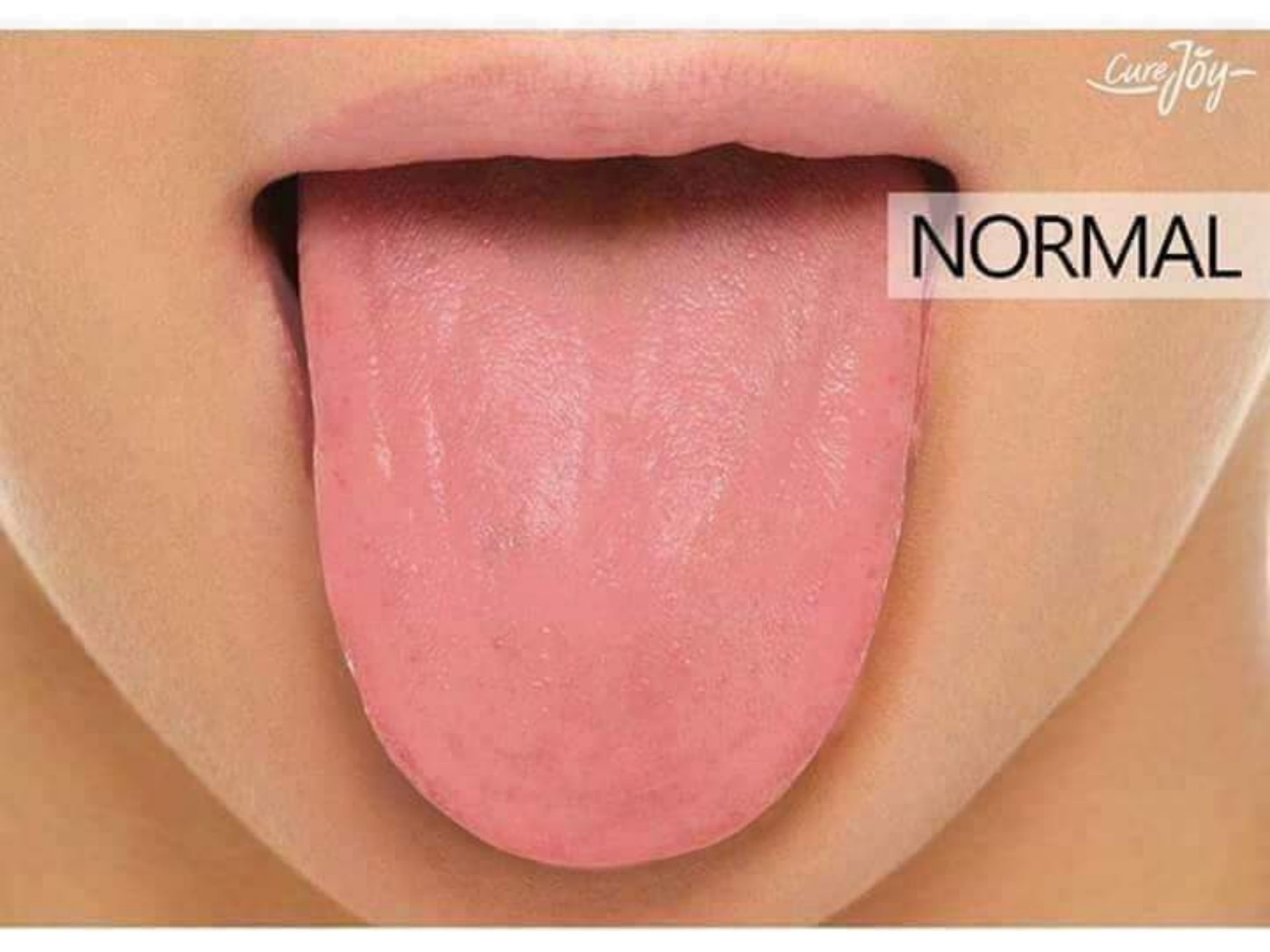


NORMAL

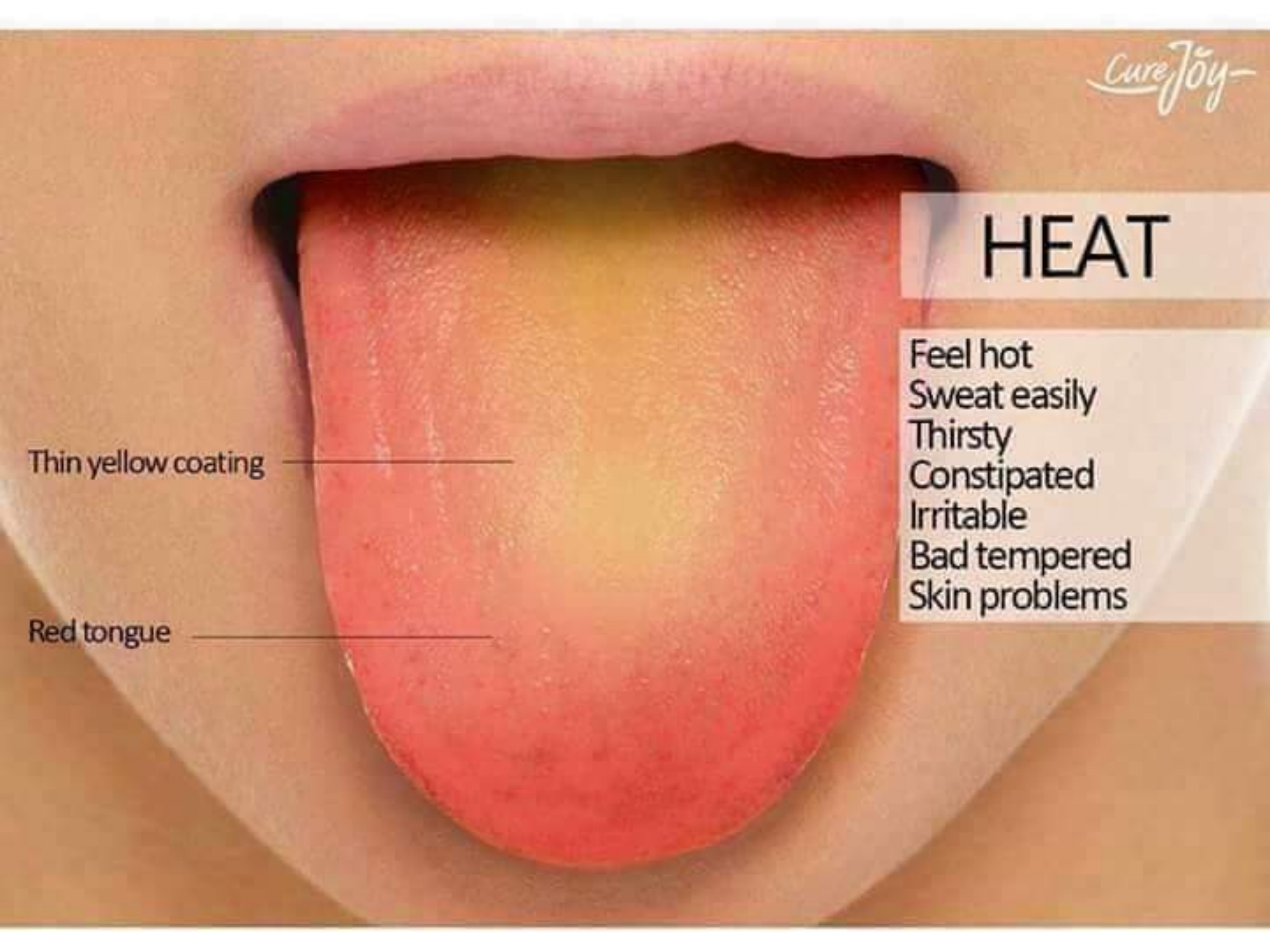


HEAT

Feel hot
Sweat easily
Thirsty
Constipated
Irritable
Bad tempered
Skin problems

Thin yellow coating

Red tongue



BLOOD DEFICIENCY

Dizziness
Fatigue
Palpitations
Poor concentration
Insomnia
Women's problems

Little/no coating

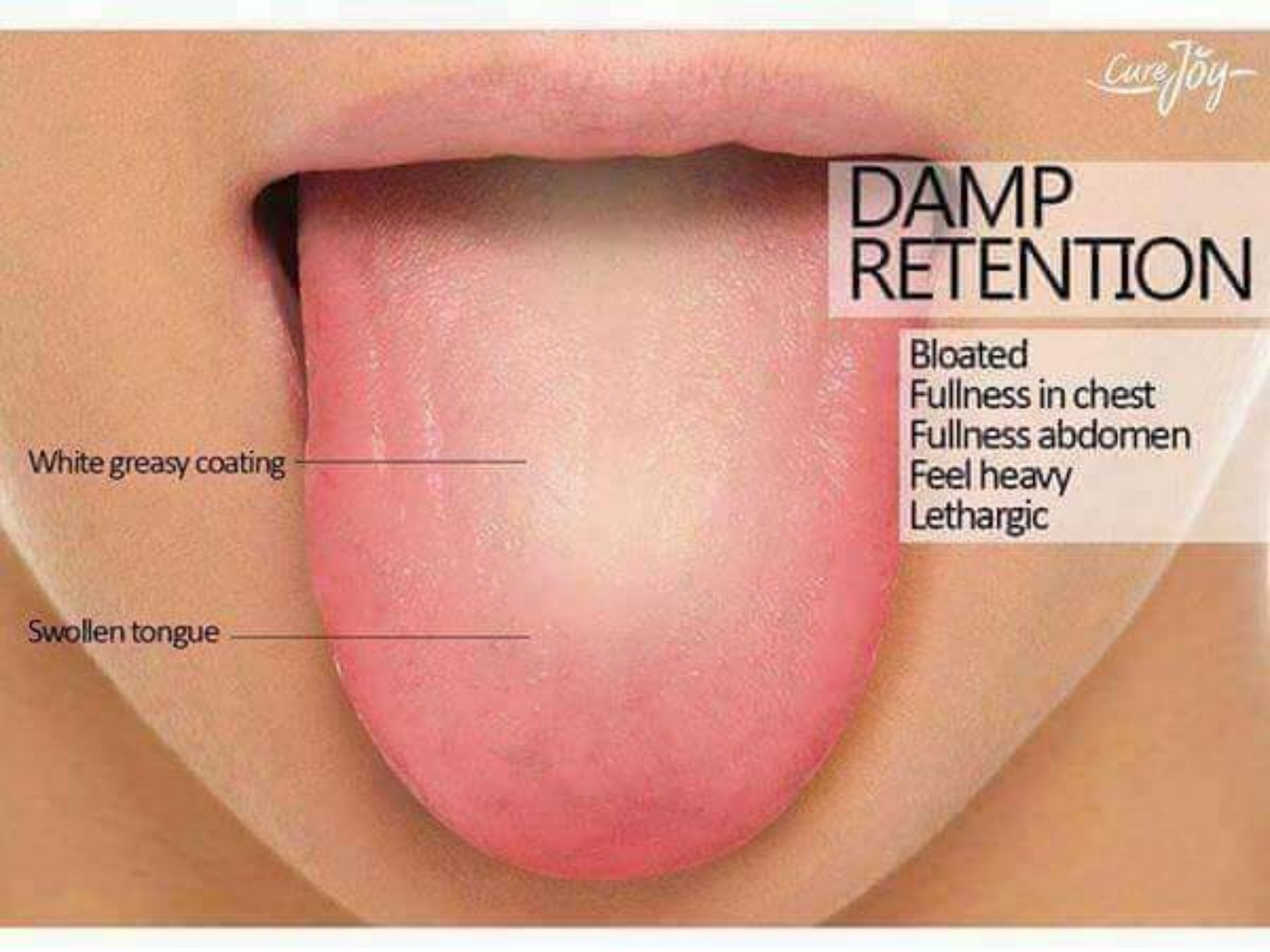
Pale tongue

DAMP RETENTION

Bloated
Fullness in chest
Fullness abdomen
Feel heavy
Lethargic

White greasy coating

Swollen tongue



QI DEFICIENCY

Fatigue
Poor appetite
Spontaneous sweating
Shortness of breath
Over thinking
Worrying

Thin white coating

Teeth marks

Pale tongue with
few red spots

YIN DEFICIENCY

Little/no coating

Cracks

Red tongue

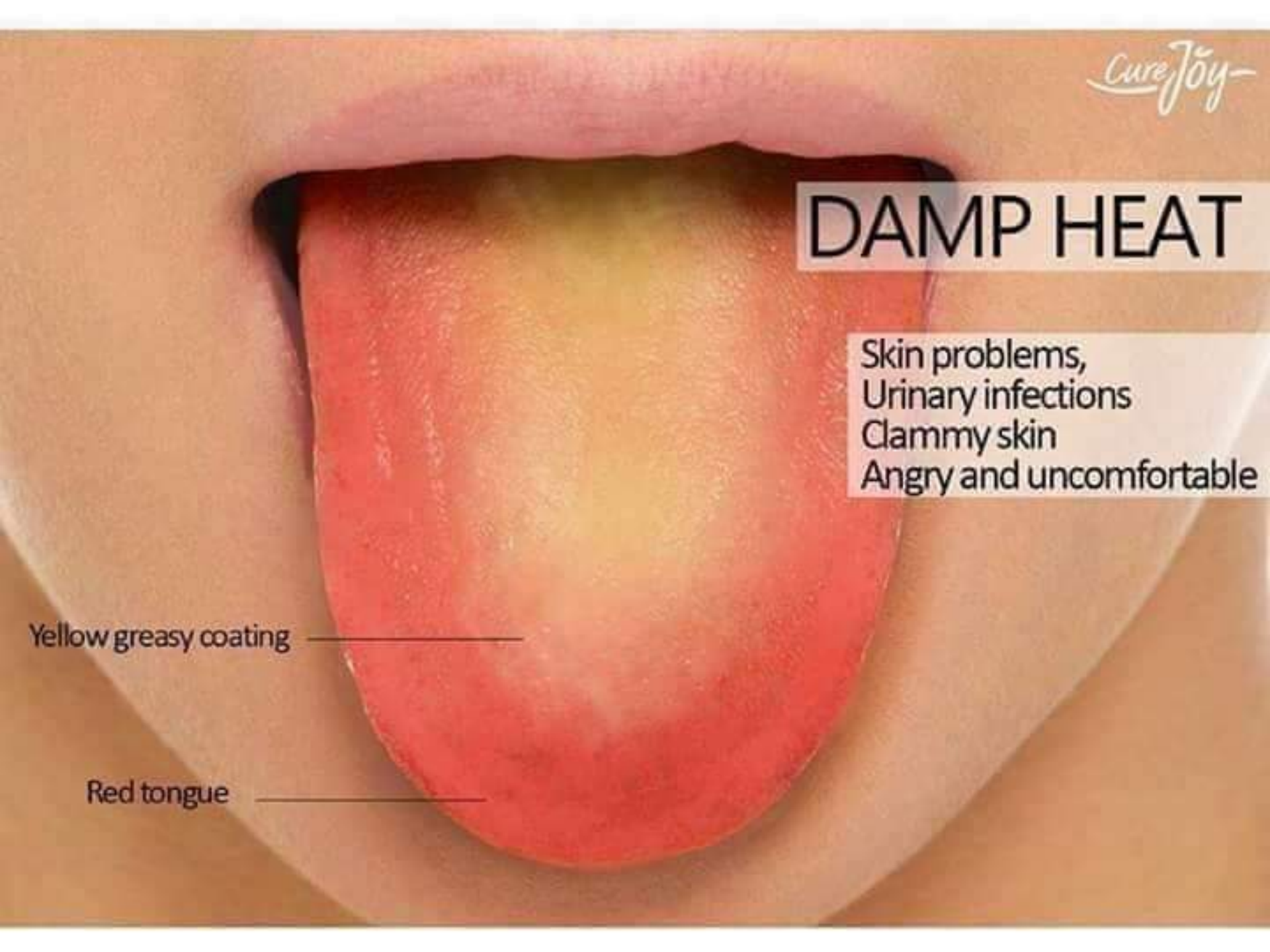
Hot flushes
Sweat at night
Insomnia
Irritable
Ringing in the ears
Menopause
Irregular menstruation

DAMP HEAT

Skin problems,
Urinary infections
Clammy skin
Angry and uncomfortable

Yellow greasy coating

Red tongue



YANG DEFICIENCY

Thick white coating

Pale swollen tongue

Feel cold easily
Always need warmth
Pale complexion
Back pain
Tendency to panic
Emotionally low
Impotence
Infertility

QI STAGNATION

Stressed,
Tendency to be upset
Unstable emotional state
PMT

Thin white coating

Red tip

