

JUE YIN / SHAO YANG

Fire

MH Master of the Heart (KM)	I can be characterized as irritable, anxious, nervous and emotionally unstable at times.
	I tend to harbor grudges and have explosive anger.
	I tend to get tension headaches or stress-related headaches.
	I have insomnia.
	I prefer dark chocolate.
	I tend to find problems in any situation.
	I experience premature ejaculation.
	I tend to repeat certain activities to relieve anxiety.
TH Triple Heater (KT)	I tend to obsess about things, including sex.
	I can be characterized as clear thinking and decisive.
	I get agitated and this results in insomnia.
	I tend to grind my teeth and have tight jaws.
	I tend to have great self-confidence.
	I have muscular aches and cramps.
	I tend to be well muscled, well build and need to stretch.
	I generally speak rapidly.
 	I experience hot flashes.
	I have ringing in my ears.
	I tend to tap my fingers and fidget.

Wood

GB Gallbladder (CR)	I can be characterized as indecisive, well built, and/or having dark circles under my eyes.
	I lack self-confidence.
	I am sensitive to ridicule.
	I develop insomnia when I am insecure and I sleep poorly, waking up between 11pm and 3am.
	I have neck and shoulder problems.
	I have temporal and occipital headaches.
	I have gallbladder and/or digestive problems.
	I do not enjoy new challenges.
	I tend to have lateral or side hip pain.
	I tend to have recurrent muscle injuries.
LR Liver (AM)	My stool tends to float and smell putrid.
	I like silence.
	I can be characterized as timid, concealing myself or hiding behind walls.
	I am reluctant to face challenges.
	I prefer chocolate.
	I am sensitive to caffeine, and I need it as a pick-me-up.
	I started wearing glasses as a young child.
	I have eye problems like cataracts, glaucoma, or recurrent infections.
	I have tension in my neck and upper back.
	I get migraine headaches.
 	I tend to have itchy skin or coarse brittle hair.
	My palms tend to be sweaty requiring a handkerchief.
	I wait for others to open doors for me.
	I tend towards anger and irritability.

SHAO YIN / TAI YANG

Fire

HT Heart (LRF)	I can be characterized as flamboyant, passionate, and dramatic. I am the life of the party.
	I frequently exude heat. I feel flushed, sweaty, and angry.
	I tend towards sexual hyperactivity.
	I tend to have chest pain or palpitations, or I have been diagnosed with hypertension.
	I have had one or more of the following problems: arm pain, cold feet, stiff joints and puffy eyes.
	I tend to be talkative or noisy.
	I tend to be creative and impulsive.
	I cannot sleep when I am nervous.
SI Small Intestine (CGN)	I tend to like a lot of colors, especially red.
	I tend to worry repeatedly about the same thing.
	I can be characterized as energetic, competitive, imposing, and impatient.
	I tend to be nervous and touchy.
	I experience migrating aches and pains, including occasional headaches.
	I am in reasonable shape and well-muscled.
	I have lower back spasms.
	I tend to have light menstrual periods.
(CGN)	I often have cold hands.
	I tend to have low blood pressure.
	I am often tired and lightheaded.

Water

BL Bladder (BAA)	I can be characterized as intelligent and hyperanalytical but am often indecisive or fearful.
	I have a history of recurrent urinary tract infections, urethritis, incontinence, or kidney problems.
	I am capable of paranoia or psychotic immobility.
	I tend to have poor stamina and/or low libido.
	I tend to go on binges and suffer from digestive problems.
	I have lower back pain.
	I tend to get a stiff neck.
	I become mentally incoherent when I am tired.
KI Kidney (SB)	I can be characterized as a perpetual student, inhibited, passive, fearful, hesitant, private, and secretive. I prefer to be alone.
	I have problems with will, motivation, and self-discipline.
	I am sexually egocentric and have a low activity level.
	I tend to have recurrent sore throats, tonsillitis, kidney infections or kidney stones.
	The front of my neck feels sensitive.
	I have frequent urination, especially when I am cold or stressed.
	I am prematurely gray or balding.
	I tend to be suspicious, wary, and keep secrets.
	I have an affinity for water and salt, but I dislike cold.
	I tend to be chilly with cold hands and feet.
	I experience lower back pain, nontraumatic knee pain, and joint aches when I am tired.
	I have problems with my hearing and/or balance.
I am sensitive to noise and music.	
I tend to not communicate well.	

TAI YIN / YANG MING

Earth

SP Spleen (DW)	I can be characterized as round and fleshy with full lips, calm, and peaceful.
	I have a history of abdominal bloating and diarrhea.
	I have had anemia or recurrent infections.
	I often feel heaviness in my thighs and calves.
	I tend to have little hair, dry mouth, or cracked lips.
	I have varicose veins or cold feet.
	I am affected by dampness.
	I tend to like sweets.
	I have had menstrual or fertility problems, PMS, or uterine prolapse.
	I lack ambition, I will not exert myself ever, and if I could I would lie in bed all day.
	I get upset by changes.
	I tend to be sensitive to flavors and odors.
	I tend to be absent-minded or obsessive.
ST Stomach (EWP)	I can be characterized as a gourmet and gain weight easily.
	I enjoy life and am a pleasure seeker.
	I have an aversion to noise or loud sounds.
	I have been diagnosed with heartburn, gastroesophageal reflux disease (GERD), or peptic ulcer disease (PUD).
	I have had tennis elbow.
	I have had dental disease, gum problems, or sores in my mouth.
	I have been diagnosed with an eating disorder.
I tend to get tired in the late afternoon.	

Metal

LI Large Intestine (FG)	I can be characterized as gaunt, thin, often in a bad mood, and preoccupied with bowel habits.
	I have a history of recurrent sinusitis, colds, and/or cough.
	I often have bad breath, a variable appetite, and a coated tongue,.
	I have poor digestion or experience intestinal disturbances like colic, constipation, and occasional diarrhea.
	I find it difficult to be in a good mood or have positive thoughts and feelings.
	I have been diagnosed with bipolar disorder.
	I have a strong belief in honor, duty, and responsibility and have a healthy respect for the law.
I tend to feel tired, worn out, and melancholy.	
LU Lung (NC)	I can be characterized as having long thin features, narrow chest, slight shoulders, often sighing with occasional shortness of breath.
	I have a history of respiratory problems such as bronchitis, pneumonia or asthma , or COPD with cough and phlegm.
	I have had difficulty quitting smoking.
	I have skin disorders like eczema or psoriasis.
	I tend to have respiratory allergies.
	I am affected by dryness and/or sweat a lot.
	I have a history of constipation alternating with diarrhea.
	I have been diagnosed with Irritable Bowel Syndrome (IBS).
	I tend to be organized and methodical.
	I tend to have low appetite.
I am honest, meticulous, stingy and righteous.	
I tend toward depression, especially in winter.	