



## “What’s Your Body Telling You?” Exam results

Date \_\_\_\_\_

Hello \_\_\_\_\_,

This is the result of your Well Checkup for “What’s your body telling you?”

There are 4 parts that follow the 4 stressor categories:

- Physical body indicators for nutrition
- Physical body indicators for organ stress
- Acupressure point indicators for energy imbalances
- Indicators for emotional blocks

As I’ve already mentioned, these are only indicators and are NOT a diagnosis, but ARE hints as to what to pay attention to in the vast puzzle of your body.

### **Physical Body Indicators - Nutrition**

Areas I check on the outside for hints as to what’s going on inside are:

Hair, nails, tongue, skin, muscle tone, eyes, fingers and toes, temperature and color variances, scars, lump and bumps.

There are also other parts to this check, such as medical history and physical symptoms. Even those pesky minor symptoms, such as waking up at a certain time of night can be an important piece to the puzzle. The following vitamins, minerals, and supplements have body indicators that I assessed:

Enzymes, digestion of proteins/carbs/fats, probiotics, acidity, water absorption, calcium, chromium, copper, iodine, iron, magnesium, manganese, potassium, selenium, sodium, trace minerals, vitamin A,B,C,D,F, zinc, and HCL.

### ***What your body indicated is:***

(Note: the indicators were derived from the percent of known possible indicators that presented for you.)

- Your body revealed 36% of the indicators for Enzymes (bloating, constipation, heart burn, craving crunchy, weight gain, plus several protein and fat digestion issue indicators)
- 35% for Iodine (sore between shoulder blades, cold tendencies, stress tension, weighed down feeling, more tired mid-afternoon, thinning hair, sinus drip d/t allergies)
- 27% for HCL (heart burn, anemic, thinning hair, mental fatigue)
- 25% for Vitamin F (dry hair and nails, cold flashes)
- 24% for Iron (anemia, migraines)
- 20% for Water (heart burn, nausea when tired, weakness/fatigue, migraines, constipation, anxiety/depression)

### **Physical Body Indicators – Organ Stress**

The same indicators mentioned above can also tell a story about your organ systems and how well they are handling the stress load. I check signs for the following:

Adrenals, gall bladder, heart, hormones, digestion, spleen, stomach, kidney, blood, liver, lung, thyroid, nerves, and acidity.

***What your body indicated is:***

(Note: the indicators were derived from the percent of known possible indicators that presented for you.)

- 60% for acidity (chest breathing, diet, fatigue, acid foods bother)
- 25% for digestion, 23% for stomach (bloating, center crack in tongue, constipation, heart burn)
- 15% for lung (chest breathing)

**Acupressure point indicators**

The acupressure points I checked are the standard TCM indicator points that show the possibility of meridian imbalances. It is known that if imbalances continue for a long period of time, physical imbalances can manifest. Therefore, catching the imbalance in the energy system first helps prevent physical illness. Also, emotions are strong indicators of meridian imbalances where sometimes the emotions cause the imbalance and sometimes the imbalance causes the emotions. Points checked were:

Association, alarm, influential, and master points

***What your body indicated is:***

- Wood energy imbalance (decisions for practicalities, inner strength lacking, anger, depression, numb area of the back) indicating weak liver energy
- Earth energy imbalance (active stomach, spleen & artery points, foot surgery on stomach meridian, need to nurture in excess) indicating digestion issues
- Metal energy imbalance (active lung & large intestine points) indicating weakened immune system
- Fire energy imbalance (active small intestine & pericardium emotional points) indicating a buried emotion protecting the heart

***Possible emotional low frequencies or blocks--*** these are ideas (from “The complete Dictionary of Ailments and Diseases”)to explore that can point you in the right direction of your particular emotional block:

- Difficulty assimilating a situation (acidity), chest breathing, wood energy
- Capacity to let go of what no longer serves you (chest breathing)
- Where are the feelings of stuck, helplessness, or worthlessness (depression, anger)

***Summary of what this all means:***

*Please remember that these are body indicators, NOT a diagnosis of anything. The body is constantly telling us what is going on so we can correct things before they become serious issues. I am not a doctor, so I encourage you to use this information as hints to what’s going on and work with your medical professionals for a resolution. The following is strictly my opinion.*

Overall, you are doing remarkably well with the events and circumstances of your life. Even the top concerns that your body is indicating are not alarm signals, but signs to simply pay attention and make some changes to correct the path. I saw nothing that required immediate attention, but several indications of changes needed.

**First**, digestion is an issue. Weakness, fatigue, memory issues, and lack of iron may be because you are not digesting your food properly. If food is not broken down we cannot get the nutrients from it. For example, iron needs copper, calcium, vitamins B & C, and

zinc in order to be absorbed—if any of them are lacking, then no matter how much iron you take in, you may not be getting it. Also, getting the right nutrients will help build the mucus lining in your stomach and reduce the acid problems. I suggest **taking an enzyme supplement** to help.

**Second**, chest breathing can cause all kinds of issues, including indigestion, heart burn, and migraines. There is a possibility that it is also causing the numbness in your back. (It's very unusual, but possible). The diaphragm is in that area and the corresponding acupressure point was active. Chest breathing can also cause the stomach meridian to flow backwards, sending excess energy into the head which can cause migraines. The recently removed lump on the stomach meridian also indicates blocked stomach energy. So, **learning how to breath with your belly and diaphragm** is important homework for you.

Third, your PH indicators were quite high, implying you are acidic. If this continues for a long time it could lead to numerous problems including serious ones. It's easy to check with dipping PH strips into your first urination in the morning. Most drug stores and health stores have them. Normal for optimal health is 6.8 to 7.6. A reading of under 6 is dangerously low. To become more alkaline **reduce acidic causing foods**, such as **caffeine**, alcohol, sugar, meats, and dairy. Increase green vegetables. To give yourself a boost, I would take a teaspoon of baking soda in water before going to bed so your body can work as it should all night long until your test shows normal consistently.

Fourth, make sure your energy is flowing the way it should for optimal health. Liver as well as stomach meridian imbalances can cause migraines, digestion issues, and stuck emotional patterns. The head “twitching” can also be liver energy imbalance (liver-wind). The weakened immune system indicators, and subsequent allergies, could be because your stomach, liver, kidney, and spleen energy systems were affected by the surgeries, causing blocks due to cuts and scar tissue. I suggest a return appointment to **balance your meridians** (or go to your favorite acupuncturist).

And lastly, dig into your emotional patterns to **discover the ways you are emotionally protecting your heart**. Chest tension is commonly caused by emotionally protecting ourselves from future hurts. Finding your trust again, discovering how to nurture yourself, and giving yourself permission to feel and release the old hurts can go a long way in helping all of the above. I suggest meditation, being more aware of when you protect, counseling, or a return visit for emotional balancing.

You are doing great, \_\_\_\_\_! As we talked about already, your body needs a period of rest to rejuvenate from the past events. I'll call you at 4:00 on Monday, \_\_\_\_\_ to discuss and answer any questions you may have.

Love, Light, and Laughter  
Jean Bennett, Energy Therapist, LMT