

## Manifestations of basic energetics (hot, cold, dry, damp) in the body:

### Heat

- Redness (eyes, skin and tissues, including easy to flush)
- Sweat
- Itching
- Infected skin sores (puss, oozing)
- Infection in general
- Inflammation in general
- Bowels: loose stools, blood in stools, scalding diarrhea
- Urine: dark, blood in urine
- Emotions: irritability, anger, frustration, rage
- Green or yellow phlegm
- Sensitivity to heat
- Hot to the touch (sometimes)
- Fever
- Thirst, craving cold (sometimes)
- Sharp, stabbing pains
- Bleeding gums, nosebleeds
- Blood in urine
- Fast movement
- Fast pulse
- Red tongue, yellow or green coating on tongue

### Cold

- Pale skin, even bluish or grey
- Bowels/digestion: lack of appetite, sluggish bowels, slow transit time, intestinal bloating
- Urine: pale
- Slow metabolism, feels like food sits there
- Depression
- Cold hands and feet
- Easily feels cold, sensitive to cold (sometimes)
- Pale, white or grey mucus
- Muscular skeletal tension
- Slow movement
- Likes warm, symptoms improved by warmth (usually)
- Pale tongue, white coat on tongue

### Dry

- Dryness anywhere in the body including: mouth, skin, hair (breaking, brittle), nails (brittle, thin), vagina.
- Lungs: dry cough, dry wheezing, dry asthma
- Bowels: constipation (rabbit droppings)
- Urine: scanty, concentrated
- Thirsty (sometimes)
- Thick, sticky mucus

### Damp

- Water retention
- Sweating
- Gurgling stomach
- Stagnation
- Watery mucus
- Excessive diarrhea
- Oozing, damp, sweaty skin (including cold sweat)
- Watery tongue

