

Please place an "X" by all that you are currently experiencing, a "~" occasionally experiencing, and a "P" experienced more than a year ago:

WATER

- hearing loss
- dizziness
- low back/neck pain
- sinus congestion
- edema
- darkness under eyes
- aversion to cold
- thinning hair or loss
- premature aging
- frequent urination
- kidney stones
- weak legs and knees
- asthmatic cough
- rapid weight change
- loose teeth
- sexuality disorders
- thyroid problems
- diabetes
- hot palms and soles
- excess fear
- prostate problems

FIRE

- dry scalp
- rashes/skin eruptions
- cysts/tumors
- ear infections
- sore throat
- lymphatic swelling
- anxiety
- heart palpitations
- aversion to heat
- bitter taste
- gum problems
- nose bleeds
- facial redness
- itching/burning skin
- high thirst
- insomnia
- vivid dreams
- night sweats
- dark or red urine
- chest pain/pressure
- tongue sores

WOOD

- headaches
- migraines
- ringing in the ears
- poor eyesight
- dry/irritated eyes
- eczema
- shingles
- herpes
- warts
- irritability/anger
- nervousness
- indecisiveness
- spasms/convulsions
- constipation
- hemorrhoids
- hepatitis
- ulcers
- vomiting
- gallstones
- fullness below ribs
- tense shoulders/neck
- unstable emotions

EARTH

- indigestion
- belching
- food allergies
- stomach ache/ulcers
- diarrhea
- anemia
- bad breath
- mouth sores
- heartburn
- prolapsed organs
- strong/weak appetite
- nausea
- abdominal bloating
- low body weight
- excess body weight
- rumination
- depression

METAL

- bronchitis
- pneumonia
- asthma
- shallow breathing
- cough
- sinus congestion
- nasal infection
- hayfever/allergies
- respiratory problems
- frequent colds & flus
- sadness
- obsession

OTHER

- fatigue
- arthralgia
- cold hands/feet
- tendinitis
- bursitis
- joint pain
- genital problems
- urinary tract infection
- anal fissures

Others not listed:
