

# REPERTORY by Tena Scarber L.Ac. & Jack Tips, N.D., Ph.D

Here is an alphabetic list of symptoms, ailments, and health-limiting emotional and mental states that correlate to imbalances in one or more of the five elements. These rubrics are not a “this for that” prescriptive guide. They serve to help you give due consideration and deeper understanding regarding supporting that element to help a person with health challenges. Compare this repertory to your patient’s completed constitutional questionnaire.

For any condition listed here, the practitioner should find other corroborating conditions from the Constitutional Health Questionnaire (Appendix A), or from personal observations, that confirm the element and direction of support.

Here you will find the entries from the Constitutional Health Questionnaire (Appendix A), plus some additional rubrics of other conditions that are not part of the questionnaire. Use this is a guide to find the most appropriate constitutional herbal support.

This Repertory only applies to the Constitutional Five Element formulas. Doc Wheelwright also designed other formulas that also specifically support the alleviation of many of these symptoms. For a complete programming guide, see *the New Dimensions In Herbal Healing Training Program* ([www.apple-a-daypress .com](http://www.apple-a-daypress.com))

**ABANDONMENT, feelings of or fear of** – Earth Tonify, Water Tonify, General Tonify

**ABSENTMINDEDNESS** – Water Tonify, Fire Tonify, Wood Tonify, General Tonify

## **ACHING:**

**eyes** – 1. Eyes belong to “liver” Wood sedate or wood tonify. 2. Earth Sedate  
3. General tonify

**headache** – external causes: cold, flu, wind: support the immunity(Atak, Vivi, #3, and vital Qi (AZV, Accell, CTV, Cal, Min, etc)

Internal causes:1. Hyperactive liver yang – Wood Sedate

2. Kidney deficiency –Water Tonify

3. Blood stasis – General Sedate

4. Qi and blood deficiency – General Tonify

5. Phlegm – turbidity Earth Sedate

**knees, weak** – Water Tonify, General Tonify

**AGGRESSIVENESS** (tendencies) – Wood Sedate, Fire Sedate, General Sedate

**lack of** – Water Tonify, Earth Tonify

**AGITATION, manic** – Fire Sedate, Wood Sedate, General Sedate

## **ALLERGIES:**

**chronic;** hay fever, cats, dust, chemicals, dairy, foods – Detoxify First then Metal Tonify, Earth Sedate, Energy Tonify

**general;** hay fever / food sensitivities / dermatological rashes – General Tonify, Earth Tonify or Sedate.  
**acute** flare-ups; hay fever, mold, chemical fumes, animal dander – Metal Sedate, Metal Tonify  
**severe, acute;** poison ivy, oak, sumac –General Sedate, Fire Sedate, Earth Sedate  
**AMENORRHEA** – Water Tonify, Wood Tonify, General Tonify

**ANEMIA** – General Tonify, Wood Tonify, Earth Tonify, Water Tonify

**ANGER** – Wood Sedate, General Sedate, Fire Sedate, Energy Tonify (tonifies yin)  
**unresolved** – same as above

**ANGINA-** 1. Yin Deficiency – Energy Tonify  
2. Yang Deficiency – Fire Tonify  
3. Qi Deficiency – General Tonify, Water Tonify, Metal Tonify, Earth Tonify  
4. Blood Deficiency – Wood Tonify, General Tonify, Earth Tonify, Metal Tonify  
5. Fire Excess – Fire Sedate, Energy Sedate  
6. Yang Collapse – Water Tonify, General Tonify, Fire Tonify  
7. Blood Stagnation – General Sedate, Wood Sedate

**ANOREXIA** – Fire Sedate, Wood Sedate, Earth Sedate, Earth Tonify

**ANTISOCIAL TENDENCIES**-Water Tonify, Water Sedate, General Sedate

**ANXIETY:**

chronic-Fire Sedate. General Sedate, Wood Sedate  
extreme, with restlessness- Fire Sedate, Energy Sedate  
unrelated to any particular situation or event- Fire Sedate, Fire Tonify, Energy Tonify, Wood Tonify, Wood Sedate,

**APATHY**- Water Sedate, Water Tonify

**APPETITE:**

Excessive, increased- Earth Sedate, General Sedate  
loss of – Earth Tonify, Water Tonify  
poor- Earth Tonify, General Tonify,

**ARRYTHMIA-** See Angina

**ARTHRITIS** – Earth Sedate, General Tonify, Wood Tonify, Energy Sedate, Energy Tonify

**ASTHMA:**

chronic, allergy induced- Metal Tonify, Metal Sedate, Water Tonify, Water Sedate

tendency to develop – Metal Sedate, MetalTonify, Water Tonify, Water Sedate

**ATTENTION DEFICIT DISORDER** – Fire Sedate, Wood Tonify, General Tonify, Water Tonify, Water Sedate

Attitude- overly critical and judgmental- Wood Sedate, General Sedate, Metal Sedate

**AUTHORITY, LACK OF RESPECT for** – Wood Sedate, General Sedate

**BELCHING** – Earth Sedate

**BIPOLAR DISORDER** – When Manic: Wood Sedate, General Sedate, Fire Sedate  
When Depressed: Fire Tonify, Wood Tonify,

**BLADDER:**

**difficult, scant urination** – Water Tonify

**infection** sudden w/extreme pain – Water Sedate, Earth Sedate, Fire Sedate

**stones** – Water Sedate

**BLAMES SELF** (when things don't go as planned) – WoodTonify, Wood Sedate, General Sedate

**BLEEDING:**

**gums** – Earth Tonify, Earth Sedate

**profuse menstrual flow** – General Tonify, Wood Tonify

**BLOATING, DISTENSION** – Earth Sedate, Wood Sedate, Earth Tonify

**abdomen** – General Sedate, Earth Sedate, Earth Tonify

**BLOOD LOSS:** history of; postpartum, surgery – General Tonify, Wood Tonify

**BLOOD PRESSURE**

**high** – General Sedate, Wood Sedate, Fire Sedate, Water Sedate

**low** – Fire Tonify, General Tonify, Wood Tonify

**BLUSHES EASILY, tendency** – Fire Sedate, Wood Sedate, Earth Tonify

**BOWEL MOVEMENTS**, irregular – General Sedate, Wood Sedate

**BREATHING:**

**difficult** – Metal Tonify, Metal Sedate

**shallow**, holding breath – Fire Tonify, Water Tonify

**course**, loud – Metal Sedate  
**flaring** of nostrils while – Metal Sedate  
**quiet**/ weak – Metal Tonify  
**rapid** – Metal Tonify, Metal Sedate, Water Sedate, Water Tonify  
**difficulty** while lying down – Water Sedate, Fire Tonify

**BRITTLE**, dry, split hair – Water Tonify, Wood Tonify, General Tonify  
**hair and nails** – Wood Tonify, Water Tonify, General Tonify

**BRONCHIAL SPASMS** – Metal Tonify, Metal Sedate, Water Tonify

**BRONCHITIS**: chronic – Metal Sedate, Metal Tonify, General Tonify, Energy Tonify

**BRONCHIECTASIS** – Metal Sedate, Metal Tonify, Wood Sedate, General Sedate

**BRUISING**, frequent (tendency to) – Earth Sedate, Earth Tonify

**BULEMIA** – Earth Sedate, Fire Sedate, Wood Sedate, General Sedate

**CARCINOMA**: with heat signs – Energy Sedate, Fire Sedate

**CARDIAC**, insufficiency or congestive heart failure – Fire Tonify, Fire Sedate, Water Tonify, Water Sedate, Earth Sedate  
**congenital** cardiovascular disease – Fire Tonify, Water Tonify  
**congestive** heart failure – Fire Tonify, Water Sedate  
**tamponade** – Fire Tonify, Fire Sedate

**CARDIOMYOPATHY** – Fire Tonify, Fire Sedate, Water Tonify

**CHOKED**, strained voice – Fire Sedate, Metal Tonify, Metal Sedate

**CROHN'S DISEASE** – Energy Sedate, Metal Sedate, Wood Sedate, Earth Tonify, Earth Sedate

**CIRCULATION**, poor – Fire Tonify, Wood Tonify, General Tonify, General Sedate

**CIRRHOSIS**, or cancer of liver – Wood Sedate, Earth Sedate, General Sedate, Fire Sedate

**CLINGY**, relationship – Earth Tonify, Wood Sedate

**COLD, AVERSION to** – Water Tonify, Fire Tonify, Water Sedate

**COLD EXTREMITIES**: hands and feet – Wood Tonify, Wood Sedate, General Sedate, Water Tonify, Earth Tonify, Fire Tonify, General Tonify,

**COMMUNICATIVE, NON** – General Tonify, Fire Tonify

**COMPULSIVE OVER EATING**, alternating with strict dieting – Earth Sedate, Earth Tonify, Wood Sedate, Fire Sedate, Earth Sedate

**CONCENTRATION:**

**inability to focus thoughts** – Water Sedate, Wood Tonify, Water Tonify,  
**paying attention difficult** due to lack of energy or vitality – Fire Tonify, Earth Tonify, Wood Tonify

**CONFIDENCE, SELF** – lacking, loss of – Water Tonify, Fire Tonify, Wood Tonify

**CONCERN, OVERLY**- excessive concern for others – Earth Tonify, Earth Sedate, Wood Sedate

**WORRYING**, obsessive – Earth Tonify, Earth Sedate

**CONFRONTATIONAL, NON** – Difficulty with conflicts and disorder – Metal Sedate, Metal Tonify, Wood Sedate, Wood Tonify

**CONFUSION**, easily confused – Fire Tonify, Wood Tonify, General Tonify

**CONGESTION:** Nose – Metal Tonify, Metal Sedate

**Sinuses** – Metal Tonify, Metal Sedate, Earth Sedate

**Throat** – Metal Tonify, Metal Sedate, Energy Tonify

**CONJUNCTIVITIS:** acute – Wood Sedate, Fire Sedate

**CONSTIPATION** – Energy Tonify, Energy Sedate, Earth Sedate, Earth Tonify, Metal Sedate, Wood Tonify

**with gas**, heartburn – Fire Tonify, Wood Sedate, Earth Sedate

**CONTACT DERMATITIS** – Metal Tonify, Fire Sedate,

**CORONARY ATRERIOSCLEROSIS** – Fire Tonify, Fire Sedate, General Sedate, Wood Sedate, Wood Tonify

**COUGH:**

**barking** with chest pain – Metal Sedate, Fire Sedate

**chronic dry** – Metal Tonify, Metal Sedate, Fire Sedate, Energy Tonify

**dry**, hacking – Metal Tonify, Energy Tonify

**weak**, inactive – Metal Tonify, Water Tonify, Earth Tonify

**CRACKED:**

**nails, dry, or soft** – Wood Tonify, Metal Tonify  
**tongue (fissures)** – Energy Tonify, Earth Tonify, General Tonify  
**tongue with red tip** – Fire Sedate, Wood Sedate, General Sedate

**CRAVINGS:**

**To be accepted** – Fire Tonify, Earth Tonify, Metal tonify  
**attention** – Earth Tonify, Earth Sedate, General Tonify  
**cold foods and liquids** – Fire Sedate, Wood Sedate, Energy Sedate  
**love and affection, to be needed, and included** – Earth Sedate, Earth Tonify, Wood Tonify,  
**sour, spicy foods** – Wood Sedate, Wood Tonify, General Sedate  
**sugar and caffeine** – Earth Tonify, Earth Sedate, General Sedate, Wood Sedate  
**sweets and carbs** – Earth Sedate, Earth Tonify, General Sedate

**CREATIVITY:**

**creative energy blocked** – Wood Tonify, Wood Sedate, General Sedate, Fire Tonify, Water Tonify  
**inspiration, lack of** – Wood Tonify, Metal Tonify, Earth Tonify, Water Tonify  
**lack of** – Fire Tonify, Water Tonify, Metal Tonify, General Tonify

**CRITICAL**, excessive of others thought, feelings or behaviors – Wood Sedate, Earth Sedate, General Sedate, Fire Sedate

**CRYING**: uncontrolled – Fire Sedate, Wood Sedate, General Sedate,

**DEAFNESS** – Water Tonify

**sudden**, comes and goes – Wood Sedate

**DEPENDENCE**, on external sources for stimulation or sedation (caffeine, sugar, alcohol) – Wood Tonify, Wood Sedate, General Sedate

**DEPRESSION:**

**anger or resentment** – Wood Sedate, General Sedate, Fire Sedate, Earth Sedate  
**hysteria, delirium** – Fire Sedate, Wood Sedate, General Sedate  
**mild** – General Sedate, Wood Sedate  
**post-partum, post Surgery, post illness** – General Tonify, Water Tonify, Wood Tonify  
**tendency to be depressed** – General Sedate, Wood Sedate

**DELAYED DEVELOPMENT**: slow growth and – Water Tonify, General Tonify

**DIABETES** – Earth Tonify, Earth Sedate, Metal Tonify, General Tonify

**DIARRHEA**: slimy, foul smelling – Wood Sedate, Energy Sedate, General Sedate

**DIGESTION**, difficulty digesting foods such as dairy or wheat, - Earth Tonify, Earth Sedate, Wood Sedate, Digestive Enzymes

**DISCHARGE:**

**nose** – Metal Sedate, Metal Tonify  
**yellow/green nasal, vagina, ears, anus, bladder, lungs** – Energy Sedate, Earth Sedate, Fire Sedate, Water Sedate (See MD)

**DISCIPLINARIAN, strict, overly** – Metal Sedate, Wood Sedate, General Sedate

**DISTENTION:**

**abdomen** – Earth Sedate, Earth Tonify, Wood Sedate, General Sedate  
**chest** – Metal Sedate, Fire Sedate, Wood Sedate, General Sedate  
**chest with pressure** – Metal Tonify, Fire Sedate, Fire Tonify, Metal Sedate, General Sedate

**DIZZINESS:**

**accompanied by nausea** – Wood Sedate, Wood Tonify, General Tonify, General Sedate  
**general** – General Sedate, Energy Tonify, Water Sedate, Wood Tonify  
**light headedness** – General Tonify, All Tonifiers, Fire Sedate

**DOMINEERING** – Metal Sedate, Wood Sedate, Fire Sedate, General Sedate

**DREAMS:**

**profuse dreaming** – Wood Tonify, Wood Sedate, Fire Sedate, General Sedate  
**vivid or disturbing** – Fire Sedate, Energy Sedate, General Sedate

**DRYNESS:**

**burning** – Energy Sedate, Fire Sedate  
**chronic** – nasal passages, hair, lips skin – Metal Tonify, Energy Tonify  
**extreme** – hair, skin, lips, nails, nasal passages – Metal Tonify, Energy Tonify, Wood Tonify  
**excessive thirst** – Water Tonify, Fire Sedate, Energy Tonify  
**eyes** – General Tonify, Wood Tonify, Energy Tonify  
**nose, mouth or throat** – Metal Tonify, Wood Tonify, Energy Tonify  
**stools** – General Tonify, Energy Tonify, Earth Sedate

**DULL:** hair or eyes – Wood Tonify, General Tonify, Energy Tonify

**DYSENTERY:** chronic – Earth Tonify, Earth Sedate, Water Sedate, Water Tonify

**DYSPEPSIA:** nervous – Earth Sedate, Earth Tonify, Wood Sedate, General Sedate

**EAGER TO PLEASE,** overly – Fire Tonify, Earth Tonify

**EAR INFECTIONS** – Water Sedate, Energy Sedate, Fire Sedate, General Sedate

**EATING DISORDERS:** bulimia, anorexia – Earth Sedate, Wood Sedate, General Sedate, Fire Sedate, General Tonify, Energy Tonify

**ECZEMA:**

**acute (or psoriasis)** – Metal Sedate, Earth Sedate, Wood Seate, General Sedate, Fire Sedate, Energy Tonify

**chronic itching and/or low-grade inflammation** – Metal Tonify, Metal Sedate, General Sedate, Energy Tonify, Fire Sedate, General Tonify

**EDEMA** or swelling:

**ankles, abdomen, hips, legs-** Earth Sedate, Water Sedate, Earth Tonify, Water Tonify, Metal Tonify

**liver cirrhosis, due to** – Wood Sedate, Water Sedate, Fire Sedate, Fire Tonify

**puffiness** – Water Sedate, Earth Sedate, Metal Tonify

**EMOTIONS:**

**easily hurt feelings** – Fire Tonify, Wood Tonify

**frustration and anger with no obvious cause** – General Sedate, Wood Sedate

**unstable** – Fire Sedate /Tonify, General Sedate, Wood Sedate, Wood Tonify

**withdrawn personality** – Water Tonify, Earth Tonify, Fire Tonify

**EMPHYSEMA** – Metal Sedate, Metal Tonify, Water Tonify, Wood Sedate, General Sedate

**EMPTINESS, emotional feelings of** – Earth Tonify, Wood Tonify, Fire Tonify, Wood Sedate, General Sedate

**ENCEPHALITIS** – Fire Sedate, Energy Sedate, Wood Sedate, General Sedate, General Tonify

**ENDURANCE, lack of** – Earth Sedate, Earth Tonify, Water Tonify, Water Sedate

**ENERGY:**

**lack of** – Tonify Wood, Earth Sedate, Water Tonify, Energy Tonify

**restless, agitated, explosive** – Fire Sedate, General Sedate, Energy Sedate

**restless, nervous energy** – Tonify Wood, Wood Sedate, General Sedate, Energy Sedate

**ENDOCARDITIS, BACTERIAL** – Fire Sedate, Energy Sedate, General Sedate

**EPILEPSY** – Fire Sedate, Wood Sedate, Wood Tonify, Energy Tonify, Water Tonify

**EXCITABLE**, overly (tendency to go off in several directions at once) – Fire Sedate, Energy Sedate, Wood Sedate, General Sedate

**EXHAUSTION** – Fire Tonify, Water Tonify, Earth Tonify, Metal Tonify

**EYE PROBLEMS:** retinitis, macular degeneration – General Tonify, Wood Tonify, Wood Sedate, Energy Tonify

**EYES, DISCOLORATION** – Dark circles, blue/black hue around eyes, (indication of weak adrenal and kidney function) – Water Tonify, Earth Tonify, Wood Tonify, General Tonify

**FAILURE, FEAR of** (results in anxiety when engaging in new pursuits, meeting new people, or new situations) – Metal Tonify, Water Tonify, Wood Tonify, Wood Sedate, General Sedate

**FAMILIAR** – difficulty letting go of the familiar – Metal Tonify, Metal Sedate, Wood Sedate, General Sedate

**FATIGUE:**

**anxiety, with** – Fire Tonify, Fire Sedate, Wood Sedate, Wood Tonify

**chronic** – Water Tonify, General Tonify, Earth Tonify, Metal Tonify

**eating. (after meals)** – Earth Tonify, Earth Sedate

**FEELINGS, emotional, lack of,** (emotional numbness) – Metal Tonify, Earth Tonify

**FEVER:**

**febrile diseases** – Fire Sedate, Energy Sedate, Wood Sedate,

**infection or inflammation, from** – Energy Sedate, Fire Sedate

**low grade in the afternoon** – Energy Tonify

**vigorous** – Energy Tonify, Energy Sedate, Fire Sedate

**FIBROID TUMORS** – Earth Sedate, Wood Sedate, General Sedate, Water Sedate

**FLAT, mechanical, emotional responses** – Metal Sedate, Metal Tonify

**FLATULANCE** – Earth Sedate, Wood Sedate, General Sedate

**FLUSHED:**

**checks** – Energy Tonify

**complexion** – Fire Sedate

**rosy to red/purple** – Fire Sedate, Wood Sedate, General Sedate

**FOOD ALLERGIES, SENSITIVITIES** – Wood Tonify, Earth Sedate, Earth Tonify

**FORGETFULNESS** – Fire Tonify, General Sedate, Water Tonify

**FRUSTRATION** – General Sedate, Wood Tonify, Wood Sedate

**FULLNESS:** in chest – Fire Tonify, Fire Sedate, Wood Sedate, General Sedate

**GAS (Flatus)**, and/ or distention, constipation, diarrhea – Earth Sedate, Wood Sedate, General Sedate

**GASTRITIS:** chronic – Earth Tonify, Earth Sedate, Wood Sedate, General Sedate

**GASTROENTERITIS** – Wood Sedate, Earth Sedate, General Sedate, Energy Sedate

**GLAUCOMA** – Wood Sedate, Wood Tonify, Energy Tonify, General Sedate

**GLOOMY, cheerless demeanor** – Water Tonify, Wood Sedate, General Sedate

**GOALS:**

**poorly defined** – Water Tonify, Wood Tonify

**overpowering desire to win (to detriment)** – Wood Sedate, General Sedate

**GREIF:** excessive – Metal Sedate, Metal Tonify, Fire Tonify, Fire Sedate

**HAIR, GRAY (PREMATURELY)** – Water Tonify, Wood Tonify, General Tonify,

**HAIR LOSS** – Water Tonify, Wood Tonify, General Tonify

**HALITOSIS** – Earth Sedate, Energy Sedate, Fire Sedate

**HEADACHE:**

**afternoon** – General Tonify, Energy Tonify

**conflict, after** – Wood Sedate, General Sedate

**dizziness, with** – General Tonify, Wood Tonify

**distending pain** – General Sedate, Wood Sedate

**dull, intensifies in damp weather** – Earth Sedate, Earth Tonify, Water Sedate

**eyes, behind, severe** – Wood Tonify, Water Sedate, Wood Sedate

**left sided** – General Tonify, Wood Tonify

**loss or disappointment, from** – Metal Tonify, Earth Tonify

**migraines or cluster headaches** – Wood Sedate, General Sedate, Fire Sedate

**occipital, severe** – Water Sedate, Water Tonify,

**temporal** – Energy Sedate, Wood Sedate, General Sedate

**tension** – General Sedate, Wood Sedate, Energy Sedate

**worry, from** – Earth Sedate, Earth Tonify

**HEALING,** slow – Earth Tonify, General Tonify, Wood Tonify

**HEART ATTACK** – Fire Tonify, Fire Sedate, Water Tonify, Water Sedate, Wood Sedate, General Sedate

**HEART DISEASE** – Water Sedate, Water Tonify, Fire Sedate, Fire Tonify, Wood Sedate, Wood Tonify, General Sedate, General Tonify, Energy Tonify

**HEART PALPITATIONS** – Fire Sedate, Fire Tonify

**HEAT STROKE** – Fire Sedate, Energy Sedate

**HEAVINESS, feeling (sensation of)** – Earth Sedate, Earth Tonify, Water Sedate

**HELPLESSNESS, feelings of** – Wood Tonify, Wood Sedate, Water Tonify

**HEMORRHOIDS** – Earth Tonify, Earth Sedate, Energy Sedate, Wood Tonify

**HEPATIC ENCEPHALOPATHY** – Fire Sedate, Energy Sedate, Wood Sedate, General Sedate

**HEPATITIS :** General Sedate, Wood Sedate, Earth Tonify, Water Sedate

**acute** – Earth Sedate, Wood Sedate

**chronic** – General Tonify, Wood Tonify, Wood Sedate, General Sedate

**H.I.V. / A.I.D.S** – Energy Sedate, Energy Tonify, Metal Sedate, Metal Tonify

**HIVES** – Metal Tonify, Earth Sedate, General Sedate, Wood Sedate

**Bright red** – Fire Sedate, Energy Sedate

**HOPELESSNESS, feelings of** – Wood Tonify, Water Tonify, Metal Tonify

**HOT SENSATIONS:** on palms/soles/chest – Energy Tonify, General Sedate, Metal Tonify, Fire Sedate

**bones (deep)** – Energy Tonify

**burning, sensation of internal heat** – Energy Sedate, Fire Sedate

**hands/ feet** – Energy Tonify, Wood Sedate

**stomach** – Earth Sedate, Wood Sedate

**urine** – Energy Sedate, Energy Tonify, Water Sedate

**HUNGER-** constant, indecision on what to eat– Earth Sedate / Tonify,

**HYPERSENSITIVITY** – Earth Sedate, Earth Tonify, Wood Sedate, General Sedate, Fire Sedate

**to criticism** – Metal Tonify

**to light and loud noises** – Wood Sedate, General Sedate, Water Sedate

**HYPERTENSION:** General Sedate, Wood Sedate

**with tendency toward atherosclerosis** – Wood Sedate, Fire Tonify, Fire Sedate

**with tendency to heart attacks and strokes** – Water Sedate, Wood Sedate

**HYPERTHYROID:** Graves Disease – Energy Tonify, Fire Sedate, Wood Sedate

**HYPOTENSION** – Fire Tonify, General Tonify , Water Tonify

**HYPOTHYROID** – Earth Sedate, Earth Tonify, Water Tonify, Fire Tonify

**HYPOCHONDRIAC:** tendencies – Water Sedate, Fire Sedate, Wood Sedate

**HYPOGLYCEMIA,** diabetes – Earth Tonify, Earth Sedate

**ILLNESS, LONG TERM** – Energy Tonify, Metal Tonify, Earth Tonify

**IMMUNE:**

**function depleted with consistent colds and flu** – Metal Tonify, Energy Tonify

**function diminished** – General Tonify, Wood Tonify, Metal Tonify, Water Tonify

**immune deficient disorders; chronic fatigue syndrome, lupus** – Metal Tonify, General Tonify, Wood Tonify, Strengthen all Systems

**IMPOTENCE** – Water Tonify, Water Sedate, General Tonify, Fire Sedate, Fire Tonify

**INDICISIVE behavior** – Tonify Wood

**INCONTINENCE** – Water Tonify, Earth Tonify, General Tonify

**INFECTIONS:**

**raging, history of** – Fire Sedate, Energy Sedate

**with green or yellow pus** – Energy Sedate, Earth Sedate

**INFERTILITY** – Water Tonify, Water Sedate, Wood Tonify, (Check all formulas)

**INFLEXIBLE :**

**behavior patterns** – Wood Sedate, General Sedate

**spine , neck, back** – Earth Tonify, Wood Tonify, Wood Sedate

**IMPACT TRAUMAS** – General Sedate, Wood Sedate

**INADEQUACY, feelings of** – Earth Tonify, Earth Sedate, Wood Sedate, Fire Tonify, Fire Sedate

**INFLAMATION** of esophagus – General Sedate, Fire Sedate, Earth Sedate, Energy Tonify

**INSECURITY** – Water Sedate, Wood Sedate, Wood Tonify, General Sedate

**INSOMNIA:**

**difficulty falling asleep/staying asleep** – General Sedate, Fire Tonify, General Tonify, Wood Sedate, Water Sedate, Energy Tonify

**fitful sleep** – Fire Sedate, Energy Sedate, Wood Tonify, Wood Sedate

**restless** – Fire Sedate, Energy Sedate

**INTOLERANCE, of opposing viewpoints** – Metal Sedate, Wood Sedate, Earth Sedate

**IRRITABLE BOWEL SYNDROME** – Earth Sedate, Fire Sedate, Wood Sedate, Energy Sedate

**IRRITABILITY** – Wood Sedate, Energy Sedate, Fire Sedate

**agitated demeanor** – Fire Sedate

**easily irritated** – General Sedate, Wood Sedate

**JUDGEMENTAL, critical** – Wood Sedate, Earth Sedate, Water Tonify

**JUNK, ACCUMULATES (Pack Rat)** – Metal Tonify

**ITCHY:**

**anus** – Wood Tonify, Fire Sedate

**eyes** – Wood Tonify, Energy Tonify

**urethra** – Water Sedate, Energy Sedate

**KIDNEY DISEASE: nephritis** – Water Sedate, Water Tonify

**KIDNEY STONES** – Water Sedate, Water Tonify

**LARYNGITIS** – Metal Sedate, Energy Tonify

**LAUGHTER; inappropriate, loud, annoying, uncontrolled** – Fire Sedate, Energy Sedate, Wood Sedate

**LAZINESS** – Water Tonify, Earth Tonify, Fire Tonify

**LEAKING: sperm or vaginal fluids** – Water Tonify, Earth Tonify, General Tonify, Energy Tonify, Energy Sedate

**LETHARGY** – Wood Tonify, Water Tonify, General Tonify, Earth Tonify

**LIGHTHEADEDNESS, especially when nervous or excited** – Fire Sedate, Energy Sedate, Wood Sedate

**LONELINESS, feelings of** – Earth Tonify, Metal Tonify

**LOQUATIOUSNESS** (talkative – talks incessantly, jumping from one subject to another) – Fire Sedate, Energy Sedate

**SPASMS:** twitching, muscle spasms/ cramps – Wood Tonify, General Tonify

**SPEECH:**

**delirious** – Energy Sedate, Fire Sedate, Wood Sedate

**LOW SELF CONFIDENCE**, low self esteem – Metal Tonify, Wood Tonify, Water Tonify

**LOWER BACK PAIN:**

**chronic** – Water Tonify, General Sedate

**severe** – Water Sedate, Water Tonify, General Sedate

**LUNG CANCER** – Metal Sedate, Metal Tonify, Energy Tonify, Energy Sedate

**MACULAR DEGENERATION** – General Tonify, Wood Tonify

**MASTITIS** – General Sedate, Wood Sedate, Energy Sedate, Fire Sedate

**MENINGITIS** – Energy Sedate, Wood Sedate, Energy Sedate, Fire Sedate

**MENIERE'S DISEASE** – General Sedate, Wood Sedate, Fire Sedate, Energy Sedate, Energy Tonify

**MENSES:**

**irregular menses, missed periods, light/short flows** – Tonify Wood, General Tonify

**heavy bleeding, abnormally frequent period** – Wood Sedate, Water Tonify, General Tonify, Energy Sedate, Fire Sedate, Earth Tonify

**irregular** – General Sedate, Energy Tonify, Wood Tonify / Sedate,

**profuse blood flow, scant menses, blood pale/thin, weakness with** – General Tonify, Wood Tonify

**profuse blood flow, bright red** – Energy Sedate, Fire Sedate, Energy Tonify

**MENOPAUSE** – General Sedate, Energy Tonify, Water Tonify, Wood Sedate

**MENTAL:** retardation, poor memory, cognitive weaknesses – Water Tonify, Wood Tonify

**METABOLISM-** sluggish – Earth Sedate, Earth Tonify, Water Sedate, Water Tonify, General Tonify

**MIRGAINES** – General Sedate, Wood Sedate, Wood Tonify, Energy Tonify, Energy Sedate

**MOLES AND WARTS** – Metal Tonify, Fire Sedate, Energy Tonify, Energy Sedate

**MOOD SWINGS** – Fire Sedate, General Sedate, Wood Sedate

**MOTIVATION:**

**difficulty getting started on work projects, exercise regimes** – Tonify

Earth

**lack of** – Water Tonify

**MUCOUS DISCHARGE:** From;

**anus** – Energy Sedate

**ear** – Energy Sedate, Earth Sedate, Water Tonify

**green or yellow** – Energy Sedate, Fire Sedate

**nose** – Energy Sedate, Metal Sedate, Metal Tonify

**throat** – Energy Sedate, Metal Sedate, Metal Tonify

**urethra** – Energy Sedate, Earth Sedate

**vagina, green or yellow** – Energy Sedate, Earth Sedate, Fire Sedate

**MUCOUS**, thick, in Mouth, nose and/ or throat – Earth Sedate, Metal Sedate, Energy Tonify

**MUCOUS MEMBRANES**- extremely dry – Metal Sedate, Metal Tonify, Energy Tonify

**MUSCLE TONE**- poor – Earth Tonify, General Tonify, Wood Tonify

**MUSCLE SPASMS** and tics(eye twitch, restless leg syndrome) – Wood Tonify, Wood Sedate, General Tonify

**MUSCLES:**

**sore** – General Sedate, Wood Tonify

**stiff, tight** – Metal Sedate, General Sedate, General Tonify

**weakness** – Earth Tonify, Water Tonify

**NAUSEA:**

**bitter taste** – Energy Sedate, Earth Sedate, Wood Sedate

**improves with vomiting** – Earth Sedate, Wood Sedate

**sour taste** – Earth Sedate, Wood Sedate

**NERVOUSNESS** – Earth Tonify, Fire Sedate, Wood Sedate, General Sedate

**NEUROLOGICAL DISORDERS** or disturbances; tendency – Water Sedate, Water Tonify

**Neuropathy** – Wood Tonify

**NUMBNESS:** of extremities – General Tonify, Wood Tonify, General Sedate

**OBSESSIVE:**

**with cleanliness** – Metal Sedate, Wood Sedate

**thoughts about sex with tendency to become over stimulated** – Water Sedate, Energy Sedate, Energy Tonify

**thoughts** – Earth Sedate, Wood Sedate, General Sedate

**tendency to obsess** – General Sedate, Wood Sedate, Fire Sedate

**OILY SKIN**, with tendency to acne – Wood Sedate

**OUTBURSTS**, sudden and irrational – Fire Sedate, General Sedate, Wood Sedate

**ORDERLY** – over emphasis on orderliness (obsessive/compulsive) – Metal Sedate, Wood Sedate, General Sedate

**PAIN:**

**abdomen, worse with pressure or stabbing pains** – Earth Sedate

**emotions worse with** – General Sedate, Wood Sedate

**joint pains, worse when damp** – Earth Tonify, Earth Sedate

**migrating, changing location** – General Sedate, Wood Sedate

**sensation of heat or burning** – Energy Sedate, Fire Sedate

**PALE:**

**ashen complexion** – Fire Tonify, Wood Tonify, Earth Tonify, Metal Tonify

**bluish nail beds** – General Tonify, Wood Tonify, General Sedate

**bright white facial complexion** – Water Sedate, Water Tonify

**face** – General Tonify, Metal Tonify, Water Tonify, Wood Tonify, Earth Tonify

**light yellow face** – Earth Tonify, Earth Sedate

**PANCREATITIS:** chronic – Energy Sedate, Earth Sedate, General Sedate

**PARANOID** tendencies – Water Sedate, Water Tonify, Wood Tonify, General Sedate

**PARKINSON'S DISEASE** – Wood Sedate, Wood Tonify, General Tonify, General Sedate, Fire Sedate

**PASSION for life, loss of** – Fire Tonify, Water Tonify, Wood Tonify

**PASSIVE-AGGRESSIVE** (Makes life difficult for others, especially those who disagree with them) – Wood Sedate, Fire Sedate, General Sedate

**PERSPIRATION:**

**during sleep** – Fire Sedate, Energy Tonify

**especially when tired or nervous** – Fire Tonify

**excessive** – Fire Sedate

**lack of** – Metal Sedate, Water Sedate

**spontaneous** – General Tonify, Earth Tonify, Fire Tonify, Metal Tonify, Fire Sedate

**PETTY**, tendency to be judgmental and critical of others over minutia – Metal Tonify

**PHARYNGITIS**: chronic – Metal Tonify, Metal Sedate, Energy Tonify

**PHOBIA, of:** (check all formulas)

**being overwhelmed** – Fire Sedate

**claustrophobia** – Water Tonify

**death** – Water Tonify

**heights,**– Water Tonify

**intimacy, exposure, emotional involvement, water, new situation, sexuality** – Water Tonify

**losing control** – Metal Sedate

**multiple** – Water Sedate

**public speaking, performance** – Fire Sedate

**rejection** – Fire Sedate

**rejection, failing** – Fire Tonify

**school** – Earth Tonify

**separation anxiety** – Earth Tonify

**unknown** – Water Tonify

**PMS:**

**excessive cramping**, distention, headaches, mood swings, irritability, acute anxiety – Wood Sedate, General Sedate

**with depression, bloating, chronic weeping, vulnerability, headaches** – Tonify Wood, Sedate Wood, General Sedate

**with lethargy, bloating, soreness and swelling** – Earth Sedate, Earth Tonify

**PNEUMONIA** – Energy Sedate, Metal Sedate, Metal Tonify, Energy Tonify, Energy Sedate

**POSSESSIVE**, tendency to be possessive of both people and objects – Metal Sedate, Wood Sedate

**POST-NASAL DRIP** – Metal Tonify, Metal Sedate

**PREJUDICE**, (natural tendency to be prejudiced, judging others on appearance or beliefs) – Metal Sedate, Wood Sedate, General Sedate

**PRESSURE**, in chest, chronic – Metal Tonify, Fire Tonify, Fire Sedate, General Sedate,

**PROCRASTINATION** – Water Tonify, Earth Tonify, Wood Tonify, Wood Sedate

**PROLAPSED:** uterus, bladder, bowel – Earth Tonify, Water Sedate, Water Tonify

**PROSTATE**, benign hypertrophy – Water Sedate, Water Tonify, General Sedate

**PULMONARY HEART DISEASE** – Water Sedate, Metal Tonify, Fire Sedate, Fire Tonify

**PSORIASIS** – Metal Sedate, Energy Tonify, Energy Sedate, General Sedate

**RAGE**- tendency to – General Sedate, Wood Sedate

**RASHES** and/or eczema – Fire Sedate, Wood Sedate, Earth Sedate, General Tonify

**Hot/red** – Energy Sedate, Fire Sedate, Water Tonify, Energy Tonify

**Bright red** – Fire Sedate, Metal Sedate, Energy Sedate

**RECOVERY PHASE** – General Tonify, Wood Tonify

**RED:**

**Ears, eyes, face and/ or lips** – Energy Sedate, Fire Sedate, Energy Tonify

**Mucous membranes** – Energy Sedate

**Nose** – Energy Sedate

**Skin** – Energy Sedate

**Tongue** – Energy Sedate, Fire Sedate, Energy Tonify

**Checks** – Metal Tonify, Energy Tonify

**REFLUX ESOPHAGITIS, GERD** – Energy Sedate, Earth Sedate, Wood Sedate

**RELAX**, unable to, difficult – Wood Sedate, General Sedate, Fire Sedate

**RELATIONSHIPS**, unable to form new or lasting – Metal Sedate

**RESPECT**, for authority, lack of – Wood Sedate, General Sedate

**RETINITIS** – General Tonify, Wood Sedate, Wood Tonify, General Sedate

**RHEUMATIC HEART DISEASE** – Fire Sedate, Fire Tonify, Energy Tonify, Energy Sedate

**RINGING IN EARS** – Water Tonify, Water Sedate Wood Sedate

**High pitched** – Energy Sedate, Wood Sedate, General Sedate

**RESPIRATION:** rough, uneven – Energy Tonify, Metal Sedate

**SALIVA:**

**lack of** – Earth Tonify

**excessive** – Earth Sedate

**SCIATICA** – Wood Sedate, Water Tonify, General Sedate

**SELF-RIGHTOUSNESS** – Metal Sedate, Earth Sedate

**SELF ESTEEM** – Fluctuating-Earth Sedate, Earth Tonify, Wood Tonify

**SELF PITY, feelings of** – Earth Sedate

**SENSE-OF-DIRECTION IN LIFE**, lacks focus (aimless) – Water Tonify, Wood Tonify

**SERIOUS, overly** – Wood Sedate, Metal Sedate

**SEX:**

**difficulty maintaining sexual arousal** – Fire Tonify, Water Tonify

**lack of interest** – Water Tonify, Earth Tonify

**over activity** – Fire Sedate, Energy Sedate, Energy Tonify

**over excitement, premature ejaculation, promiscuity** – Water Sedate, Energy Tonify

**sex drive, diminished** – Water Tonify, General Tonify

**SHAME**, embarrassment, and humiliation – Wood Sedate, Wood Tonify

**SHORTNESS OF BREATH** – Metal Sedate, Earth Tonify, Fire Tonify, Metal Tonify  
**upon exertion** – Metal Tonify, Water Tonify

**SIGHING** – General Sedate, Wood Sedate

**SINUS:**

**congestion** – Metal Tonify, Earth Sedate, Metal Sedate

**headaches** – Metal Sedate, Earth Sedate

**infections and sinus headaches-acute** – Metal Sedate, Energy Sedate

**SKIN IRRITATIONS**, eruptions, rashes, hives – Fire Sedate, Energy Sedate

**SLUGGISHNESS, feeling** – Earth Sedate

**SORENESS:**

**breasts, pre-menses** – General Sedate, Wood Sedate

**heat or burning, with** – Energy Sedate, Fire Sedate

**low back and knees** – Water Tonify

**muscle** – General Sedate, Earth Tonify

**persistent sore/ dry throat** – Energy Tonify, Metal Sedate

**SORES:**

**lips** – Fire Sedate  
**mouth** – Fire Sedate  
**tongue** – Fire Sedate, Energy Sedate  
**with green or yellow pus** – Energy Sedate

**SPASMS:** twitching, muscle spasms/ cramps – Wood Tonify, Wood Sedate, General Tonify

**SPEECH:**

**delirious** – Energy Sedate, Fire Sedate  
**talks incessantly, jumping from one subject to another** – Fire Sedate, Energy Sedate

**SPONTANEITY, lack of** – Fire Tonify, Wood Tonify

**STAMINA, lack of** – Water Tonify, Fire Tonify

**STRICT (disciplinarian)** – Metal Sedate, Wood Sedate

**STIFFNESS:** of tendons, difficult to bend or stretch – Wood Tonify, Wood Sedate, General Sedate

**STOOL, LOOSE** (bowel movements watery) – Earth Tonify, General Tonify

**STROKE** – Fire Sedate, Energy Tonify, General Sedate, Wood Sedate  
**TIA** (Trans-ischemic attack) – Wood Sedate, Wood Tonify, Water Sedate, Water Tonify

**STUCK,** feeling of being (feeling unable to move) – Wood Tonify, General Sedate

**STUTTERING,** choked or strained speech – Fire Sedate, Fire Tonify, Energy Sedate

**SUDDEN** bloating, constipation, diarrhea, colitis, IBS – Metal Sedate, Wood Sedate

**SWALLOWING,** difficulty – Earth Tonify, Earth Sedate, Metal Sedate

**SWELLING:**

**breasts, pre-menses** – General Sedate, Wood Sedate  
**eyes** – Metal Tonify, Water Tonify  
**face** – Fire Tonify, Metal Tonify, Metal Sedate, Earth Sedate  
**limbs** – Fire Tonify, Earth Sedate, Water Sedate  
**sensation of heat or burning** – Energy Sedate, Fire Sedate, Energy Tonify

**SWOLLEN:**

**glands** – Earth Tonify, Earth Sedate

**gums** – Earth Sedate

**TANTRUMS**, temper – Earth Sedate, Wood Sedate, General Sedate

**TEMPERATURE:**

**body** -- feel excessively hot: Fire Sedate, Energy Sedate

or cold – Metal Tonify, Water Tonify, Fire Tonify

**cold/hot weather** -- difficulty adapting to changes in climate – Metal Tonify

**hot flashes** – Fire Sedate, Wood Sedate, General Sedate

**overheat , tendency to** – Fire Sedate, Energy Sedate, Energy Tonify

**TEETH:** loose – Water Tonify

**TENDER**, gums – Earth Sedate, General Sedate

**TENSION:**

**chronic in neck and shoulders** – Wood Tonify, Wood Sedate, General Sedate

**muscular, with cramps and spasms (head, neck, shoulders)** – Wood Sedate, Wood Tonify

**THINNING** or balding hair – Water Tonify, Wood Tonify, General Tonify

**THIRST:**

**extreme with craving for cold foods and liquids** – Energy Sedate, Energy Tonify

**extreme or with craving for cold drinks** – Energy Tonify, Energy Sedate

**lack of** – Water Sedate, Earth Sedate

**wants warm drinks** – Water Tonify, Earth Tonify, Fire Tonify

**THOUGHTS:**

**circular** – Earth Sedate, Wood Sedate, General Sedate

**confused** – Fire Tonify, Water Tonify, Fire Sedate

**logic** – difficulty thinking logically due to lack of energy/vitality – Fire Tonify

**muddled** – Fire Tonify, Fire Sedate, Water Tonify

**worrisome** – Earth Sedate, Wood Sedate, General Sedate

**TRANS ISCHEMIC ATTACK (STROKE)** – Fire Sedate, Wood Sedate, Water Tonify

**TIGHT:**

**Chest** – Metal Sedate, Metal Tonify, Fire Tonify, Fire Sedate

**Tendons, difficulty bending or stretching** – General Tonify, Wood Tonify, Wood Sedate

**TINNITUS**- tendency – Water Tonify, Wood Sedate, General Sedate, Energy Tonify

**TOOTH DECAY** – Earth Tonify, Earth Sedate, General Tonify, Energy Tonify

**TRUST**, lack of trust in others – Water Tonify, Wood Tonify

**TREMBLING**: lips, fingers, tongue or tremors – Wood Sedate, Wood Tonify, General Tonify,

**TUBERCULOSIS** – Energy Tonify, Metal Sedate, Metal Tonify, General Tonify  
**Pulmonary** – Metal Sedate, Metal Tonify

**TUMORS**, fibroid – Earth Sedate, Wood Sedate

**ULCERS:**

**gastric or duodenal** – Earth Tonify, Water Sedate

**Mouth or tongue** – Fire Sedate, Energy Sedate, Wood Sedate

**Peptic** – Earth Sedate, Energy Sedate, Wood Sedate

**ULCERATIVE COLITIS** – Energy Sedate, Earth Sedate, Wood Sedate

**URINARY PROBLEMS**: frequent urination, chronic, low-grade infections – Water Tonify, Energy Sedate, Fire Sedate

**URINE:**

**dark colored** – Tonify Energy, Metal Sedate, Energy Sedate

**dark yellow or reddish** – Energy Sedate, Fire Sedate

**hot sensation of urine** – Energy Sedate, Water Sedate, Fire Sedate

**weak flow** – Water Tonify, Earth Tonify, General Tonify

**VAGINAL INFECTIONS** – Earth Sedate, Water Tonify, Water Sedate

**VARICOSE VEINS** – Earth Tonify, General Tonify

**VERTIGO** – General Sedate, Wood Sedate, Wood Tonify, General Tonify

**VIOLENT OUTBURSTS** of anger – Wood Sedate, General Sedate, Fire Sedate, Energy Sedate

**VISUAL DISTURBANCES** ; severe eyestrain, sharp eye pains, extreme headaches – Wood Sedate, Tonify Wood, General Tonify

**VOICE:**

**strident** – Tonify Energy, Metal Tonify

**loud, excited** – Energy Tonify, Fire Sedate, Metal Sedate

**quiet, dislikes talking** – Earth Tonify, Metal Tonify, Water Tonify

**lost** – Metal Sedate, Metal Tonify, Wood Sedate, General Sedate

**VOMITING**: bitter fluid – Wood Sedate, Earth Sedate

**WALLOWING** in past grief – Metal Tonify, Metal Sedate

**WATER RETENTION** – Earth Sedate, Earth Tonify, Water Sedate, Metal Tonify, Metal Sedate

**WEAK:**

**abdominal muscles** – Water Tonify, Earth Tonify  
**and stiff spine with degeneration in the disks and cartilage** – Water Tonify  
**bones** – Water Sedate, Water Tonify  
**general, worse when hungry** – Wood Tonify, Earth Tonify, Metal Tonify  
**low back and knees** – Water Tonify, Wood Tonify, General Tonify  
**muscles** – Earth Tonify, Wood Tonify  
**voice** – General Tonify, Metal Tonify  
**weakness after stools** – Earth Tonify, General Tonify

**WEIGHT:**

**difficulty losing** – Earth Tonify, Earth Sedate, Water Tonify, Water Sedate  
**difficulty losing, rapid gain** – Earth Sedate  
**easily gains** – Earth Tonify, Earth Sedate  
**underweight** – General Tonify, Wood Tonify

**WILLPOWER**, lack of – Water Tonify, Wood Tonify, Fire Tonify

**WINTER**, intense dislike of season – Water Tonify, Wood Tonify, Fire Tonify

**WITHDRAWN:**

**from others** – Tonify Wood  
**isolate self when stressed or overwhelmed** – Water Sedate

**WHEEZING** – Fire Tonify, Metal Tonify, Water Tonify

**WORKAHOLIC**, tendencies – Wood Sedate, General Sedate

**YEAST INFECTIONS** – Water Tonify, Earth Sedate, Energy Sedate