

TCM BODY CONSTITUTION QUIZ





HI THERE, I'M QIANLEI

[LINKTR.EE/OLDTOWN ACUPUNCTURIST](https://linktr.ee/OLDTOWN_ACUPUNCTURIST)

Im your go-to Traditional Chinese Medicine (TCM) acupuncturist.
I help you understand your own body and live free from nagging
health issues with the help of TCM.



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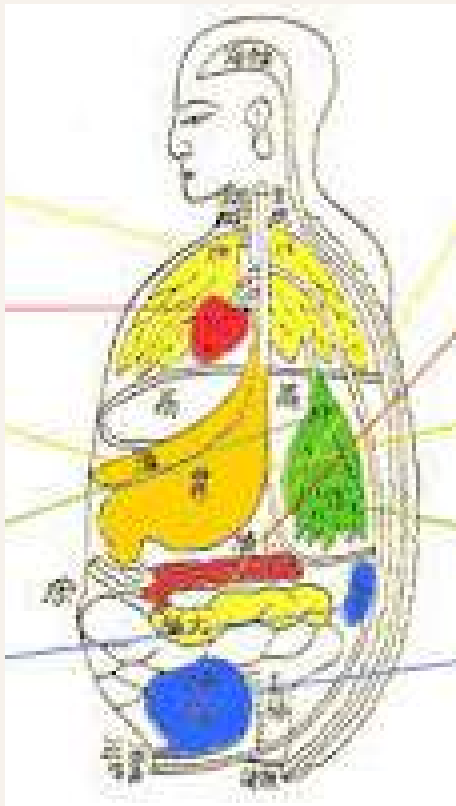
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TCM BODY CONSTITUTION QUIZ



Each person's body is unique. In Traditional Chinese Medicine (TCM), there are different types of body constitutions. TCM categorizes individuals into eight distinct groups based on their unique physical traits, personality characteristics, and susceptibility to certain health conditions.

Knowing your body type in Traditional Chinese Medicine (TCM) helps you tailor your lifestyle choices to your unique health needs. It allows you to make practical decisions about diet, exercise, and stress management that support your well-being and prevent health issues specific to your constitution.



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Please rate each symptom based on how frequently it applies to you:

- 0: No or Rarely
- 1: Sometimes or Occasionally
- 2: Frequently or Always

CONSTITUTION TYPE 1:

- Do you often feel fatigued or lack energy?
- Do you experience frequent shortness of breath?
- Are you prone to catching colds or infections?
- Do you have weak digestion or bloating after meals?
- Do you suffer from loose stools or diarrhea?

CONSTITUTION TYPE 2:

- Are you sensitive to cold weather or easily chilled?
- Do you have cold hands and feet, even in warm environments?
- Do you experience lower back pain or weakness in the knees?
- Do you have a pale complexion or feel lethargic?
- Do you prefer warm drinks and foods?

CONSTITUTION TYPE 3:

- Do you frequently experience night sweats or hot flashes?
- Do you suffer from dry skin, hair, or eyes?
- Are you easily agitated or anxious?
- Do you have trouble falling asleep or staying asleep?
- Do you crave cold or refreshing foods and beverages?

Please rate each symptom based on how frequently it applies to you:

- 0: No or Rarely
- 1: Sometimes or Occasionally
- 2: Frequently or Always

CONSTITUTION TYPE 4:

- Do you often feel heavy or lethargic?
- Do you experience acne, oily skin, or skin rashes?
- Are you prone to digestive issues like acid reflux or constipation?
- Do you have a bitter taste in your mouth or bad breath?
- Do you feel irritable or easily angered?

CONSTITUTION TYPE 5:

- Do you frequently experience mood swings or emotional ups and downs?
- Are you prone to tension headaches or muscle tightness?
- Do you have irregular menstrual cycles or PMS symptoms?
- Do you often sigh or feel tightness in your throat?
- Do you find it challenging to relax or unwind?

CONSTITUTION TYPE 6:

- Do you experience sharp or stabbing pains in certain areas of your body?
- Do you have varicose veins or visible spider veins?
- Are you prone to bruising easily or having heavy menstrual bleeding?
- Do you suffer from insomnia or restless sleep?
- Do you have dark or purplish discoloration on your skin?

Please rate each symptom based on how frequently it applies to you:

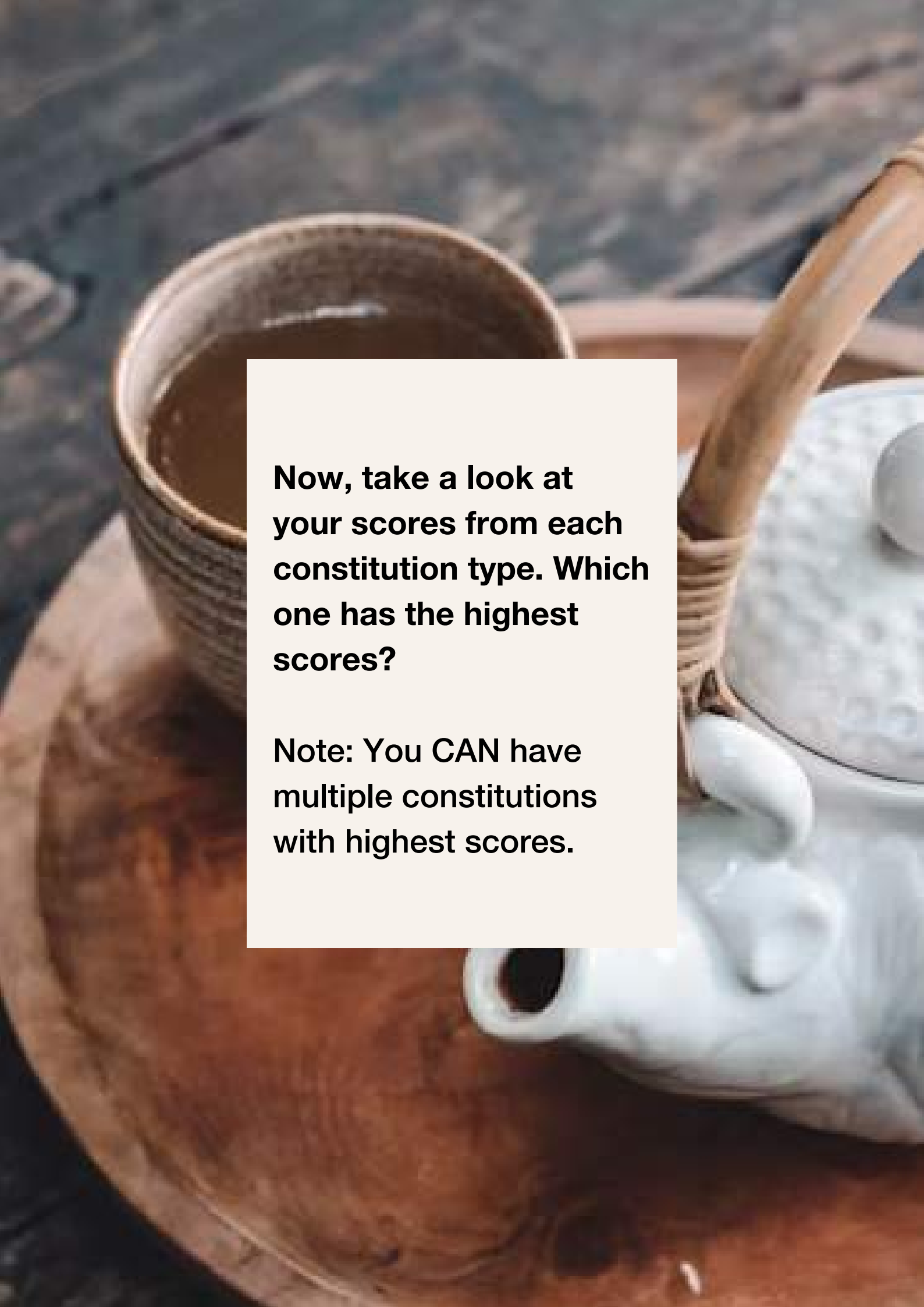
- 0: No or Rarely
- 1: Sometimes or Occasionally
- 2: Frequently or Always

CONSTITUTION TYPE 7:

- Do you often feel mentally foggy or have difficulty concentrating?
- Do you experience excess mucus or congestion in your sinuses or chest?
- Are you prone to weight gain or fluid retention?
- Do you often feel bloated or get abdominal distention after eating?
- Do you feel sluggish or have a heavy sensation in your body?

CONSTITUTION TYPE 8:

- Are you more sensitive to certain foods or environmental factors, potentially leading to allergic reactions or discomfort?
- Do you experience different reactions to medications, requiring extra caution to avoid adverse effects or side effects?
- Do you find yourself more prone to health issues during specific seasons or changes in weather, experiencing discomfort due to climate variations?
- Do you have any rare genetic conditions that may impact your health and quality of life?

A wooden bowl filled with dark brown powder, a white ceramic teapot, and a white ceramic cup on a wooden tray.

Now, take a look at your scores from each constitution type. Which one has the highest scores?

Note: You CAN have multiple constitutions with highest scores.

Your Results is out!

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 1:

- Your body constitution is: Qi Deficiency.
- Qi deficiency in Traditional Chinese Medicine refers to a lack of vital energy, leading to symptoms like fatigue, weakness, and susceptibility to illness.
- You tend to be sensitive of cold or heat and wind, and are prone to catching colds.
- You should eat more foods that benefit Qi and nourish the spleen, such as yams, soybeans, white lentils, chicken, mushrooms, dates, and honey.
- You should eat fewer foods that consume Qi, such as raw vegetables and raw fruits.

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 2:

- Your body constitution is: Yang Deficiency.
- Yang deficiency in Traditional Chinese Medicine signifies a weakness in the body's warming and activating energy.
- You may wear more clothes than others but have cold hands and feet. You may feel uncomfortable after consuming cold food or drinks, often experiencing loose stools.
- You can eat more beef, lamb, leeks, and ginger to tonify Yang.
- You should eat less cold and raw foods like pears, avocados, and watermelons.

Your Results is out!

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 3:

- Your body constitution is: Yin Deficiency.
- Yin deficiency in Traditional Chinese Medicine refers to a lack of cooling, nourishing energy in the body.
- Symptoms may include night sweats, dryness (such as dry mouth or skin), and restlessness.
- You should eat more lean pork, duck, water chestnuts, and tremella to nourish Yin.
- You should eat less lamb, leeks, chili peppers, and sunflower seeds, which are warm and drying in nature.

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 4:

- Your body constitution is: Damp-heat.
- Damp-heat in Traditional Chinese Medicine (TCM) means an accumulation of dampness (excess fluids) and heat (body temperature regulation imbalance) in the body.
- Symptoms: Oily skin on the face, nose and hair, are prone to acne and itching, and may experience a bitter taste, bad breath, or mouth odor. You may feel heavy and tired, get hot easily, and find it difficult to adapt to humid and hot weather.
- You should eat more adzuki beans, mung beans, celery, cucumber, and lotus root. You should eat less lamb, leeks, ginger, chili peppers, black pepper, and Sichuan pepper, which are sweet, warm, and greasy.

Your Results is out!

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 5:

- Your body constitution is: Qi Stagnation.
- Qi Stagnation in Traditional Chinese Medicine refers to disruption or blockage in the smooth flow of Qi, the body's vital energy.
- Symptoms may include: feel depressed, emotionally low, anxious, and easily irritable. You may experience breast and rib discomfort, PMS, sigh for no reason, feel throat blockage, or have insomnia.
- You should eat more dandelions, mint, hawthorn, and rosebuds to resolve stagnation, aid digestion, and refresh the mind.

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 6:

- Your body constitution is: Blood Stasis.
- Blood Stasis in Traditional Chinese Medicine (TCM) indicates the flow of blood in the body becomes sluggish or obstructed, leading to a buildup of stagnant blood in certain areas.
- Symptoms: Sharp or stabbing pain that is fixed in location. Dark or purplish skin discoloration. Varicose veins or spider veins. Menstrual irregularities or painful periods. Blood clots or bruises that heal slowly. Cold limbs or feeling cold all over. Emotional distress or depression. Tingling or numbness in the limbs.
- You should eat more hawthorn, vinegar, rosebuds, and drink tangerine peel tea to promote blood circulation, disperse stasis, soothe the liver, and resolve depression. You should eat less fatty meats.

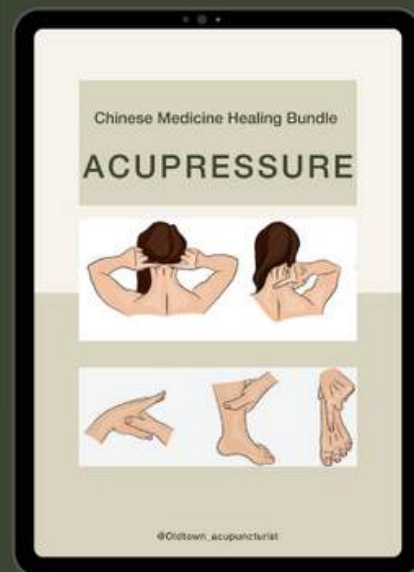
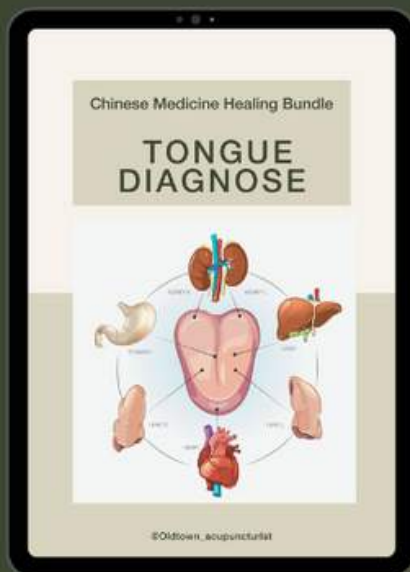
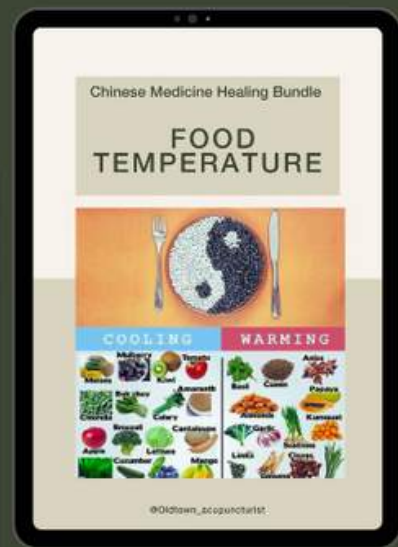
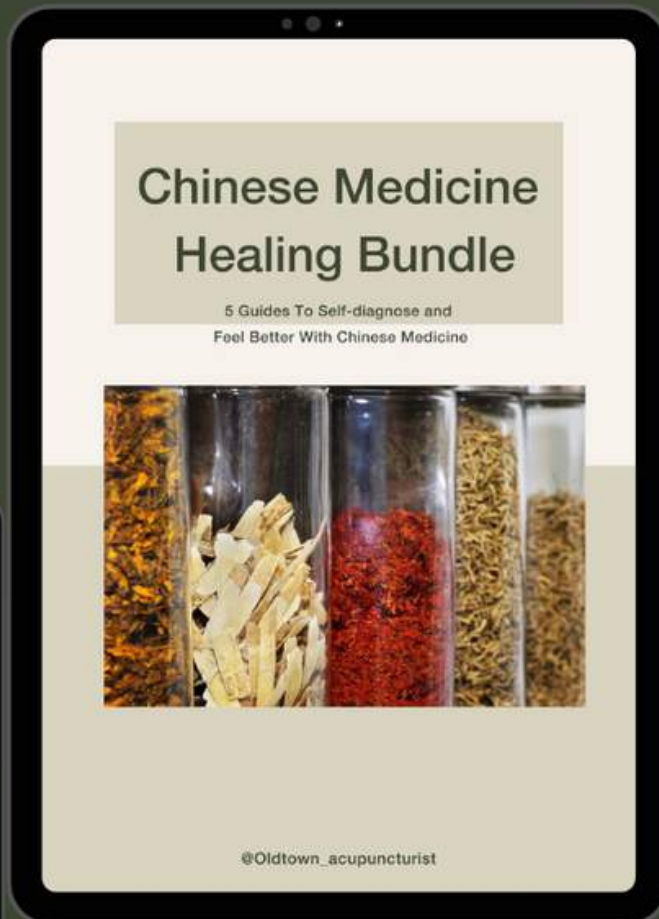
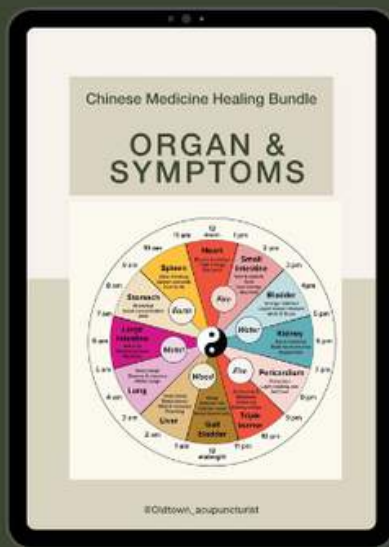
Your Results is out!

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 7:

- Your body constitution is: Phlegm-Dampness.
- Phlegm-Dampness in Traditional Chinese Medicine are characterized by the accumulation of dampness and phlegm in the body.
- Symptoms: Often struggling with weight loss, with a soft and bloated abdomen. You may have swollen eyelids, oily skin on your face, and excessive sweating, often feeling chest tightness, phlegm, and heaviness in the limbs. Also get mental symptoms like foggy thinking or emotional sluggishness.
- Dietary Suggestions: Your diet should be light, focusing on foods like seaweed and winter melon. Avoid dairy and raw foods: salad and fruits.

IF YOU GOT HIGHEST POINTS IN CONSTITUTION TYPE 8:

- Your body constitution is: Inherited Allergic Constitution
- This constitution has various manifestations: some people frequently experience nasal congestion, sneezing, runny nose, or asthma, while others are prone to allergies to medications, foods, or pollen.
- Some may have hives easily, with redness and scratch marks appearing upon scratching.
- You should eat more foods that boost energy and strengthen the body's defense, such as lean meats, eggs, whole grains, legumes, nuts, seeds, and cooked vegetables. Consume fewer foods such as shrimp, crab, alcohol, chili peppers, strong tea, and coffee.



Congratulations on completing the Quiz! 🎉 What's your next step to healing?

Check out Chinese Medicine Healing Bundle. You'll learn the 5 simple guides to self-diagnose & feel better with Chinese Medicine.

This includes: How Chinese Medicine works; how to find imbalance in your organ system; what your tongue says about your health; what food temperature your body needs; and quick fixes with acupressure.

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