

Name _____

Check the circle next to the condition that you currently have or have occasionally.

Group 1

- Various sorts of skin eruptions
- Weak nerves, nervousness
- Always frightful
- Weak eyesight
- Red eyes, dull eyes with no life force
- Throbbing pain above the eyes
- Lethargy or mental dullness
- Lacking motivation in life
- Diabetic
- Systemic aches and pains
- Muscle cramps
- Weak, flaccid muscles
- Weak heart muscles
- Overall negative attitude about life
- Always suspicious
- Cynical, critical of others
- Lack of trust = typical "doubting Thomas"
- Difficult time handling any type of stress
- Heart and kidney problems

Group 2

- Shen* disturbance = severe mood swings, bad temper
- Mental, emotional and physical stress
- Depression, manic-depressive condition
- Hot tempered, very hostile to others
- Nervousness, irritability, not able to pay attention
- Constipation or bloody diarrhea
- Digestive problems = flatulence (gas), indigestion, loss of appetite, vomiting
- Hard time relaxing
- Extremely jealous and insecure in relationships
- Kidney stones
- Heart problems = myocardial infarction (heart attack)
- Atherosclerosis
- Epileptic seizures
- Problems with protein metabolism
- Premature wrinkling of skin
- Insomnia
- Crave acid forming foods, especially sweets and sugars

- Lack of flexibility in joints and muscles
- Frequent headaches
- Fainting
- Stiff, tense muscles, especially the neck and shoulders
- Overall aches and pains
- Heat in the blood
- Severe foot or calf cramps (at night must get out of bed to walk and stretch muscle)
- Forgetfulness/poor memory
- Dull mind

Group 3

- Skin problems such as skin eruptions
- Very dry skin, sometimes very itchy
- Weak *wei qi*, (protective qi)
- Weakened immune system = catch colds easily and often
- Illnesses linger for prolonged periods
- Less bile secretion
- Low or no sexual drive
- Irregular menstruation often painful
- Frequent urination, extreme urge to urinate often accompanied by pain in kidney area of back
- Weakened circulation
- Weak sexual development as an adolescent
- Excessive worrying
- Irritability, agitated moods
- Manic, depressive personality
- Dizziness
- Overall general nervousness or nerve tension
- Feeling there is not enough oxygen, wants fresh air
- Stiffness or pain in joints (knees, wrists, fingers, hips, ankles)
- Muscle cramping
- Stiff neck and spine
- Lethargy and lack of motivation in life
- Lack of will power, ruled by emotions
- Very impulsive
- Craving for sweets and sometimes alcohol
- Candy, sweets and processed sugars turn into gas in body

Name _____

Check the circle next to the condition that you currently have or have occasionally.

- Overly concerned or obsessive about staying/looking young or overly
- Concerned about appearance
- Voracious appetite

Group 4

- Weak bones and spine
- Osteoporosis
- Curvature of spine in older people
- Tooth decay, jaw bone problems
- Muscle cramps and spasms in foot and legs
- Blood does not clot properly if you have a cut
- Weak lungs, especially in children
- Sweaty palms but cold feet
- Drowsiness, especially towards evening
- Dizziness, even with minimal movement
- Insomnia
- Rickets
- Nervousness
- Retarded growth, mental depression
- Lack of will power
- Short tempered, suspicious of people
- Selfish
- Sighs excessively
- Lethargy and boredom with life
- Indecisive with life, procrastinate
- Face appears bloated
- Diminished sense of smell
- Lack of muscular strength
- Increased emotional fear
- Tendency for abscesses and fevers
- Profuse sweating

Group 5

- Pimples and eczema
- Problems with bacteria, fungi, viruses, parasites
- Depression
- No goals or direction in life, no motivation
- "Poor me" syndrome
- Gout
- Arthritis, tendonitis
- Spinal problems
- Stiff sinews
- Catarrh and sinus problems

- Teeth and jawbone problems
- Poor eyesight
- Stomach problems – poor digestion of fats, sugars starches, bloating, flatulence (gas)
- Bad breath
- Hair falling out
- Dizziness
- Blisters on lip
- Cardiac problems including enlarged heart
- Lack of saliva, dry mouth, extreme thirst
- Nervous twitches
- Prolapsed colon – sluggish bowel movements, constipation
- Insomnia
- Hysterical outbursts
- Panic attacks
- Headaches in the back of head or on the top

Group 6

- Thyroid problems, goiter
- Heart and lung problems
- Slight throbbing sensation in throat
- Feeling sluggish, very lethargic
- Lack of emotional control; cry over any little thing
- Depression
- "Poor me" syndrome/why aren't things happening for me?
- Exceptionally fearful, panic attacks
- Restlessness
- Grinding of teeth
- Flabby, droopy skin
- Overall chills in body
- Cold hands and cold feet
- Digestive problems
- No creative incentive to do things
- Poor memory
- Hypoglycemia
- Breathing problems
- Poor circulation

Name _____

Check the circle next to the condition that you currently have or have occasionally.

Group 7

- Fatigue
- Lethargy
- Poor memory
- Pallor complexion
- Dry skin and hair
- Insomnia
- Dizziness
- Muscle cramps
- Aches and pains
- Amenorrhea (scanty menses)
- Weak muscles
- Floaters in eyes
- Brittle nails
- Pale lips
- Palpitations
- Dream-disturbed sleep

Group 8

- Poor memory
- Poor eyesight
- Nervousness
- Does not like to be touched
- Weak immune system, sensitive to cold drafts
- Vindictive nature, revengeful
- Ader, mean or crude personality
- Anti-social
- Constipation
- Abdominal pain after eating
- Joint and shoulder stiffness
- Bruise easily
- Moodiness, often not feel like speaking
- Gout
- Mental confusion
- Procrastinator = unable to think clearly or make own decisions
- Detests working, very lazy, no motivation
- Not able to follow instruction or directions

Group 9

- Lack of muscle tone, flabby muscles
- Sore muscles, overall aches and pains
- Muscle tremors, spasms
- Dullness of the brain
- Difficulty in making independent thought

- Procrastinator
- Follower of others
- Weak sex drive
- Absentminded
- Lethargy, fatigue
- Very moody, extreme mood swings

Group 10

- Impaired brain function, unable to think
- Abnormal and fearful thoughts
- Talk about "me" because of insecurity issues
- Continues to have "poor me" syndrome
- Reduced or lack of sex drive
- Loss of patience and tolerance
- Fear often leads to panic attacks
- Extreme fluctuations ranging from ecstatic joy and laughter to depression and periods of lethargy and constant crying
- Retarded growth in children
- Bone problems, especially soft bones
- Many fine lines on face giving impression of being older than real age

Group 11

- Suppressed immune system
- Heart and liver problems
- Physical signs of aging more pronounced

Group 12

- Dry skin and hair
- Brittle hair that breaks when brushing
- Problems with bone and teeth
- Osteoporosis
- Mental problems, depression
- Dry or wrinkled skin, problems such as acne, psoriasis, skin eruptions
- Bleeding gums
- Brittle nails, soft nails
- Stiff or swollen joints
- Hardening of the arteries
- Dry and cracked lips
- Sweaty feet
- Gout
- Vertigo
- Constantly sleeping

Name _____

Check the circle next to the condition that you currently have or have occasionally.

- Insomnia
- Incontinence of urine
- Attract negative things to you

Group 13

- Prostate problems
- White spots on nails
- Lack of taste when eating food
- Lack of smell
- Slow healing of burns and wounds
- Tendency for infection and injury
- High blood pressure
- Extreme fatigue
- Swollen prostate gland
- Dull awareness; lack of mental clarity
- Delayed sexual development
- Loss of appetite
- Poor growth
- Premature graying of head hair
- Premature loss of head hair
- Oily head hair
- Loss of head hair
- Skin problems such as acne
- Tinnitus
- Poor digestion

Group 14

- Frequent hives or rashes, eczema
- Outbreaks of Herpes I and II
- Canker sores and other skin problems
- Gum abscesses
- Gluten intolerance
- Soreness after exercising
- Constant soreness in joints

Group 15

- Malabsorption problems such as bloating or gas
- Acute food allergies
- Fungal/yeast infections
- Facial pain or facial paralysis such as Bell 's palsy

Group 16

- Diarrhea
- Abdominal cramps

- Abnormal body odors
- Asthma, bronchitis and other lung related problems
- Environmental illness (EI)
- Dizziness when bending over
- Irritability and extreme bursts of anger
- Depression
- Extreme moodiness
- Frequent nightmares
- Panic attacks
- Aggressive or violent behavior
- Chronic insomnia

Group 17

- Burping, belching and or nausea after eating
- Frequent sour taste in mouth
- Low levels of hydrochloric acid in the stomach
- Intolerance of fatty foods or spicy foods
- Gallstones
- High cholesterol level
- High levels of triglycerides
- Varicose veins
- High blood pressure
- Cardiovascular problems
- Dizziness when moving from sitting or lying down position to a standing position
- Potential Type I and II diabetes

Group 18

- Compromised immune system, vulnerable to chronic bacteria and/or viral infections
- Nephritis and other kidney diseases
- Appendicitis
- Systemic edema throughout the body
- Toxic colon buildup with severe constipation
- Ulcerated colon or colon cancer
- Hypoglycemia