**First**: please fill this form online: <https://docs.google.com/forms/d/e/1FAIpQLSdFWT30iTWhIRDuqiixm4C3YbodVm40E7BekhnBiFHtGSsyxg/viewform>

**Second**: write your major and minor problems in recent one month:

Major Problems and Symptoms: (please list in priority sequence)

Minor Problems/Symptoms: (list all of what you have in the recent one month)

* X
* X
* X
* X
* X
* X

**Third**: List any Emotional Issues or symptoms:

For example: uncontrolled crying, sadness, worry, overthinking, scary, uncontrolled laughing, hot temper, etc. emotional eating/food craving, etc.

Please take a look at these information: http://www.eheclinic.com/information

* + Emotional vs Physical Hungry
  + The Seven Emotions in Traditional Chinese Medicine
* Thinking about the following, and we will discussion those in the pulse counselling sessions. The purpose is to find and remove the negative emotional roots that usually are the really cause of physical problems and immune system problems.
  + Serious Childhood and past negative experiences, any solutions? what I need to do for recovery form negative experiences?
  + Is there any dreams that have been repeated, or different, or special, etc.