

5 Element Health Condition Assessment

Isoharts — Zenergize Holistic Health Club | Based on Shaping Our Destiny by Seymour Koblin

Check column 1 (Now) if you currently have the symptom. Check column 2 (Chr) if it is chronic or recurring.

NowChr Symptom / Condition

TREE (Spring — Liver / Gallbladder)

- ☐ ☐ Painful menstruation
- ☐ ☐ Tumors or cysts on ovaries
- ☐ ☐ Lumps in breasts
- ☐ ☐ Uterine fibroids
- ☐ ☐ Cervical dysplasia
- ☐ ☐ Irregular or suppressed menstruation
- ☐ ☐ Muscle cramps
- ☐ ☐ Stabbing, sharp or piercing pains
- ☐ ☐ Blurred vision
- ☐ ☐ Genital herpes
- ☐ ☐ Hepatitis / Jaundice
- ☐ ☐ Colds and flu (not deep-rooted)
- ☐ ☐ Sinus problems
- ☐ ☐ Allergies
- ☐ ☐ Premenstrual insomnia
- ☐ ☐ Palsy (Parkinson's, etc.)
- ☐ ☐ Migraine or moving headaches
- ☐ ☐ Pain in eyes or ears
- ☐ ☐ Wandering / migrating pain
- ☐ ☐ Headaches (toxicity from constipation)
- ☐ ☐ Depression driven by anger
- ☐ ☐ Suppressed and bound emotions
- ☐ ☐ Agitation / Frustration
- ☐ ☐ Irritability / quick temper
- ☐ ☐ Nervous tension / Restlessness
- ☐ ☐ Emotional inhibitions
- ☐ ☐ Limited creativity and expressiveness
- ☐ ☐ Tense muscles (shoulders by ears)
- ☐ ☐ Prostate problems
- ☐ ☐ Painful or cloudy ejaculation
- ☐ ☐ Coronary arteriosclerosis
- ☐ ☐ Blood in urine, stool, or saliva
- ☐ ☐ Irritable Bowel Syndrome

NowChr Symptom / Condition

FIRE (Summer — Heart / Small Intestine)

- ☐ ☐ Heart failure
- ☐ ☐ Angina pectoris
- ☐ ☐ Palpitations
- ☐ ☐ Raynaud's syndrome
- ☐ ☐ Skin: grayish or reddish
- ☐ ☐ Lips/nose/fingers tinged purple
- ☐ ☐ Angina or chest pain
- ☐ ☐ Fullness in chest, abdomen, or head
- ☐ ☐ Poor circulation
- ☐ ☐ Cysts, accumulations, or tumors
- ☐ ☐ Sweating from minimal activity
- ☐ ☐ Easily bruised
- ☐ ☐ Varicose veins
- ☐ ☐ Numb limbs
- ☐ ☐ Restless sleep / Nightmares
- ☐ ☐ Exhaustion
- ☐ ☐ Temporary memory loss
- ☐ ☐ Disturbed thinking / forgetfulness
- ☐ ☐ Behavioral changes
- ☐ ☐ Depression (can't feel joy)
- ☐ ☐ Disorientation / agitation
- ☐ ☐ Epstein-Barr / Chronic Fatigue
- ☐ ☐ Anemia
- ☐ ☐ Pale lips or nails
- ☐ ☐ Chronic bleeding or discharges
- ☐ ☐ Extremely heavy menstruation
- ☐ ☐ Reduced thinking capacity
- ☐ ☐ Lethargy
- ☐ ☐ Dizziness

EARTH (Early Autumn — Spleen / Stomach)

- ☐ ☐ Fullness, bloated/swollen abdomen
- ☐ ☐ Vomiting / Nausea
- ☐ ☐ Loss of appetite
- ☐ ☐ Belching
- ☐ ☐ Diarrhea
- ☐ ☐ Hemorrhoids
- ☐ ☐ Mucus discharges
- ☐ ☐ Leucorrhea (white discharge)
- ☐ ☐ Swellings in joints, sinuses, lungs
- ☐ ☐ Excessive sweating
- ☐ ☐ Sensitivity to temperature changes
- ☐ ☐ Heavy / difficult breathing
- ☐ ☐ Weight gain
- ☐ ☐ Digestive disorders
- ☐ ☐ Worry and overthinking
- ☐ ☐ Mental fixation / obsessive thoughts
- ☐ ☐ Clouded thinking
- ☐ ☐ Malignant lumps
- ☐ ☐ Inflamed gums
- ☐ ☐ Discharges from mucous membranes

METAL (Fall — Lungs / Large Intestine)

- ☐ ☐ Dry, wrinkled skin
- ☐ ☐ Allergic dermatitis
- ☐ ☐ Body hair loss
- ☐ ☐ Hair loss / thinning hair
- ☐ ☐ Asthma
- ☐ ☐ Constipation
- ☐ ☐ Cramping in large intestine
- ☐ ☐ Stiffness of spine and neck
- ☐ ☐ Stiffness in chest and shoulders
- ☐ ☐ Sinus infections or pain
- ☐ ☐ Bad breath
- ☐ ☐ Cysts or tumors
- ☐ ☐ Reduced immunity / infections
- ☐ ☐ Paleness around eyes
- ☐ ☐ Headaches (toxicity from constipation)
- ☐ ☐ Grief and sadness
- ☐ ☐ Depression (melancholy)
- ☐ ☐ Emotional blockages
- ☐ ☐ Limited creativity and expressiveness

WATER (Winter — Kidneys / Bladder)

- ☐ ☐ Fatigue / exhaustion
- ☐ ☐ Frequent and irregular urination
- ☐ ☐ Weakness and pain in lower legs
- ☐ ☐ Lower back pain
- ☐ ☐ Bloating / distension
- ☐ ☐ Swollen knees and ankles
- ☐ ☐ Swelling / puffiness under eyes
- ☐ ☐ Premature ejaculation
- ☐ ☐ Night sweats
- ☐ ☐ Hearing loss
- ☐ ☐ Ringing in ears (tinnitus)
- ☐ ☐ Lower back and/or spinal pain
- ☐ ☐ Loss of menstruation
- ☐ ☐ Cold sensations, cold to touch
- ☐ ☐ Infertility / Impotence
- ☐ ☐ Adrenal insufficiency
- ☐ ☐ False fire (hot flash syndrome)
- ☐ ☐ Dizziness
- ☐ ☐ Poor memory
- ☐ ☐ Incontinence
- ☐ ☐ Disorientation / deep fatigue
- ☐ ☐ Fear / anxiety
- ☐ ☐ Isolation
- ☐ ☐ Lack of willpower or drive