

PHYSICAL SYMPTOMS

COLD
 **ETHER**

DRY
 **AIR**

HOT
 **FIRE**

WET
 **EARTH**  **WATER**

HEALTHY COOL:
 Moderate Energy,
 Clear Skin

HEALTHY DRY:
 Good Metabolism,
 Healthy Immune System

HEALTHY HEAT:
 Good Muscle Tone &
 Color in Complexion

HEALTHY WET:
 Stable Nervous System,
 Kidneys & Adrenals

PHYSICAL SYMPTOMS OF IMBALANCED COLD:

- Shallow breathing
- Pellet-like constipation
- Cold hands & feet
- Cracking joints
- Fragile bones
- Colorless skin
- Forgetting to eat
- Eating too small of portions
- Chewing on ice

TOTAL: _____

PHYSICAL SYMPTOMS OF IMBALANCED DRY:

- Irregular breathing
- Compacted constipation
- Dry lips & skin
- Insomnia
- Hip and sacral pain
- Weight loss
- Thirst with frequent urination
- Erratic eating habits
- Hyperactive when hungry

TOTAL: _____

PHYSICAL SYMPTOMS OF IMBALANCED HEAT:

- Holding breath
- Loose, pasty stool
- Skin rashes
- Inflammation
- Muscular tension
- High blood pressure
- Allergies
- Headaches
- Skipping meals
- Frustrated when hungry

TOTAL: _____

PHYSICAL SYMPTOMS OF IMBALANCED WET:

- Mouth breathing
- Pressurized stool
- Flatulence
- Bloating
- Fatigue & oversleep
- Weight gain
- Edema
- Mucus congestion
- Overeating
- Heavy meals

TOTAL: _____

PHYSICALLY WARMING REMEDIES:

Spices: Ginger, Sumac, Asafoetida, Pink Salt
Herbs: Licorice, Bilva
Oils: Mahanarayan, Sesame
Self Care: Salt scrubs, Steam inhalation
Beverages: dhyana Chai, Warming tea

PHYSICALLY NOURISHING REMEDIES:

Spices: Cardamom, Sumac, Fenugreek, Atlantic Grey salt
Herbs: Ashwaganda, Shatavari
Oils: Mahanarayan, Ashwaganda Bala
Self Care: Oleation
Beverages: dhyana Chaga Cocoa, Nourishing tea

PHYSICALLY COOLING REMEDIES:

Spices: Methi leaf, Cilantro, Dill, Atlantic Grey Salt
Herbs: Aloe, Brahmi
Oils: Neem, Brahmi, Castor
Self Care: Neti pot
Beverages: Mint tea, cucumber water, Cooling tea

PHYSICALLY CLEANSING REMEDIES:

Spices: Black pepper, Asafoetida, Sumac
Herbs: Triphala, Amchur
Oils: Bhringraj, Sunflower
Self Care: Salt scrubs, Silk gloves
Beverages: Lemon water, Cleansing tea

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