

Most Frequently Diagnosed Patterns Of Imbalance

Spleen Qi Deficiency-

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| • Fatigue, especially after eating meals or eating sweets. | Yes | No |
| • Abdominal bloating after eating. | Yes | No |
| • A tendency to loose stools, but possibly constipation. | Yes | No |
| • Cold hands and feet. | Yes | No |
| • A lack of strength in the four extremities. | Yes | No |
| • Dizziness when standing up. | Yes | No |
| • Easy bruising. | Yes | No |
| • A swollen tongue with teeth marks on its edges. | Yes | No |

Liver Depression Qi Stagnation-

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| • Abdominal, rib-side, or breast distention and/or pain. | Yes | No |
| • Irritability and/or frustration. | Yes | No |
| • Emotional depression | Yes | No |
| • Premenstrual or perimenstrual aggravation of these symptoms. | Yes | No |

Stomach Heat-

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|---------------------------------|-----|----|
| • Increased or rapid hungering. | Yes | No |
| • Mouth and/or tongue sores. | Yes | No |
| • Bleeding gums. | Yes | No |
| • Bad breath. | Yes | No |
| • Yellow coat on the tongue. | Yes | No |

Blood Deficiency-

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|-------------------------------------|-----|----|
| • 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 lips. | Yes | No |
| • Pale or sallow yellow complexion. | Yes | No |

Heart Qi and Blood Deficiency-

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| • 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...

Kidney Yin Deficiency with Deficiency Heat-

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| • 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-

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| • Low back and/or knee soreness, pain, and/or weakness | Yes | No |
| • Nocturia (night-time urination) | Yes | No |
| • Cold feet | Yes | No |
| • Decreased sexual desire | Yes | No |