



Daily Metabolic Health Self-Exam

1. HYDRATION STATUS

☐ Tongue Moisture

Notes: _____

What it means:

- A lightly moist tongue = good hydration.
- Sticky/dry = dehydration or high stress hormones.

☐ Skin Turgor (pinch test on hand)

Notes: _____

What it means: Skin that snaps back quickly suggests good hydration and electrolyte balance.

☐ Urine Color (morning)

Notes: _____

What it means:

- Pale yellow = well hydrated.
- Dark = dehydration or concentrated waste products.



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2. ENERGY & METABOLIC SIGNALS

☐ Morning Energy (0–10)

Notes: _____

What it means: Low morning energy can reflect blood sugar imbalance, low thyroid activity, mitochondrial strain.

☐ Breath Rate (goal 6 slow, deep breaths per minute)

Notes: _____

What it means:

- Fast breathing = sympathetic dominance.
- Slow nasal breathing = better oxygen efficiency.

☐ Mid-day Crash? (Yes/No)

Notes: _____

What it means: Daily crashes can indicate cortisol swings or poor metabolic flexibility (insulin resistance)



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3. NAIL HEALTH

☐ **Ridges or dents**

Notes: _____

Meaning: Can signal nutrient deficiencies (minerals/B vitamins) or chronic stress load.

☐ **Pale or bluish nails**

Notes: _____

Meaning: May reflect low circulation or low iron stores.

☐ **Brittle nails**

Notes: _____

Meaning: Often linked with low minerals or low thyroid activity.



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4. SKIN QUALITY

☐ **Texture (smooth/dry/flaky)**

Notes: _____

Meaning: Dry or flaky skin often reflects dehydration, low omega-3 intake, or sluggish detoxification.

☐ **Puffiness or fluid retention**

Notes: _____

Meaning: Can indicate inflammation, sodium imbalance, or lymph stagnation.

☐ **Rashes or bumps**

Notes: _____

Meaning: The skin is a detox organ—flare-ups may reflect gut irritation or immune activation.



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5. TONGUE ANALYSIS

☐ Coating (white/yellow/thick)

Notes: _____

Meaning:

- White coating = yeast/gut imbalance;
- yellow = higher inflammation or sluggish liver.

☐ Edges scalloped? (teeth marks)

Notes: _____

Meaning: Often connected to stress, low stomach acid, or fluid retention.

☐ Color (pink/red/pale)

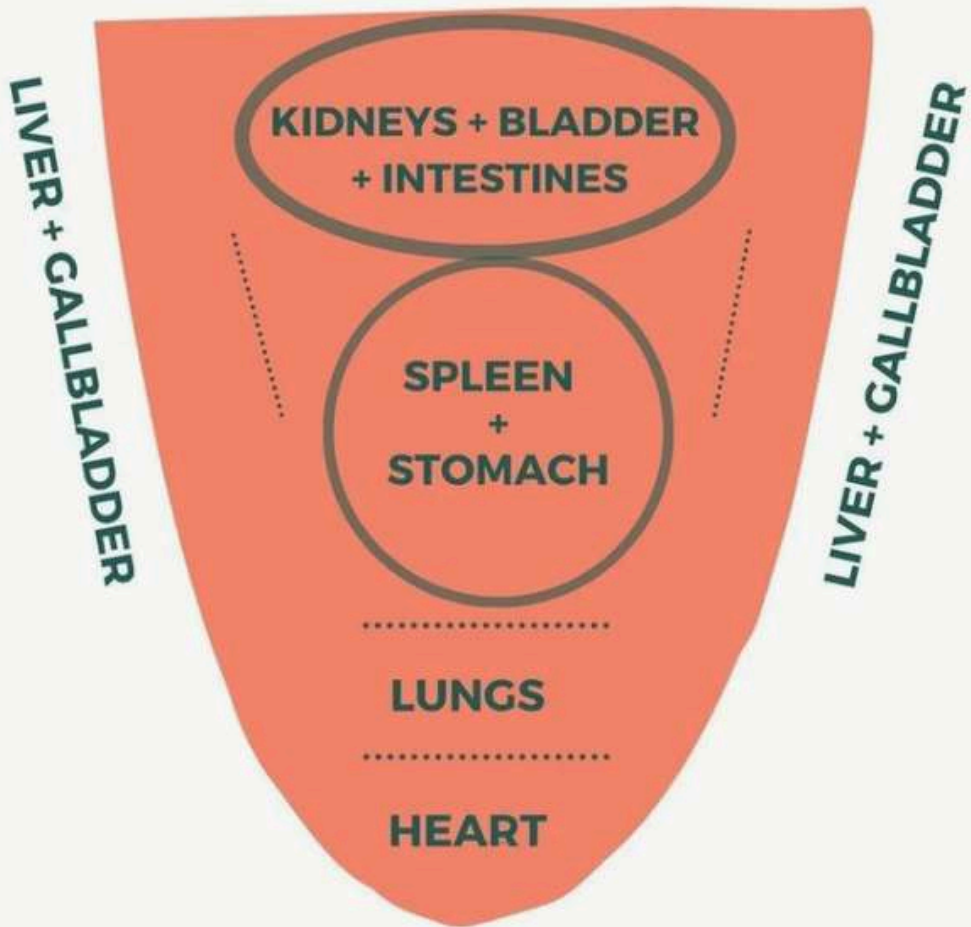
Notes: _____

Meaning:

- Pale = low nutrients/low energy
- Red = inflammation/heat
- Purple = stagnation or low circulation



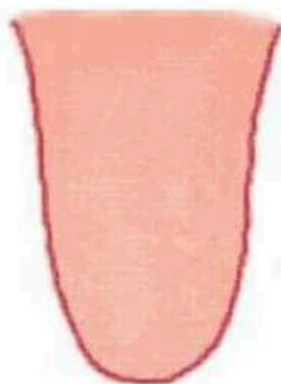
TCM TONGUE DIAGNOSIS ORGAN SYSTEM MAP



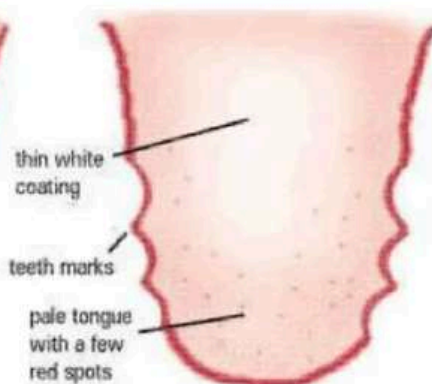


DEEP HEALING 5 D INTENSIVE

WHAT DOES YOUR TONGUE LOOK LIKE? POSSIBLE SYMPTOMS AND SYNDROMES.

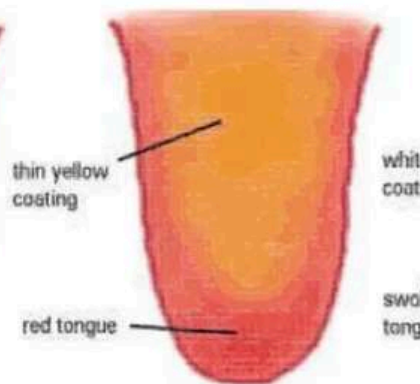


NORMAL



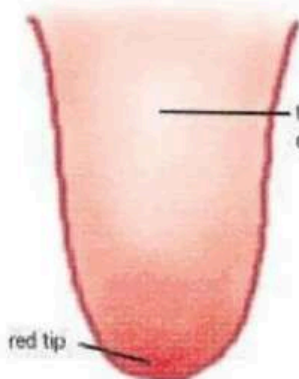
QI DEFICIENCY

Fatigue, Poor appetite,
Spontaneous sweating,
Shortness of breath, Over-
thinking and worrying...



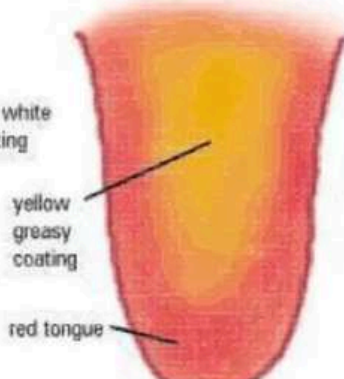
HEAT

Feel hot, Sweat easily,
Thirsty, Constipated, Irritable
and bad tempered, Skin
problems...



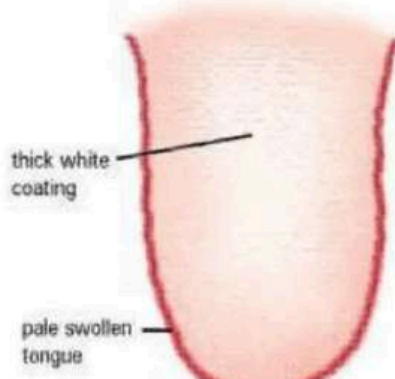
QI STAGNATION

Stressed, Tendency to be
depressed and upset,
Unstable emotional state,
PMT....



DAMP HEAT

Skin problems, Urinary
infections, Clammy skin,
Angry and uncomfortable...



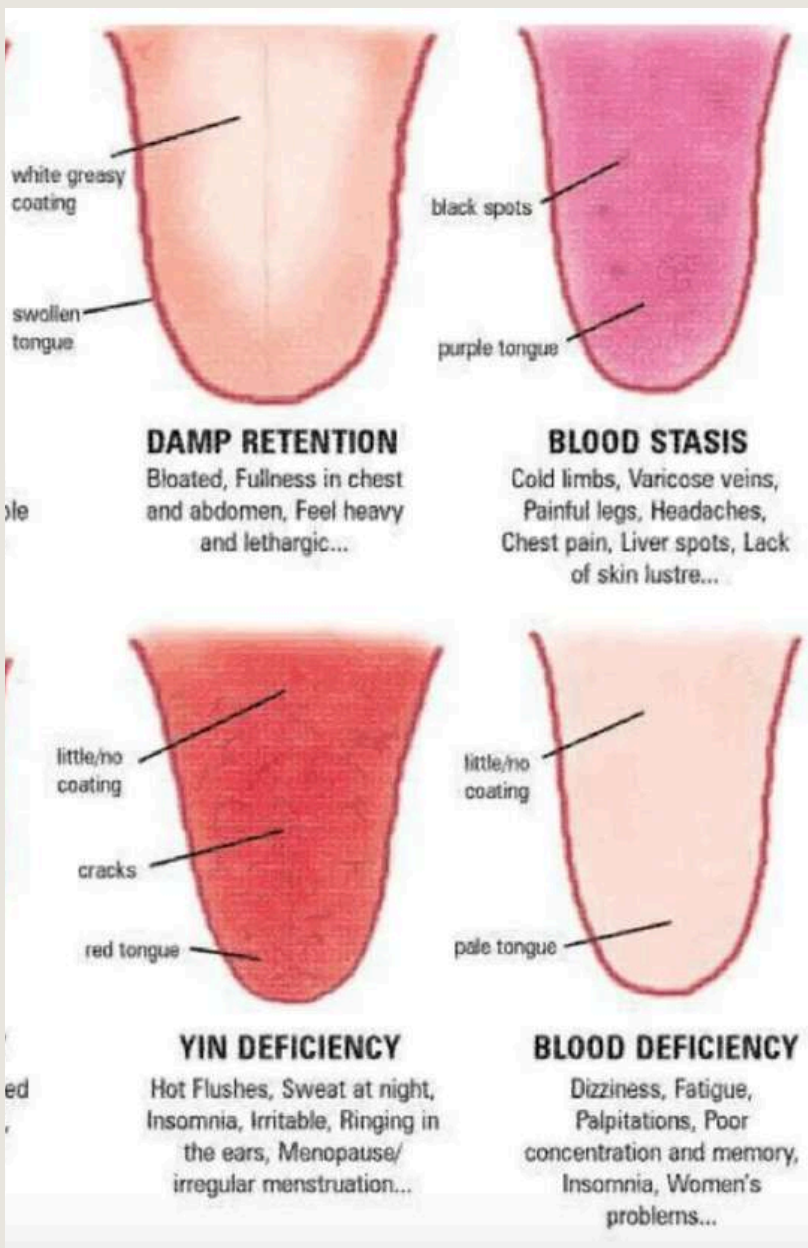
YANG DEFICIENCY

Feel cold easily, Always need
warmth, Pale complexion,
Back pain, Tendency to
panic, Emotionally low,
Impotence, Infertility...



DEEP HEALING 5 D INTENSIVE

WHAT DOES YOUR TONGUE LOOK LIKE? POSSIBLE SYMPTOMS AND SYNDROMES.





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6. EYE WHITES

☐ **Color (bright / slightly yellow / red veins)**

Notes: _____

Meaning:

- Bright white = strong detox & immune function
- Yellow tinge = sluggish liver or bile flow
- Red lines = stress, dehydration, high histamine, or inflammation



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7. HAIR QUALITY

☐ **Shedding (normal/increased)**

Notes: _____

Meaning: Increased shedding may signal stress, low protein, low minerals, or hormonal strain.

☐ **Texture changes (dry/oily/brittle)**

Notes: _____

Meaning: Often connected to thyroid function, essential fatty acid status, or gut-nutrient absorption.

☐ **Growth rate**

Notes: _____

Meaning: Slow growth can reflect metabolic slowdown or nutrient depletion.



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8. LYMPHATIC HEALTH

☐ **Feel lymph nodes (jawline, neck, armpit, groin)**

Notes: _____

Meaning:

- Mild tenderness = lymph doing its job. Firm, swollen, or persistent changes should be noted and monitored.

☐ **Swelling in legs or ankles? (Yes/No)**

Notes: _____

Meaning: Edema may indicate circulatory congestion, inflammation, or low protein intake.

☐ **Breast tissue congestion (firmness, heaviness)**

Notes: _____

Meaning: Can reflect lymph stagnation in chest and underarm area.



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9. GUT HEALTH CHECK

☐ **Bowel movements (1–3/day?)**

Notes: _____

Meaning: Daily elimination supports detox; irregularity suggests sluggish digestion or microbiome imbalance.

☐ **Stool consistency (soft/formed/hard) – Bristol Scale**

Notes: _____

Meaning:

- Too loose = inflammation, poor absorption
- Too hard = dehydration, low fiber

☐ **Bloating (None/Mild/Severe)**

Notes: _____

Meaning: Bloating is a sign of fermentation, low stomach acid, or sluggish digestive enzymes.



BRISTOL STOOL CHART



TYPE 1 - SEVERE CONSTIPATION

Separate, hard lumps



TYPE 2 - MILD CONSTIPATION

Lumpy and sausage like



TYPE 3 - NORMAL

A sausage-shape with cracks in the surface



TYPE 4 - NORMAL

Like a smooth, soft sausage or snake



TYPE 5 - LACKING FIBER

Soft blobs with clear-cut edges



TYPE 6 - MILD DIARRHEA

Mushy consistency with ragged edges



TYPE 7 - SEVERE DIARRHEA

Liquid consistency with no solid pieces



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10. IMMUNE SIGNALS

☐ **Temperature swings / feeling cold often**

Notes: _____

Meaning: A slow metabolic rate can cause low body temperature.

☐ **Recurring sore throat or congestion**

Notes: _____

Meaning: Immune system overactivation or gut-immune connection irritation.

☐ **Swollen glands?**

Notes: _____

Meaning: Immune engagement or detoxification load.



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11. STRESS & NERVOUS SYSTEM CHECK

☐ **Jaw tension / grinding**

Notes: _____

Meaning: Sympathetic dominance, cortisol load, rule in parasites/gut dysbiosis.

☐ **Heart rate variability (HRV if using a wearable)**

Notes: _____

Meaning:

- Higher HRV = better resilience.
- Lower = chronic stress.

☐ **Sleep quality (0–10)**

Notes: _____

Meaning:

- Restorative sleep = strong repair pathways.
- Poor sleep = high stress hormones or inflammation.



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12. CIRCULATION & OXYGENATION

☐ Cold hands/feet

Notes: _____

Meaning: Low thyroid activity or poor circulation.

☐ Capillary refill test (press fingernail → color returns <2 sec?)

Notes: _____

Meaning: Slow refill suggests low hydration or circulation strain.

☐ Breath-hold time (CO₂ tolerance)

Notes: _____

Meaning:

- Short hold = high stress, low mitochondrial flexibility.