

Organ Diagnosis

Adrenals

1. History of stress
2. Anxiety
3. High/low blood pressure
4. Acid stomach
5. IBS
6. Insomnia
7. Dizziness
8. Tachycardia
9. Quick-tempered
10. Opinionated
11. Palpitations
12. Facial hair in women
13. Baldness with excessive upper body hair in men
14. History of steroid abuse
15. Exhaustion in morning, wide awake late at night
16. History of severe/prolonged frights
17. Blood pressure test: on rapidly rising from a prone position, systolic blood pressure fails to rise ten points

Colon/small intestines

1. Constipation/diarrhoea
2. Bloating/flatulence
3. Malabsorption problems
4. Blood in stools
5. Undigested food in stools
6. IBS, colitis/Chrohn's disease, Celiac
7. Chronic candida infections
8. Autoimmune diseases, including Rheumatoid Arthritis, Osteoarthritis, ME, Lupus, allergies, asthma, MS, thyroiditis

Duodenum

1. As stomach, but indigestion/heartburn is one to two hours after eating

Heart

2. Palpitations
3. High/low blood pressure
4. Faint/dizzy/weak
5. Urinary problems e.g. urine cloudy, abnormal colour, quantity or odour; urination painful, frequent or difficult
6. Insomnia
7. Busy dreams when asleep
8. Lower back ache
9. Lower abdominal discomfort/cramps

10. Abdominal distension
11. Anxious/fearful/nervous/apprehensive
12. Irritable, tense, stressed
13. Emotionally cold (hard-hearted)
14. Despondent, pessimistic, melancholy
15. Depression
16. Grief (broken-hearted)
17. Lethargic, lack of motivation
18. Lack of sense of purpose
19. Fear of death by heart disease
20. Face pale/red
21. Voice loud/quiet
22. Breathlessness
23. Persistent dry cough
24. Chest feels tight.
25. Spontaneous sweats
26. Chilly/hot
27. Dry eczema/dermatitis/rashes
28. Aching joints/rheumatism
29. Dull headaches
30. Thirsty/thirstless
31. Impotence
32. Fatigue/debility
33. Oedema
34. Bags under eyes
35. Bedwetting
36. Low sex drive
37. Low grade fever
38. Extremities hot/cold
39. Thin/wasting
40. Brittle bones
41. Night sweats
42. Easy perspiration

Kidneys

1. Urinary problems e.g. urine cloudy, frothy, or abnormal colour, quantity or odour; urination painful, frequent or difficult
2. Lower back ache
3. Lower abdominal discomfort/cramps
4. Abdominal distension
5. Recurrent/chronic cystitis
6. Anxious/fearful/nervous/apprehensive
7. Irritable
8. Depression
9. Dry skin/vagina
10. Dry eczema/dermatitis/rashes
11. Aching joints/rheumatism
12. Dull headaches
13. Thirsty/thirstless
14. Nocturnal ejaculation
15. Impotence

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Organ Diagnosis

16. Fatigue/debility
17. Oedema
18. Bags under eyes
19. Bedwetting
20. Low sex drive
21. Persistent dry cough
22. Low grade fever
23. Tinnitus
24. Chilly
25. Extremities hot
26. Thin/wasting
27. Irregular/scanty/absent menses
28. Brittle bones
29. Low grade fever in afternoons
30. Night sweats
31. Appetite poor

Liver

1. Nausea, heartburn
2. Indigestion/headaches from fatty food/
onions/cucumber/radishes/cabbage
3. Stools float/yellow/pale
4. Flatulence/bloated abdomen
5. Poor/excessive appetite
6. Constipated
7. Stools variable consistency
8. Bad breath/taste in mouth, especially if bitter
9. Yellow-coated tongue
10. Mapped tongue
11. Strong body odour
12. Migraines/headaches, right-sided/frontal
13. Desires alcohol/stimulants/spicy foods
14. Alcohol aggravates
15. Pain in upper right abdomen
16. Pain in right scapula
17. Shoulder tension, < right
18. Easy bruising
19. Lethargy/apathy
20. Need for more than eight hours sleep
21. Very irritable/tired in mornings
22. Tiredness after meals
23. Yellow skin/whites of eyes
24. Red face/eyes
25. Irritable eyes
26. Eyes prone to infections, especially if right
27. Burning mouth syndrome
28. Itchy, crawling skin
29. Boils/psoriasis/hot-damp skin conditions
30. Knee pains
31. Menopausal problems
32. PMT

33. Periods heavy/painful
34. Piles/varicose veins
35. flushes of heat/sweating
36. History of alcohol/drug abuse
37. History of hepatitis
38. Irritable, critical, angry, impatient
39. Unable to express anger
40. Depressed/melancholy
41. Weak-willed
42. Dictatorial, domineering, headstrong
43. Unable to act on ideas

Pancreas

1. Gas in lower bowel some hours after eating
2. Psoriasis/acne
3. Wounds heal slowly
4. Poor circulation
5. Discomfort left abdomen/left shoulder
6. Rectal itching
7. Rheumatism/arthritis/swollen joints
8. Asthma / hay fever / allergies
9. Hypoglycaemia / Diabetes
10. Irritable / spacey after eating
11. Problems digesting protein foods / fats
12. H/O alcoholism / excess sugar / excess fats
13. Mood swings
14. Weight loss
15. Constipation
16. Indigestion 1+ hours after eating
17. High blood pressure (deficient in pepsin)
18. Gout
19. Frothy urine
20. Skin discolouration
21. Borrmann's test: If systolic higher in right –
under active (i.e. diabetes)

Pituitary

1. Failure to grow
 2. Sexually active very early
 3. Identity problems (e.g. problems with
boundaries, overly psychic, schitzoid)
 4. Lactation problems
- Overactive...
- A. High sex drive
 - B. Excessive hair growth
 - C. Unable to gain weight
 - D. Poor appetite
 - E. High blood pressure
 - F. Very early puberty
 - G. Splitting headaches from deep inside head
 - H. Discomfort from starch/sugar

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Organ Diagnosis

- I. Rapid heart beat
- J. Impaired vision
- Underactive...
- A. Weight primarily above or below waist
- B. Fat on hips/buttocks
- C. Cold hands/feet
- D. Impotence/infertility/low sex drive
- E. Regular migraines/pressure headaches
- F. Oedema
- G. Family history of individuals who are very tall/short
- H. Ulcers/colitis
- I. Absent or intermittent menses
- J. Fatigue
- K. Low blood pressure
- L. Slow pulse
- M. Depression
- N. Thirst

Stomach N.B. See duodenum also.

- 1. Indigestion/heartburn within one hour of eating
- 2. Acid reflux
- 3. Poor appetite
- 4. Bad breath/taste in mouth
- 5. Burping
- 6. Headaches/migraines, frontal/left-sided
- 7. Visual disturbances
- 8. B12 deficiency/absorption problems
- 9. Gum disease
- 10. Pain in upper left abdomen
- 11. Pain in left scapula
- 12. Shoulder tension, < left
- 13. Lethargy/apathy
- 14. Red face/eyes
- 15. Eyes prone to infections, especially if left
- 16. Irritable eyes
- 17. Burning mouth syndrome
- 18. Knee pains
- 19. Irritable, critical, angry
- 20. Unable to express anger
- 21. Depressed/melancholy
- 22. Weak-willed
- 23. Dictatorial, domineering, headstrong
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N.B. See duodenum also.

Spleen

- 1. Sluggish digestion
- 2. Distended abdomen
- 3. Flatulence

- 4. Diarrhoea (chronic) /stool loose + often
- 5. Poor Appetite
- 6. Fatigue
- 7. Gurgling abdomen
- 8. White coated tongue
- 9. Nausea
- 10. Chilly
- 11. Limbs heavy + painful
- 12. Abdomen tender
- 13. Anaemia
- 14. Blood diseases
- 15. Disheartened.

Thymus

- 1. Frequent colds/infections/flu-like symptoms
- 2. Frequent swollen glands
- 3. Unexplained sweating
- 4. Unnatural fatigue
- 5. S/O fullness in throat
- 6. Soreness of both sides of neck at level of shoulders
- 7. H/O prolonged/unresolved grief/shock/loss/anxiety, especially in childhood
- 8. H/O chest infections/asthma/smoking
- 9. Allergies
- 10. H/O ME/glandular fever
- 11. H/O radiation exposure
- 12. Elderly/child
- 13. NBWS childhood illness
- 14. NBWS vaccination
- 15. Allergies
- 16. Children slow to develop, or who get stuck
- 17. Sense of deep emotional pain
- 18. No memory of childhood
- 19. Cut off from family, or don't know parents/family. Boarding school.
- 20. Precocious children
- 21. Down's syndrome
- 22. Emotional dependency
- 23. Early sexuality
- 24. Excess libido
- 25. Spacey, dreamy

Thyroid

Underactive...

- 1. Gain weight easily
- 2. Difficulty losing weight even when dieting
- 3. Frequent or chronic constipation
- 4. Abdominal bloating
- 5. Lethargic, listless

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Organ Diagnosis

6. Mentally dull and confused
 7. Forgetful
 8. Sadness
 9. Sighing
 10. Moods change easily
 11. Feelings of worthlessness
 12. Sensitive to cold and heat
 13. Cold hands/feet
 14. Feel better in mornings, worse in afternoons
 15. Resting pulse rate slow (below 65 bpm)
 16. Heart misses beats, followed by a strong beat
 17. Skin dry, thick or wrinkly
 18. Puffy hands or feet
 19. Puffy face or around eyes/ankles
 20. Brittle, dry hair
 21. Hair loss
 22. Hair noticeably thinner in outer third of eyebrows
 23. Nails thick/brittle
 24. Breast development in men
 25. Ringing in ears
 26. Appetite poor or large
 27. Infertility
 28. Given birth 12-14 weeks ago
 29. Periods frequent/ heavy/longer
 30. Severe menstrual cramps
 31. Low body temperature
 32. Insomnia
 33. Snoring
 34. Thick tongue
 35. Low libido
 36. Joint or muscle pains
 37. Pins and needles
 38. Knee jerk sluggish
 39. High cholesterol level
 40. More frequent infections, that last longer
 41. Shortness of breath and tightness in the chest
 42. Strange feelings in neck or throat
 43. Recurrent sinus infections
 44. Vertigo/lightheadedness
 45. Goiter (visibly enlarged thyroid)
- Overactive
1. Heart beat strong or jumpy
 2. Resting pulse rate fast (over 85 bpm)
 3. Bowels frequent/loose
 4. Anxious, agitated
 5. Depressed
 6. Panic attacks
 7. Jittery, shaky
 8. Hand tremor
 9. Restlessness
 10. Irritable

11. Moods change easily
12. Exhausted but can't relax
13. Libido decreased due to exhaustion or inability to relax
14. Insomnia
15. Menses short, light or absent
16. Given birth 6-12 weeks ago
17. Weight loss
18. Increased appetite
19. Feels hot even when everyone else is cold
20. Heat intolerance
21. Goiter (visibly enlarged thyroid)
22. Strange feelings in neck or throat
23. Increased sweating
24. Nausea and vomiting
25. Itching all over
26. Hives
27. Blood pressure high
28. Wide pulse pressure (large gap between diastolic and systolic)
29. Eyes staring, decreased blinking
30. Protruding eyes
31. Eyes feel gritty and dry
32. Eyes feel sensitive to light
33. Very sensitive to noise
34. Chest pains
35. Headaches
36. Muscular weakness especially involving the upper arms and thighs
37. Knee jerk exaggerated
38. Hair soft/thinning
39. Nails soft, grow quickly
40. Skin soft, warm, clammy
41. Skin blushing/flushing
42. Orange skin like lumps on the skin of shins
43. Yellow palms
44. Club-shaped fingertips