

Traditional Treatments - Basal Body Temperature Chart

Month:		Time																																											
		Acupuncture								Acupuncture																																			
Day of Cycle		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36								
T e m p e r a t u r e	37.0																																												
	36.9																																												
	36.8																																												
	36.7																																												
	36.6																																												
	36.5																																												
	36.4																																												
	36.3																																												
	36.2																																												
	36.1																																												
	36.0																																												
	35.9																																												
35.8																																													
S y m p t o m s	Period / Fertile Mucus																																												
	Pain																																												
	Mood / Energy																																												
	Digestion																																												
	Intercourse																																												
YIN TONICS																YANG TONICS																													

Period
 + Light flow
 ++ Medium flow
 +++ Heavy flow
 ++++ Very Heavy Flow
 Cl Clotting

Pain
 Cr (1 to 10) Cramps
 BC Breast Changes
 BP Back Pain
 Ha Headache

Mood / Energy
 S (↑ or ↓) Stress
 BS Broken Sleep
 Tf Tearfulness
 Ir Irritability
 EL Energy Low

Digestion
 C / D Constipation / Diarrhoea
 Bl Bloating
 Ap (↑ or ↓) Appetite

Fertile Mucus Texture
 W Wet
 E Egg Whitish

Pills	Powder
#1 _____ pills 3 x day	Phase I _____
#2 _____ pills 3 x day	Phase II _____
#3 _____ pills 3 x day	Phase III _____
	Phase IV _____