

Questionnaire

What element are you?

This questionnaire is designed to help you find out whether you have a main element that is out of balance. When answering the questionnaire, try to be as honest as possible and also do not reflect for too long over the question as the most immediate response is normally the most accurate.

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|---|-----------|
| 1. If you suffer from these symptoms very frequently, or you resonate strongly with the emotional picture, choose | 3 |
| 2. If you suffer from these symptoms and emotions regularly, choose | 1 |
| 3. If you suffer from these symptoms and emotions occasionally, choose | 0 |
| 4. If you only have these problems once in a while, or feel indifferent towards the question, choose | -1 |
| 5. If you have a strong negative response as you never experience those emotions or symptoms, choose | -3 |

Wood element - Liver and Gallbladder

1. Nauseous headaches and migraine _____
2. Pre-menstrual symptoms including mood changes and breast tenderness _____
3. Irregular and painful periods, inflamed genital organs _____
4. Weak eyesight, sore, tired, dry eyes and spots in front of eyes (floaters) _____
5. Weak, ridged and splitting nails _____
6. Stiffness and rigidity in the muscles, especially in the shoulders and neck _____
7. Problems with tendons and ligaments, lack of flexibility _____
8. Dizziness and nausea, vomiting brought on by avoidance of food _____
9. Shouting and a loud voice _____
10. Pain under the right side of the rib cage near the liver and gallbladder _____
11. Difficulty digesting fatty foods and low tolerance to alcohol _____
12. Symptoms are aggravated by wind and drafts _____
13. Poor organisational and planning skills _____
14. Indecision and extreme nervous tension _____
15. Frustration, anger, aggression, irritability _____
16. Jealousy and resentment, unexpressed anger leading to depression _____
17. Twitches and spasms in the body and muscles _____
18. Craving for sour foods such as pickles and lemons _____
19. Allergies and food intolerance's _____
20. Clumsy and accident prone _____

Earth element - Spleen and Stomach

1. Abdominal distension and bloating _____
2. Puffiness and water retention _____
3. Tired, aching, heavy body and cold limbs _____
4. Accumulation of dampness and mucus in the body _____
5. Great fatigue and lethargy _____
6. Flabby, weak flesh, lack of muscle tone and strength in lower body _____
7. Prolapsed organs in lower body, bladder, intestines, uterus etc. _____
8. Loose stools and diarrhoea, abdominal gas and flatulence _____
9. Poor digestion and assimilation of food, slow metabolism _____
10. Pain under the left side of the rib cage near the spleen and stomach _____
11. Symptoms are aggravated by cold, damp and humid conditions _____
12. Easily worried and over-concerned _____
13. Obsessional and compulsive behaviour disorder _____
14. Upset by change and tendency to become over-whelmed by detail _____
15. Eating disorders such as bulimia and anorexia nervosa _____
16. Craving for sweet foods and ice-cream _____
17. Worse from eating cold foods, sweets and raw fruit and vegetables _____
18. Appetite imbalance, either voracious or lack of appetite _____
19. Hiccups and burping, nausea and vomiting _____
20. Acid in the stomach, duodenal or gastric ulcers _____

Fire element - Heart and Small Intestine

1. Palpitations and panic attacks _____
2. Heart attacks, angina, hardening of the arteries _____
3. High or very low blood pressure _____
4. Poor circulation _____
- _____
5. Fatigue with restlessness and anxiety _____
6. Insomnia and hot flushes in the night _____
7. Highly coloured complexion _____
8. Vivid dreams, restless sleep and nightmares _____
9. Extreme anxiety, emotional unease and lack of joy _____
10. Hatred and cruel behaviour _____
11. Lack of self-love and low self-worth _____
12. Excessive laughter and giggling at inappropriate times _____

Small intestine problems:-

1. Poor muscle tone and swollen abdomen _____
2. Pain in the throat, shoulder and neck _____
3. Tennis elbow and frozen shoulder _____
4. Symptoms are aggravated by excess heat _____
5. Mental confusion and indecision _____
6. Unable to separate the pure from the impure _____
7. Hearing difficulties and deafness _____
8. Worse between the hours of 11am and 3pm _____

Water element - Kidney and Bladder

1. Poor bladder control, frequent urination _____
2. Cystitis and bladder infections _____
3. Puffiness and water retention around the ankles and feet _____
4. Puffiness and dark bags under the eyes _____
5. Sterility and impotence _____
6. Low libido and lack of sexual fluids _____
7. Infertility _____
8. Constant tiredness, lethargy and frequent yawning _____
9. Pain in the lower back _____
10. Stiffness or weakness of the knees _____
11. Tightness or soreness in the back of the legs and hips _____
12. Sciatica and lumbago _____
13. Thin hair, split ends, lack of shine _____
14. Premature greying of hair, loss of hair _____
15. Symptoms are aggravated by cold and damp conditions _____
16. Fears and phobias; timidity and lack of confidence _____
17. Paranoid and suspicious behaviour _____
18. Constant complaining and moaning _____
19. Craving for salty foods _____
20. Soft or brittle, weak bones _____
21. Learning difficulties and slow development _____

Metal element - Lungs and Large Intestine

1. Breathing difficulties, asthma, emphysema _____
2. Shortness of breath and fatigue on exertion _____
3. Tightness in the chest and a soft voice _____
4. Frequent cold and infections, low immunity _____
5. Coughing with or without phlegm, throat infections, laryngitis _____
6. Sinusitis, sneezing, and rhinitis and other nasal difficulties _____
7. Excess mucus or alternatively, dryness and lack of mucus _____
8. Excessive or lack of perspiration _____
9. Poor sense of smell _____
10. Constipation and diarrhoea _____
11. Strong smelly odours from faeces or flatulence _____
12. Body odour and bad breath _____
13. Pain in the chest or in the lower abdomen _____
14. Aggravated by heat, cold and dryness _____
15. Symptoms are aggravated by wind and drafts _____
16. Dryness of the skin, psoriasis and eczema _____
- _____
17. Grief, pessimism, melancholy and depression _____
18. Unable to 'let go' of the past, bored and apathetic behaviour _____
19. Craving for spicy and pungent foods _____
20. Poor memory and fuzzy thinking _____

The results

Add your scores up for each element and you should have higher score with an element that you identify with more than the others. However, due to the very nature that the organs are interconnected and effect each other, we can sometimes have several elements showing us symptoms. If a clear picture does not emerge after completing the questionnaire, then refer to the section on the physical and psychological profile and see what one typifies you.