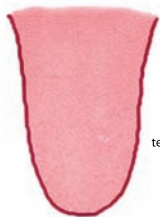
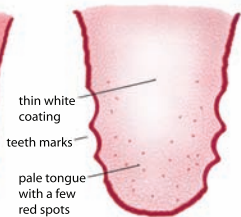


Which Tongue Are You?

Nine Common Syndromes & Possible Symptoms...

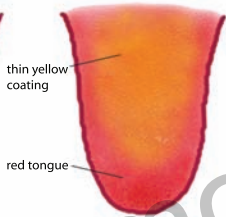


NORMAL



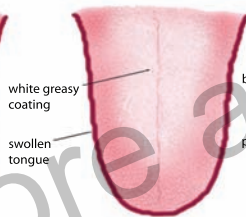
QI DEFICIENCY

Fatigue, Poor appetite,
Spontaneous sweating,
Shortness of breath,
Over-thinking and
worrying...



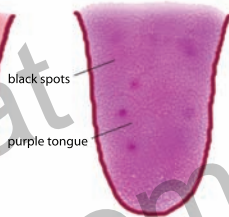
HEAT

Feel hot, Sweat easily,
Thirsty, Constipated,
Irritable and bad
tempered, Skin
problems...



DAMP RETENTION

Bloated, Fullness in
chest and abdomen,
Feel heavy and
lethargic...



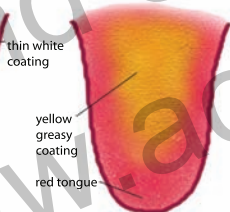
BLOOD STASIS

Cold limbs, Varicose
veins, Painful legs,
Headaches, Chest
pain, Liver spots,
Lack of skin lustre...



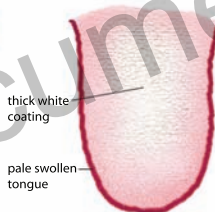
QI STAGNATION

Stressed, Tendency
to be depressed and
upset, Unstable
emotional state,
PMT...



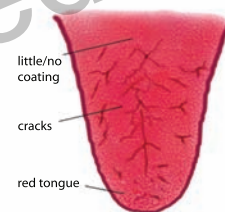
DAMP HEAT

Skin problems,
Urinary infections,
Clammy skin, Angry
and uncomfortable...



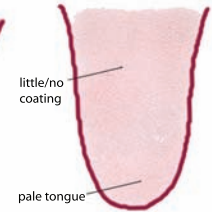
YANG DEFICIENCY

Feel cold easily, Pale
complexion, Back pain,
Tendency to panic,
Emotionally low,
Impotence, Infertility...



YIN DEFICIENCY

Hot Flushes, Sweat at
night, Insomnia, Irritable,
Ringing in the ears,
Menopause...



BLOOD DEFICIENCY

Dizziness, Fatigue,
Palpitations, Poor
concentration and memory,
Insomnia, Women's
problems...