

The more ticks on this list, the more attention on your health is needed.

Sleep:

- Light sleeper and/or nightmares
- Wakes up at night to pee
- Wakes up a few times at night
- Hard to get to sleep
- Wakes up too early
- Wakes up lethargic
- Always sleepy
- No enough sleep no matter what
- Others:

Poo:

- Hard
- Smelly
- Mushy
- Soft
- Undigested food in it
- Constipated
- Diarrhea
- How Many Times daily:
- Others:

Appetite:

- Poor desire for food/meals
- Difficult to digest
- Heart burn
- Bloating and/or burpings
- Always full/hungry
- Others:

Energy level:

- Tired easily/short of breath easily
- Tired after eating
- Feels cold/hot easily
- Others:

Memory:

- Forgetful/can't recall much
- Forgets within 15 minutes
- Wrong memories
- Others:

Weight:

- Slim
- Above average
- Obese

Aches, pains, numbness:

- Feels cold/hot to touch
- In back
- In shoulders/chest/abdomen
- In neck
- In joints
- In legs and/or kneecaps
- In head
- In hips
- Others:

Hair:

- Oily/dry
- Easily broken
- Thinning without family history

Mouth:

- Dry mouth/throat
- Sorethroat easily
- Have ulcers easily
- Cracky lips
- Pale lips
- Bad breath/odd taste in mouth

Eyes:

- Blur vision
- Dry/watery eyes
- High number of floaters
- Tired eyes easily
- Reddish/bloodshot eyes

Skin:

- Little/no skin radiance
- Pale/yellowish/greenish face color
- Dry/oily skin
- Pimples
- Long healing wounds
- Many black/white heads
- Many oil seeds

Nails:

- Hard to trim nails
- Brittle
- Yellowish/greyish
- Fungal attacks frequently
- Poor cuticle health
- Pale color
- Spots on nails

Gynae:

- Period on time
- Period delay
- Clots
- Stomach cramps
- Breast soreness
- PMS temper
- PMS heatiness
- PMS headaches
- PMS or menstrual poor appetite
- PMS fatigue
- Poor health after childbirth
- Pimples
- Pee often
- Wakes up to pee at night
- Painful pee
- Others:

Andro:

- Premature ejaculation
- Cannot hold erection for 25 minutes
- Low/high libido
- Pee often
- Wakes up to pee at night
- Painful pee
- Prostate issues
- Pimples
- Others:

Diet:

- Prefers more veggie and/or fruits
- Prefers more meat
- Prefers more seafood
- Prefers salty/salt-preserved food
- Prefers sweet/sweet-preserved food
- Prefers spicy/heavily spiced food
- Prefers bitter food
- Prefers fried food
- Prefers BBQ food
- Prefers bland food
- Prefers cold/frozen food
- Prefers raw food
- Prefers snacks to main meals
- More than 5x of coffee/tea/alcohol a week