

Clinical Evaluation Form for SanFu Tie**Adult Female Assessment**

Palmers Green Acupuncture Centre, 373 Green Lanes, N13 4JG, Tel: 02046180410

Patient Name: _____ Gender: _____ DOB: ____/____/____ Tel: _____

Part 1: SANFU THERAPY SCORE™

SECTION 1 – RESPIRATORY HEALTH & QI Respiratory Score: _____ / 18

1. Colds per year ☐ 0 – 1 times(0) ☐ 2 – 3 times(1) ☐ 4 – 6 times(2) ☐ > 6 times (3)
2. Allergic rhinitis / hay fever ☐ No(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ All year round (3)
3. Blocked / runny nose ☐ No(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Daily(3)
4. Chronic cough / shortness of breath ☐ No(0) ☐ Occasionally(1) ☐ > 3 months(2) ☐ Long-term (3)
5. Asthma diagnosis ☐ No(0) ☐ Mild(1) ☐ Moderate(2) ☐ Severe (3)
6. Winter worsening ☐ No(0) ☐ Slightly(1) ☐ Frequently(2) ☐ Significantly (3)

SECTION 2 – DIGESTIVE & GYNAECOLOGICAL HEALTH Digestive & Gynaecological Score: _____ / 18

7. Menstrual pain relieved by warmth ☐ Never(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Every period (3)
8. Cold drinks/foods upset stomach or cause menstrual cramps ☐ Never(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Always(3)
9. Scant, dark menstrual blood or blood clots ☐ Never(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Every period (3)
10. Loose stools / diarrhoea during period ☐ Never(0) ☐ Occasionally(1) ☐ Weekly(2) ☐ Frequently (3)
11. Bloating after eating / Water retention ☐ Never(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Daily (3)
12. Appetite quality ☐ Good(0) ☐ Average(1) ☐ Poor(2) ☐ Very Poor (3)

SECTION 3 – YANG, IMMUNITY & BLOOD Yang & Blood Score: _____ / 18

13. Cold hands / feet / lower back ☐ Never(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ All year round (3)
14. Feeling colder than others / intolerance to AC ☐ Never(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Always (3)
15. Preference for hot drinks ☐ No(0) ☐ Sometimes(1) ☐ Often(2) ☐ Always(3)
16. Tired easily / Lack of energy after menstruation ☐ No(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Daily (3)
17. Poor sleep / Dream-disturbed sleep ☐ No(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Long-term (3)
18. Run down / Pale complexion / Low immunity ☐ No(0) ☐ Occasionally(1) ☐ Frequently(2) ☐ Constantly (3)

SECTION 4 – PAIN & COLD-DAMP BI-SYNDROME Pain & Joint Score: _____ / 18

19. Neck, shoulder, or upper back stiffness / aches (Worsened by office desk work) ☐ Never (0) ☐ Occasionally (1) ☐ Frequently (2) ☐ Chronic/Severe (3)
20. Chronic lower back weakness, soreness, or post-partum joint discomfort. ☐ Never (0) ☐ Occasionally (1) ☐ Frequently (2) ☐ Chronic/Severe (3)
21. Joint discomfort or heavy sensation in limbs (Knees, ankles, or hips) ☐ Never (0) ☐ Occasionally (1) ☐ Frequently (2) ☐ Chronic/Severe (3)
22. Pain significantly triggered or worsened by AC (Air Conditioning) or cold drafts ☐ Never (0) ☐ Occasionally (1) ☐ Frequently (2) ☐ Always (3)
23. Pain / stiffness significantly worsened during rainy, humid, or damp weather ☐ Never (0) ☐ Slightly (1) ☐ Frequently (2) ☐ Significantly (3)
24. Pain characterised as fixed, stabbing, or significantly worse at night/winter ☐ No (0) ☐ Slightly (1) ☐ Frequently (2) ☐ Constantly (3)

Part 2: YOUR RESULTS & CLINICAL RECOMMENDATIONS: How to read your overall results:

Condition 1: If ANY category scores above 10 ☆ You are a strong candidate for Sanfu Therapy.

Condition 2: If TWO categories score above 7 ☆☆ You are highly suitable for a combined treatment programme.

Condition 3: If UP TO THREE categories score above 7 ☆☆☆ Highly Recommended: Complete Winter Disease Prevention Programme. (Includes: Sanfu Plasters, Specific Acupuncture, Cupping, Herbal Foot Steam Therapy, and Personalised Warming Tea).

Why Timing Matters: The Biological Window for Healing

The core philosophy of Sanfu Therapy lies in TCM's Chronomedicine (天人合一)—synchronizing human healthcare with nature's seasonal cycles.

Modern science proves that our body operates on profound circadian and seasonal biological clocks. The Sanfu period (the peak of mid-summer) marks the absolute annual peak of your body's circulation, cellular metabolic rate, and open pores. Think of it as nature's ultimate "Open Window" for cellular absorption.

During these specific weeks, your body's internal natural healing response is at its maximum potential. Applying the highly concentrated herbal plasters precisely during this peak window allows the warming therapeutic ingredients to penetrate the deepest layers of your systems, neutralizing deep-rooted chronic cold-dampness that usually triggers winter flare-ups.

Because this biological "treatment window" opens only once a year for a limited number of days, clinic slots and freshly formulated herbal batches must be strictly scheduled. Once the Sanfu window closes, this specific systemic reset cannot be replicated until the following year.

WANT A PERSONALISED TREATMENT PLAN?

If you would like a more detailed assessment and personalised recommendations, we offer a FREE £30 Initial Consultation during the Sanfu season.

Spaces are extremely limited during the Sanfu peak period.

To book your consultation, please call the clinic or send this form back to us on WhatsApp 0044-7946588587 with: "SANFU MAN" and our team will fast-track your booking.

CLINICAL GUIDANCE: SAFETY & AFTERCARE (Condensed Version)

1. Application Time. 1). Adults: 2 to 4 hours. Remove patches immediately if the burning sensation becomes intense or unbearable. Do not force yourself to endure it. 2). Children: 30 minutes to 1 hour. Monitor closely; remove immediately if crying or highly red.

2. Expected Skin Reactions. 1). Redness & Warmth (Normal): Mild tingling, itching, or temporary pigmentation marks are standard signs of active absorption. Marks fade within weeks. 2). Blisters (TCM Response): Small blisters may form if you have deep internal dampness. Do not scratch. Apply aloe vera gel or burn ointment to heal naturally. For large blisters, do not pop them yourself—contact our clinic for sterile drainage.

3. Strict Contraindications (Do NOT treat if you have): 1). Severe skin allergies, open wounds, eczema, or dermatitis at the site. 2). Acute fever (above 37.5°C), severe sore throat, cold, or flu symptoms. 3). Pregnancy, or age under 2 years. 4). Severe cardiac /pulmonary insufficiency, active TB, or malignant tumors.

4. Aftercare & Diet. 1). Showers: No cold showers/baths on treatment day. Warm showers are allowed 2 hours after patch removal. Avoid scrubbing the site. 2). Diet: Eat lightly. Strictly avoid raw/cold food, seafood, spicy/greasy dishes, and triggers like beef or goose to prevent skin itching.

EMERGENCY CLINICAL SUPPORT

For any unexpected skin discomfort or questions, WhatsApp a photo and message to 07946588587 or call the clinic directly for immediate guidance.

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