

Your **current state of balance** - which dosha needs to be addressed right now:

V

constipation * numbness in
fingers or toes * dizziness *
spaciness * fear or anxiety *
talking very quickly * hard
time listening or remembering
* restless * scattered mind *
loss of appetite * clear nasal
drip * cracking joints * weak
bones * poor stamina *
indecisive * nervous
*shaking/tremors * poor
memory * insomnia * missed
or light periods

P

unformed bowel movements *
burning urination * skin
rashes * acne * irritable *
jealousy * criticism *
premature balding *
perfectionistic * acid reflux *
bleeding gums * nose bleeds *
red, or yellow eyes * violent *
excessive sweating * stinking
armpits * ulcers * cold sores *
hot flashes * heavy
menstruation

K

unhealthy weight gain * greed
or attachment * incomplete
bowel movements * slow or
sluggish metabolism * strong
cravings * oversleeping *
laziness * tends towards heavy
chest colds * mucus in stool *
foggy mind * clammy skin *
emotional overeating * deep,
wet cough * prolonged, heavy
menstruation