

## Allergy Questionnaire

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email address: \_\_\_\_\_ Gender: \_\_\_\_\_

**Instruction:** If the answer is "yes", circle the symptom(s) or what you are allergic to. Then circle the score on the right. Add up the score of each line to come up with the total score.

- 1) Do you have the following symptoms of "hay fever"?
- Nose: sneezing, nasal congestion, running nose, postnasal dripping, itchy on the roof of mouth,  
itchy nose, whitish mucus, relieved by medication. ----- **20**
- Eyes: itchy, redness, excess tears, relieved by medication or eye drops. ----- **15**
- Lungs: whitish sputum, wheezing, cough, relieved by inhaler or other medication. ----- **15**
- General: headache, lack of focus, low energy, and poor sleep. ----- **5**
- 2) Do you have hives / bumps, patches or welts on the skin due to medication, food, chemical, etc. --- **10**
- 3) Do you have eczema or psoriasis? Symptoms: itchy, oozing, poor sleep, bleeding, scaly flakes, etc.-- **10**
- 4) Are you allergic to cat or dog (pet's dander)? ----- **10**
- 5) Are you allergic to mold? ----- **10**
- 6) Are you allergic to dust? ----- **10**
- 7) Are you allergic to certain chemicals (e.g. shampoos, cosmetics, detergents, perfume, etc.)? ----- **10**
- 8) Are you allergic to certain food (wheat, rye, barley, milk, egg, nuts, fish, shellfish, soy, etc.)? ----- **10**
- 9) Does the condition run in family? ----- **10**
- 10) Do you have the condition for more than 3 months or have two consecutive years for seasonal  
or all-year-round condition? ----- **15**

**Total Score** \_\_\_\_\_

*(Please turn over)*

- **If the final score is 50 or below:** You need acupuncture or Chinese herbal therapy on an as needed basis or when symptoms flare up.
- **If the final score is 60 to 80:** Preventive treatment of acupuncture and/or Chinese herbal therapy are recommended. Please consult your provider for individualized treatment modality and frequency.
- **If the final score is 80 or above:** Active treatment is recommended. Herbal patches applied on acupuncture points on the back, in a series of 3 sessions approximately 10 days apart, will be used to stimulate and balance immune response. This is done yearly for three consecutive years. This proven ancient method is very effective in managing allergy and asthma symptoms and preventing recurrence. Please consult your provider for further details and questions.