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Eye movements are sluggish; eye sockets are dark; there may be exudate in the corners of the eyes. Complexion is dusky and lacks luster; the face appears puffy, 285

Obviously greasy skin; moist, often malodorous, secretions from the armpits, genitals, palms and soles. Shiny face as if oiled, 285

Heavy-set, with thick fingers and hands, especially if the flesh is not muscular but soft and flabby, 286

Aching distended feeling in the hands and feet, 286

Tongue coating usually white and greasy, 286

Tongue body is more slack and flabby than normal, 287

Pulse usually deep and slippery; but could also be wiry, or soft, floating and slippery, or just deep, 287

Dislike for oily, greasy food and dairy products, preference for bland foods and drinks. Odors such as petrol or perfume can cause headaches, dizziness and nausea, 287

Lack of concentration and poor memory; or when severe, even depression, paranoia or hyperactivity, 288

Excessive salivation, or even uncontrolled dribbling. Constant expectoration of sputum or saliva, 288

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Sluggish and incomplete bowel movements, without dry stool. The stool may contain mucus, 289

Symptoms may worsen with weather or seasonal changes, 290

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Nausea, vomiting, borborygmus; sticky, greasy feeling in the mouth; or dry mouth with no desire to drink, 292

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Chronic chest tightness and stuffiness, possible sudden pressure-like pain in the chest, heaviness or compression, 293

Palpitations, anxiety, easily startled; insomnia; even fainting and convulsions, or mental disturbance., 293

Heavy body, low-grade fever; or subjective fever only, 294

Stuffy chest, distended or cool feeling in the back, that improves with massage or beating; and frequent sighing., 295

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