon after 1pm on. Yang water should be used in the morning before 1pm. Start with lower amount and increase as needed.

YIN DEFICIENCY SYMPTOMS:

- | Total: | Dose: |
|--|-------|
| __ Poor memory | |
| __ Dizziness | |
| __ Tinnitus | |
| __ Vertigo | |
| __ Sore Low Back | |
| __ Insomnia | |
| __ Anxiety | |
| __ Heart palpitations | |
| __ Uneasiness | |
| __ Irritability | |
| __ Headaches | |
| __ Dry cough | |
| __ Tickly throat | |
| __ No Appetite | |
| __ Low hunger or desire to eat | |
| __ Stomach pain | |
| __ Hot flashes | |
| __ Night sweats | |
| __ Feel edgy/defensive | |
| __ Wake frequently or early morning | |
| __ Feeling less reserved, stand up for self more (women) | |

QI DEFICIENCY SYMPTOMS:

- | Total: | Dose: |
|------------------------------------|-------|
| __ Scanty dark urine | |
| __ Dry stools | |
| __ Thirsty but no desire to drink | |
| __ Lethargy | |
| __ Dry mouth/or throat at night | |
| __ Mentally restless, but tired | |
| __ Defensive | |
| __ Spontaneous Sweating | |
| __ Frequent waking at night | |
| __ Poor Appetite | |
| __ Over extended | |
| __ Shallow Breathing | |
| __ Red cheeks | |
| __ Blurring Vision | |
| __ General Weakness | |
| __ Pale Complexion | |
| __ Pale Tongue | |
| __ Loose Stools | |
| __ Less Energy before 1pm | |
| __ More energy after 1pm | |
| __ Sweating with exertion | |
| __ Red Tongue | |
| __ Numbness of Limbs | |
| __ Most symptoms at night | |
| __ Weak Voice, reluctance to speak | |

YANG DEFICIENCY SYMPTOMS:

- | Total: | Dose: |
|--------------------------------------|-------|
| __ Sore Low back | |
| __ Cold limbs | |
| __ Impotent | |
| __ Weak legs | |
| __ Irritable bowel | |
| __ Water Retention In Legs | |
| __ Poor Appetite | |
| __ Headaches, back of head | |
| __ Loose Stools | |
| __ Get up at night to urinate | |
| __ Sexual Dysfunction | |
| __ Osteoporosis | |
| __ Premature Ejaculation | |
| __ Weak back | |
| __ Chronic Vaginal Discharge | |
| __ Dizziness | |
| __ Loose Teeth | |
| __ Dislike Cold | |
| __ Adrenal Fatigue | |
| __ Graying of hair | |
| __ Hypothyroid | |
| __ Day Sweating | |
| __ Depression | |
| __ Hair Loss in Women | |
| __ Day Sweats | |
| __ Spontaneous Sweating | |
| __ Light colored tongue | |
| __ Mild anxiety | |
| __ No Period | |
| __ Mild activity shortness of Breath | |
| __ Cold hands right before period | |
| __ Loose Stools | |
| __ Feeling oppression in chest | |
| __ Fatigue | |
| __ Weakness of Knees | |
| __ Undigested Food | |
| __ Lack of Joy | |
| __ Cold hands/feet | |
| __ Most symptoms before 1 pm | |

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