

Signs of Imbalance

in the body

Liver

- o Dry eyes, blurred vision
- o Brittle nails, hair
- o Tinnitus
- o Anger, irritability, frustration
- o Hypochondrial pain
- o Menstrual irregularities, cramps
- o Breast distension

Spleen

- o Tender muscles, lack of muscle tone
- o Loose stools or irregular digestion
- o Gas, bloating
- o Difficult to regulate weight
- o Difficulty focusing, easily distracted
- o Overwhelmed by details
- o Lethargy
- o Heavy menstruation
- o Worry, pensiveness

Heart

- o Anxious, restless, easily excited or frightened
- o Mood swings
- o Insomnia
- o Craving spicy foods
- o Sores on mouth or tongue
- o Flush face, chest
- o Palpitations
- o Confusion

Kidney

- o Puffy or dark under eyes
- o Low libido
- o Irregular menstruation
- o Urinary disorders
- o Difficulty conceiving
- o Weak or sore low back, hips, knees
- o Lack of stamina or endurance
- o Forgetfulness, mental dullness
- o Sore throat in morning
- o Low pitch tinnitus

Lung

- o Allergies, sinusitis
- o Frequent colds or lingering colds/cough
- o Phlegm in chest or throat
- o Shortness of breath, wheezing
- o Sensitive to wind, cold, and dryness

