

GUIDELINES FOR DETERMINING YOUR CONSTITUTION

OBSERVATIONS	V	P	K	V	P	K
Body size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slim	Medium	Large
Body weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Low	Medium	Overweight
Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, Dry, Cold, Rough, Dark	Smooth, Oily, Warm, Rosy	Thick, Oily, Cool, White, Pale
Hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry Brown, Black, Knotted, Brittle, Thin	Straight, Oily, Blond, Gray, Red, Bald	Thick, Curly, Oily, Wavy, Luxuriant, All colors
Teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Protruding, Big, Roomy, Thin gums	Medium, Soft, Tender gums	Healthy, White, Strong gums
Nose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Uneven shape, Deviated septum	Long pointed, Red nose-tip	Short Rounded, Button nose
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Small, Sunken, Dry, Active, Black, Brown, Nervous	Sharp, Bright, Gray, Green, Yellow/red, Sensitive to light	Big, Beautiful, Blue, Calm, Loving
Nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, Rough, Brittle, Break easily	Sharp, Flexible, Pink, Lustrous	Thick, Oily, Smooth, Polished,
Lips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dry, Cracked, Black/brown tinged	Red, Inflamed, Yellowish	Smooth, Oily, Pale, Whitish
Chin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, Angular	Tapering	Rounded, Double
Cheeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wrinkled, Sunken	Smooth Flat	Rounded, Plump
Neck	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, Tall	Medium	Big, Folded
Chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flat, Sunken	Moderate	Expanded, Round
Belly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Thin, Flat, Sunken	Moderate	Big, Potbellied
Belly button	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Small, Irregular, Herniated	Oval, Superficial	Big, Deep, Round, Stretched
Hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Slender, Thin	Moderate	Heavy, Big
Joints	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cold, Cracking	Moderate	Large, Lubricated
Appetite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Irregular, Scanty	Strong, Unbearable	Slow but steady

OBSERVATIONS	V	P	K	V	P	K
Digestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Irregular, forms gas	Quick, Causes burning	Prolonged, Forms mucus
Taste, health preference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sweet, Sour, Salty	Sweet, Bitter, Astringent	Bitter, Pungent, Astringent
Thirst	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Changeable	Surplus	Sparse
Elimination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Constipation	Loose	Thick, Oily, Sluggish
Physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hyperactive	Moderate	Sedentary
Mental activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Always Active	Moderate	Dull, Slow
Emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Anxiety, Fear, Uncertainty, Flexible	Anger, Hate, Jealousy, Determined	Calm, Greedy Attachment
Faith	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Variable, Changeable	Intense, Extremist	Consistent, Deep, Mellow
Intellect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quick but faulty response	Accurate response	Slow, Exact
Recollection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Recent good, remote poor	Distinct	Slow and sustained
Dreams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Quick, Active, Many, Fearful	Fiery, War, Violence	Lakes, Snow, Romantic
Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Scanty, Broken up, Sleeplessness	Little but sound	Deep, Prolonged
Speech	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rapid, Unclear	Sharp, Penetrating	Slow, monotonous
Financial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Poor, spends on trifles	Spends money on luxuries	Rich, Good money preserver
Totals:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
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