## Most Frequently Diagnosed Patterns Of Imbalance

## Spleen Qi Deficiency-

• Ardoninal holaring after cating       Yes       No         • A tendency to loase stools, but possibly constipation.       Yes       No         • Cold hands and feet.       Yes       No         • Dizziness when standing up.       Yes       No         • Easy bruising.       Yes       No         • A lack of strength in the four extremities.       Yes       No         • Easy bruising.       Yes       No         • A swollen tongue with teeth marks on its edges.       Yes       No         • A swollen tongue with teeth marks on its edges.       Yes       No         • Intribuility and/or frustration.       Yes       No         • Intribuility and/or frustration.       Yes       No         • Premenstrual or perimenstrual aggravation of these symptoms.       Yes       No         • Premenstrual or perimenstrual aggravation of these symptoms.       Yes       No         • Blood Deficiency-       Yes       No       Blood Deficiency-         • Pale or dry, brittle nails.       Yes       No       Pory skin.       Yes       No         • Disquieted emotions or sense of being.       Yes       No       Pale undersidos of the cyclids.       Yes       No         • Pale ips.       Pale or dry, brottthe nails.       Yes <t< th=""><th><ul> <li>Fatigue, especially after eating meals or eating sweets.</li> </ul></th><th>Yes</th><th>No</th></t<>	<ul> <li>Fatigue, especially after eating meals or eating sweets.</li> </ul>	Yes	No
<ul> <li>A tendency to loose stools, but possibly constipation.</li> <li>Cold hands and feet.</li> <li>Yes No</li> <li>A lack of strength in the four extremities.</li> <li>Yes No</li> <li>Dizziness when standing up.</li> <li>Yes No</li> <li>A swollen tongue with teeth marks on its edges.</li> <li>Yes No</li> <li>A swollen tongue with activity at hight.</li> <li>Pale or salvo yisual activity at hight.</li> <li>Pale or salvo yi</li></ul>			
<ul> <li>Cold hands and feet. Yes No</li> <li>A lack of strength in the four extremities. Yes No</li> <li>Dizziness when standing up. Yes No</li> <li>Fasy bruising. Yes No</li> <li>A swollen tongue with teeth marks on its edges. Yes No</li> <li>Liver Depression Qi Stagnation- <ul> <li>Abdominal, rib-side, or breast distention and/or pain. Yes No</li> <li>Irritability and/or frustration. Yes No</li> <li>Premenstrual or perimenstrual aggravation of these symptoms. Yes No</li> </ul> </li> <li>Stomach Heat- <ul> <li>Increased or rapid hungering. Yes No</li> <li>Bleoding gums. Yes No</li> <li>Bleoding gums. Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Permenstrual or perimenstrual aggravation of these symptoms. Yes No</li> <li>Bleoding gums. Yes No</li> <li>Bleoding gums. Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Plead or dry, brittle nails. Yes No</li> <li>Decreased visual acuity at night. Yes No</li> <li>Pale or dry, brittle nails. Yes No</li> <li>Pale undry, brittle nails. Yes No</li> <li>Pale undry, brittle nails. Yes No</li> <li>Pale in sullaw yellow complexion. Yes No</li> <li>Pale of sullow yellow complexion. Yes No</li> <li>Pale of sullow yellow complexion. Yes No</li> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia. Yes No</li> <li>Impaired memory. Yes No</li> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia. Yes No</li> <li>More Seticus Patterns of Imbalance Yes No</li> <li>Heart Agination in publical strength. Yes No</li> <li>Heart palipations, rapid heart rate. Yes No</li> <li>Heart palipation with Deficiency Heat-</li> <li>Night sweats Yes No</li> <li>Thirst or a dry mouth but no desire to drink. Yes No</li> <li>Thirst or a dry mouth but no desire to drink. Yes No</li> <li>Thirst or a dry mouth but no desire to drink. Yes No</li> </ul> </li> </ul>			
<ul> <li>A lack of strength in the four extremities.</li> <li>Dizziness when standing up.</li> <li>Pasy bruising.</li> <li>A swollen tongue with teeth marks on its edges.</li> <li>Liver Depression Q: Stagnation-</li> <li>A swollen tongue with teeth marks on its edges.</li> <li>Ves No</li> <li>Dizziness when standing up.</li> <li>A swollen tongue with teeth marks on its edges.</li> <li>Ves No</li> <li>Initiability and/or frustration.</li> <li>Yes No</li> <li>Emotional depression</li> <li>Yes No</li> <li>Stonnach Heat-</li> <li>Increased or rapid hungering.</li> <li>Yes No</li> <li>Blood Deficiency-</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Usquitted emotions or sense of being.</li> <li>Yes No</li> <li>Yes No</li> <li>More Serieurs of Inbalance</li> <li>Yes No</li> <li>Heart Qi and Blood Deficiency-</li> <li>Vexation and agitation</li> <li>Yes No</li> <li>Heart polytation of heart rate.</li> <li>Yes No</li> <li>Heart polytation, rapid heart rate.</li> <li>Yes No</li> <li>Heart polytation, rapid heart rate.</li> <li>Yes No</li> <li>Heart polytation of the tip.</li> <li>Yes No</li> <li>Heart polytation, rapid heart rate.</li> <li>Yes No</li> <li>Heart polytation, rapid heart rate.</li> <li>Yes No</li> <li>How back and/or drizenses.</li> <li>Yes No</li> <li>T</li></ul>			
<ul> <li>Dizziness when standing up.</li> <li>Yes No</li> <li>A swollen tongue with teeth marks on its edges.</li> <li>A swollen tongue with teeth marks on its edges.</li> <li>Liver Depression Qi Stagnation-</li> <li>A badominal, rib-side, or breast distention and/or pain.</li> <li>Yes No</li> <li>Finotional depression</li> <li>Yes No</li> <li>Finotional depression</li> <li>Yes No</li> <li>Premenstrual or perimenstrual aggravation of these symptoms.</li> <li>Yes No</li> <li>Stomach Heat-</li> <li>Increased or rapid hungering.</li> <li>Yes No</li> <li>Bleeding gums.</li> <li>Bleding gums.</li> <li>Bleding gums.</li> <li>Bleding gums.</li> <li>Bleding gums.</li> <li>Bleding gums.</li> <li>Bleding gums.</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Perleased visual acuity at night.</li> <li>Yes No</li> <li>Pale undersides of the eyelids.</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale in dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the eyelids.</li> <li>Pale in dry, brittle nails.</li> <li>Yes No</li> <li>Pale in dry, brittle nails.</li> <li>Yes No</li> <li>Pale in dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the eyelids.</li> <li>Pale in dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the eyelids.</li> <li>Pale in dry of the ack or crease down is created or stand or the torgue.</li> <li>Yes No</li> <li>Insommia.</li> <li>Yes No</li> <li>Insommia.</li></ul>			
<ul> <li>Fasy bruising.</li> <li>A swollen tongue with teeth marks on its edges.</li> <li><i>Liver Depression Qi Stagnation</i>.</li> <li>Abdominal, rib-side, or breast distention and/or pain.</li> <li>Yes No</li> <li>Abdominal, rib-side, or breast distention and/or pain.</li> <li>Yes No</li> <li>Frantability and/or frustration.</li> <li>Yes No</li> <li>Frantability and/or furgation.</li> <li>Yes No</li> <li>Frantability and/or furgation.</li> <li>Yes No</li> <li>Stomach Heat-</li> <li>Increased or rapid hungering.</li> <li>Yes No</li> <li>Bledding gms.</li> <li>Yes No</li> <li>Bledding gms.</li> <li>Yes No</li> <li>Yes No</li> <li>Blood Deficiency-</li> <li>Pale or dry, brittle nails.</li> <li>Persenstrual acuity at night.</li> <li>Pale or dry, brittle nails.</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale dor sallow yellow complexion.</li> <li>Yes No</li> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia.</li> <li>Yes No</li> <li>Ves No</li> <li>Ves No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale andersides of the eyelids.</li> <li>Pale in a subal acuity at night.</li> <li>Pale and ersides of the eyelids.</li> <li>Pale and ersides of the eyelids.</li> <li>Pale in a subal acuity at night.</li> <li>Yes No</li> <li>Yes No</li> <li>Pale and subal acuity at night.</li> <li>Yes No</li> <li>Pale and ersides of the eyelids.</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Mouth angle and the strength.</li> <li>Yes No</li> <li>Yes No</li> <li>Heart Qi and Blood Deficiency-</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>Yes No</li> <li>Heart palpitations or sense of being.</li> <li>Yes No</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate</li></ul>		Yes	
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<ul> <li>Irritability and/or frastration.</li> <li>Emotional depression</li> <li>Premenstrual aggravation of these symptoms.</li> <li>Yes No</li> <li>Premenstrual aggravation of these symptoms.</li> <li>Stomach Heat-         <ul> <li>Increased or rapid hungering.</li> <li>Nouth and/or tongue sores.</li> <li>Mouth and/or tongue sores.</li> <li>Bleeding gums.</li> <li>Bad breath.</li> <li>Yes No</li> </ul> </li> <li>Bleod Deficiency-         <ul> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Decreased visual acuity at night.</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Decreased visual acuity at night.</li> <li>Yes No</li> <li>Pale lips.</li> <li>Yes No</li> </ul> </li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Decreased visual acuity at night.</li> <li>Yes No</li> <li>Pale and Blood Deficiency-</li> <li>Insomnia.</li> <li>Yes No</li> <li>Pale or allow yellow complexion.</li> </ul> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia.</li> <li>Yes No</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Lack of nental vigor and physical strength.</li> <li>Yes No</li> <li>Lack of nental vigor and physical strength.</li> <li>Yes No</li> <li>Lack of nental vigor and physical strength.</li> <li>Yes No</li> <li>Lack of nental vigor and physical strength.</li> <li>Yes No</li> <li>Lack of nental vigor and physical strength.</li> <li>Yes No</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Low back soreness.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Yes No</li> <l< td=""><td>· · ·</td><td>Ves</td><td>No</td></l<>	· · ·	Ves	No
<ul> <li>Emotional depression</li> <li>Premenstrual or perimenstrual aggravation of these symptoms.</li> <li>Yes No</li> <li>Stomach Heat- <ul> <li>Increased or rapid hungering.</li> <li>Yes No</li> </ul> </li> <li>Stomach Heat- <ul> <li>Increased or rapid hungering.</li> <li>Yes No</li> </ul> </li> <li>Bleeding gums.</li> <li>Yes No</li> <li>Bleeding gums.</li> <li>Yes No</li> <li>Bleeding gums.</li> <li>Yes No</li> </ul> <li>Bleod Deficiency- <ul> <li>Pale or dry, brittle nails.</li> <li>Dry skin.</li> <li>Pale undersides of the cyclids.</li> <li>Pale undersides of the cyclids.</li> <li>Yes No</li> <li>Pale or allow yellow complexion.</li> <li>Yes No</li> </ul> </li> <li>Pale or allow yellow complexion.</li> <li>Yes No</li> <li>Pale or allow globod Deficiency- <ul> <li>Insomnia.</li> <li>Disquieted emotions or sense of being.</li> <li>Ves No</li> <li>Insomnia.</li> <li>Disquieted emotions or sense of being.</li> <li>Ves No</li> <li>Yes No</li> <li>More Serious Patterns of Imbalance</li> <li>Kidneg Yin Deficiency with Acrack or crease down <ul> <li>its center reaching to the tip.</li> <li>Yes No</li> <li>Heart not all wigor and physical strength.</li> <li>Yes No</li> <li>Heart publiations, rapid heart rate.</li> <li>Yes No</li> <li>Heart publications of the crease down <ul> <li>its center reaching to the tip.</li> </ul> </li> <li>More Serious Patterns of Imbalance</li> <li>Yes No</li> <li>Hot flashes or heat sensation in palnas, soles of feet, and/or chest.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Yes No</li> <li>Nocturia (night-time urination)</li> <li>Yes No</li> </ul> </li> </ul></li>			
<ul> <li>Premenstrual or perimenstrual aggravation of these symptoms.</li> <li>Yes No</li> <li>Stomach Heat-         <ul> <li>Increased or rapid hungering.</li> <li>Yes No</li> <li>Mouth and/or tongue sores.</li> <li>Yes No</li> <li>Bleeding gums.</li> <li>Yes No</li> <li>Bad breath.</li> <li>Yes No</li> </ul> </li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Bad breath.</li> <li>Yes No</li> <li>Yes No</li> <li>Yellow coat on the tongue.</li> <li>Yes No</li> <li>Yes No</li> <li>Yellow coat on the tongue.</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale ips.</li> <li>Yes No</li> <li>Pale ips.</li> <li>Yes No</li> <li>Pale or sallow yellow complexion.</li> <li>Yes No</li> <li>Pale or sallow yellow complexion.</li> <li>Yes No</li> <li>Pale or sallow glow complexion.</li> <li>Yes No</li> <li>Pale or sallow glow complexion.</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Yes No</li> <li>Insomnia.</li> <li>Yes No</li> <li>Yes No</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Yes No</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>Yes No</li> <li>As wollen tongue, with a crack or crease down its center reaching to the tip.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>Yes No</li> <li>Hot flashes or heat sensation in palms, soles of feet, and/or chest.</li> <li>Yes No</li> <li>Ear ringing and/or dizziness.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li< td=""><td></td><td></td><td></td></li<></ul>			
<ul> <li>Increased or rapid hungering.</li> <li>Mouth and/or tongue sores.</li> <li>Bleeding gums.</li> <li>Bad breath.</li> <li>Yets No</li> <li>Bad breath.</li> <li>Yets No</li> <li>Yetlow coat on the tongue.</li> <li>Pale or dry, brittle nails.</li> <li>Dy skin.</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the eyelids.</li> <li>Yes No</li> <li>Pale or sallow yellow complexion.</li> <li>Pale or sallow yellow complexion.</li> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia.</li> <li>Yes No</li> <li>Pale on sallow yellow complexion.</li> <li>Yes No</li> <li>Pale on adjuition or sense of being.</li> <li>Yes No</li> <li>Ves No</li> <li>Vesation and agitation</li> <li>Yes No</li> <li>Impaired memory.</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Heart Qin Deficiency-</li> <li>Kidney Yin Deficiency With Deficiency Heat.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>A swollen tongue, with a crack or crease down its center reaching to the tip.</li> <li>Yes No</li> <li>More Serious Patterns of Imbalance</li> <li>Kidney Yin Deficiency with Deficiency Heat.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Yes No</li> <li>Cold feet</li> <li>Yes No</li> </ul>			
<ul> <li>Increased or rapid hungering.</li> <li>Mouth and/or tongue sores.</li> <li>Bleeding gums.</li> <li>Bad breath.</li> <li>Yets No</li> <li>Bad breath.</li> <li>Yets No</li> <li>Yetlow coat on the tongue.</li> <li>Pale or dry, brittle nails.</li> <li>Dy skin.</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale or dry, brittle nails.</li> <li>Yes No</li> <li>Pale undersides of the eyelids.</li> <li>Yes No</li> <li>Pale or sallow yellow complexion.</li> <li>Pale or sallow yellow complexion.</li> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia.</li> <li>Yes No</li> <li>Pale on sallow yellow complexion.</li> <li>Yes No</li> <li>Pale on adjuition or sense of being.</li> <li>Yes No</li> <li>Ves No</li> <li>Vesation and agitation</li> <li>Yes No</li> <li>Impaired memory.</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Heart Qin Deficiency-</li> <li>Kidney Yin Deficiency With Deficiency Heat.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>A swollen tongue, with a crack or crease down its center reaching to the tip.</li> <li>Yes No</li> <li>More Serious Patterns of Imbalance</li> <li>Kidney Yin Deficiency with Deficiency Heat.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Yes No</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Yes No</li> <li>Cold feet</li> <li>Yes No</li> </ul>	Stomach Heat-		
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<ul> <li>Bad breath. Yes No</li> <li>Yellow coat on the tongue. Yes No</li> <li>Yellow coat on the tongue. Yes No</li> <li>Blood Deficiency-</li> <li>Pale or dry, brittle nails. Yes No</li> <li>Dry skin. Yes No</li> <li>Decreased visual acuity at night. Yes No</li> <li>Pale undersides of the cyclids. Yes No</li> <li>Pale undersides of the cyclids. Yes No</li> <li>Pale inps. Yes No</li> <li>Pale or sallow yellow complexion. Yes No</li> <li>Pale or sallow yellow complexion. Yes No</li> <li>Disquieted emotions or sense of being. Yes No</li> <li>Insomnia. Yes No</li> <li>Disquieted emotions or sense of being. Yes No</li> <li>Impaired memory. Yes No</li> <li>Impaired memory. Yes No</li> <li>Heart palpitations, rapid heart rate. Yes No</li> <li>Heart palpitations, rapid heart rate. Yes No</li> <li>A swollen tongue, with Deficiency Heat-</li> <li>Night sweats Yes No</li> <li>Hot flashes or heat sensation in palms, soles of feet, and/or chest. Yes No</li> <li>Ear ringing and/or dizziness. Yes No</li> <li>Thirst or a dry mouth but no desire to drink. Yes No</li> <li>Thirst or a dry mouth but no desire to drink. Yes No</li> <li>Cold feet Yes No</li> </ul>			
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Blood Deficiency-         • Pale or dry, brittle nails.       Yes       No         • Dry skin.       Yes       No         • Decreased visual acuity at night.       Yes       No         • Pale undersides of the eyelids.       Yes       No         • Pale ips.       Yes       No         • Pale or sallow yellow complexion.       Yes       No         Heart Qi and Blood Deficiency-       Yes       No         • Insomnia.       Yes       No         • Disquieted emotions or sense of being.       Yes       No         • Vexation and agitation       Yes       No         • Impaired memory.       Yes       No         • Lack of mental vigor and physical strength.       Yes       No         • Heart palpitations, rapid heart rate.       Yes       No         • A swollen tongue, with a crack or crease down its center reaching to the tip.       Yes       No         More Serious Patterns of Imbalance       Yes       No         • Might sweats       Yes       No         • Hot flashes or heat sensation in palms, soles of feet, and/or chest.       Yes       No         • Low back sorenes.       Yes       No         • Low back and/or kize soreness, pain, and/or weakness       Yes <t< td=""><td></td><td></td><td></td></t<>			
<ul> <li>Pale or dry, brittle nails.</li> <li>Dry skin.</li> <li>Dry skin.</li> <li>Yes No</li> <li>Decreased visual acuity at night.</li> <li>Pale undersides of the eyelids.</li> <li>Pale undersides of the eyelids.</li> <li>Pale ips.</li> <li>Pale or sallow yellow complexion.</li> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia.</li> <li>Disquieted emotions or sense of being.</li> <li>Ves No</li> <li>Impaired memory.</li> <li>Lack of mental vigor and physical strength.</li> <li>Heart reaching to the tip.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>A swollen tongue, with a crack or crease down its center reaching to the tip.</li> <li>More Serious Patterns of Imbalance</li> <li>Kidney Yin Deficiency with Deficiency Heat-</li> <li>Night sweats</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Kidney Yang Deficiency-</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Yes No</li> <li>Cold feet</li> <li>Ves No</li> </ul>		105	110
<ul> <li>Dry skin.</li> <li>Decreased visual acuity at night.</li> <li>Pale undersides of the eyelids.</li> <li>Pale lips.</li> <li>Pale or sallow yellow complexion.</li> <li>Heart Qi and Blood Deficiency-</li> <li>Insomnia.</li> <li>Yes No</li> <li>Disquieted emotions or sense of being.</li> <li>Vexation and agitation</li> <li>Yes No</li> <li>Impaired memory.</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Heart papitations, rapid heart rate.</li> <li>A swollen tongue, with a crack or crease down its center reaching to the tip.</li> <li>More Serious Patterns of Imbalance</li> <li>Kidneg Yin Deficiency.</li> <li>Insign and/or dizziness.</li> <li>Low back soreness.</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Kidneg Yang Deficiency-</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Yes No</li> <li>South and/or knee soreness, pain, and/or weakness</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Cold feet</li> <li>Yes No</li> </ul>	C C C C C C C C C C C C C C C C C C C		Ът
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<ul> <li>Pale or sallow yellow complexion.</li> <li>Yes No</li> <li>Heart Qi and Blood Deficiency-         <ul> <li>Insomnia.</li> <li>Yes No</li> </ul> </li> <li>Disquieted emotions or sense of being.</li> <li>Yes No</li> <li>Vexation and agitation</li> <li>Yes No</li> <li>Impaired memory.</li> <li>Lack of mental vigor and physical strength.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>Yes No</li> <li>Heart palpitations, rapid heart rate.</li> <li>Yes No</li> <li>A swollen tongue, with a crack or crease down its center reaching to the tip.</li> <li>Yes No</li> </ul> More Serious Patterns of Imbalance Kidney Yin Deficiency with Deficiency Heat- <ul> <li>Night sweats</li> <li>Hot flashes or heat sensation in palms, soles of feet, and/or chest.</li> <li>Yes No</li> <li>Low back soreness.</li> <li>Thirst or a dry mouth but no desire to drink.</li> </ul> <li>Kidney Yang Deficiency-         <ul> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Yes No</li> <li>Cold feet</li> <li>Yes No</li> </ul> </li>			
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More Serious Patterns of Imbalance         Kidney Yin Deficiency with Deficiency Heat-       Yes       No         • Night sweats       Yes       No         • Hot flashes or heat sensation in palms, soles of feet, and/or chest.       Yes       No         • Ear ringing and/or dizziness.       Yes       No         • Low back soreness.       Yes       No         • Thirst or a dry mouth but no desire to drink.       Yes       No         Kidney Yang Deficiency-       Yes       No         • Low back and/or knee soreness, pain, and/or weakness       Yes       No         • Nocturia (night-time urination)       Yes       No         • Cold feet       Yes       No			
Kidney Yin Deficiency with Deficiency Heat-• Night sweatsYesNo• Hot flashes or heat sensation in palms, soles of feet, and/or chest.YesNo• Ear ringing and/or dizziness.YesNo• Low back soreness.YesNo• Thirst or a dry mouth but no desire to drink.YesNoKidney Yang Deficiency-• Low back and/or knee soreness, pain, and/or weaknessYesNo• Nocturia (night-time urination)YesNo• Cold feetYesNo	its center reaching to the tip.	Yes	No
<ul> <li>Night sweats</li> <li>Hot flashes or heat sensation in palms, soles of feet, and/or chest.</li> <li>Ear ringing and/or dizziness.</li> <li>Low back soreness.</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Kidney Yang Deficiency-</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>No Yes No</li> <li>Nocturia (night-time urination)</li> <li>Cold feet</li> </ul>	More Serious Patterns of Imbalance		
<ul> <li>Hot flashes or heat sensation in palms, soles of feet, and/or chest.</li> <li>Ear ringing and/or dizziness.</li> <li>Low back soreness.</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Kidney Yang Deficiency-</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>No</li> <li>Nocturia (night-time urination)</li> <li>Cold feet</li> <li>Yes No</li> </ul>	Kidney Yin Deficiency with Deficiency Heat-		
<ul> <li>Ear ringing and/or dizziness.</li> <li>Low back soreness.</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Kidney Yang Deficiency-</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>No</li> <li>Nocturia (night-time urination)</li> <li>Cold feet</li> <li>Yes No</li> </ul>	Night sweats	Yes	No
<ul> <li>Low back soreness.</li> <li>Thirst or a dry mouth but no desire to drink.</li> <li>Kidney Yang Deficiency-</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Nocturia (night-time urination)</li> <li>Cold feet</li> <li>Yes No</li> </ul>	• Hot flashes or heat sensation in palms, soles of feet, and/or chest.	Yes	No
<ul> <li>Thirst or a dry mouth but no desire to drink. Yes No</li> <li>Kidney Yang Deficiency-</li> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Nocturia (night-time urination)</li> <li>Cold feet</li> <li>Yes No</li> </ul>			No
Kidney Yang Deficiency-• Low back and/or knee soreness, pain, and/or weaknessYes• Nocturia (night-time urination)Yes• Cold feetYes			
<ul> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Nocturia (night-time urination)</li> <li>Cold feet</li> <li>Yes No</li> </ul>	• Thirst or a dry mouth but no desire to drink.	Yes	No
<ul> <li>Low back and/or knee soreness, pain, and/or weakness</li> <li>Nocturia (night-time urination)</li> <li>Cold feet</li> <li>Yes No</li> </ul>	Kidney Yang Deficiency-		
• Cold feet Yes No		Yes	No
		Yes	No
Decreased sexual desire     Yes     No			
	Decreased sexual desire	Yes	No

Source: Caroline Burdulis and Bryan W. Watrous