

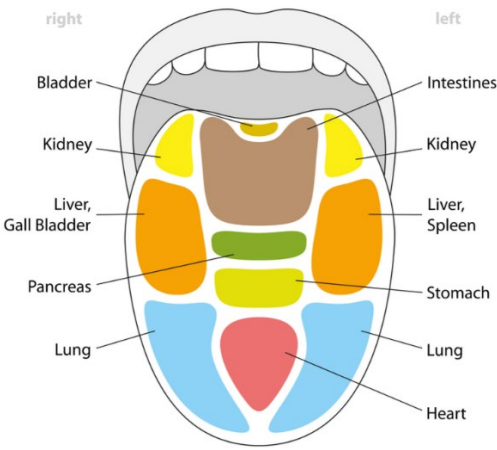
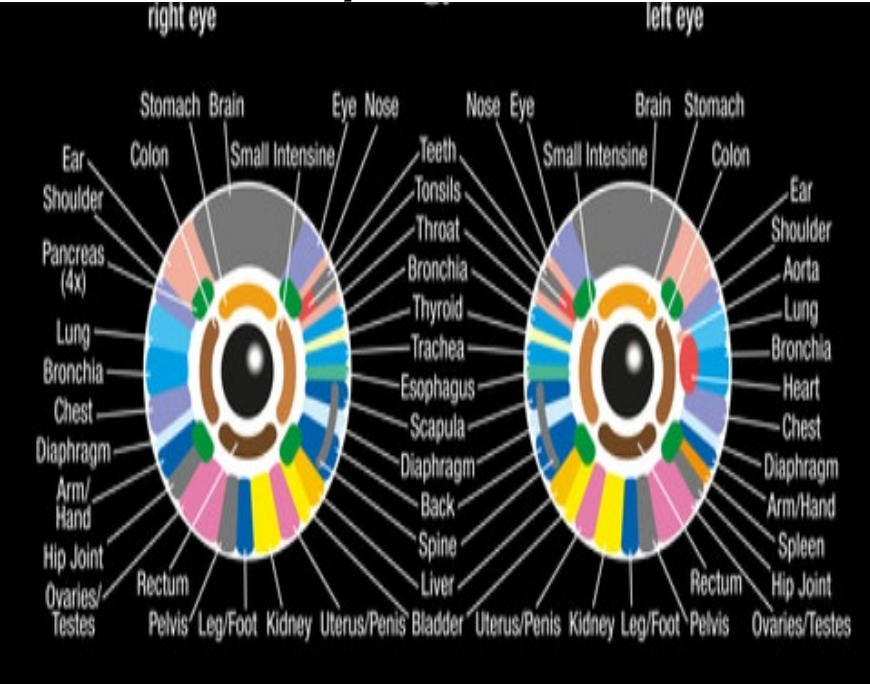
Observation of current health

When making an improvement in your inner-health it is always good to observe and record the details of your current health. You can review and reflect on your healing journey and take notice of what changes have been beneficial.

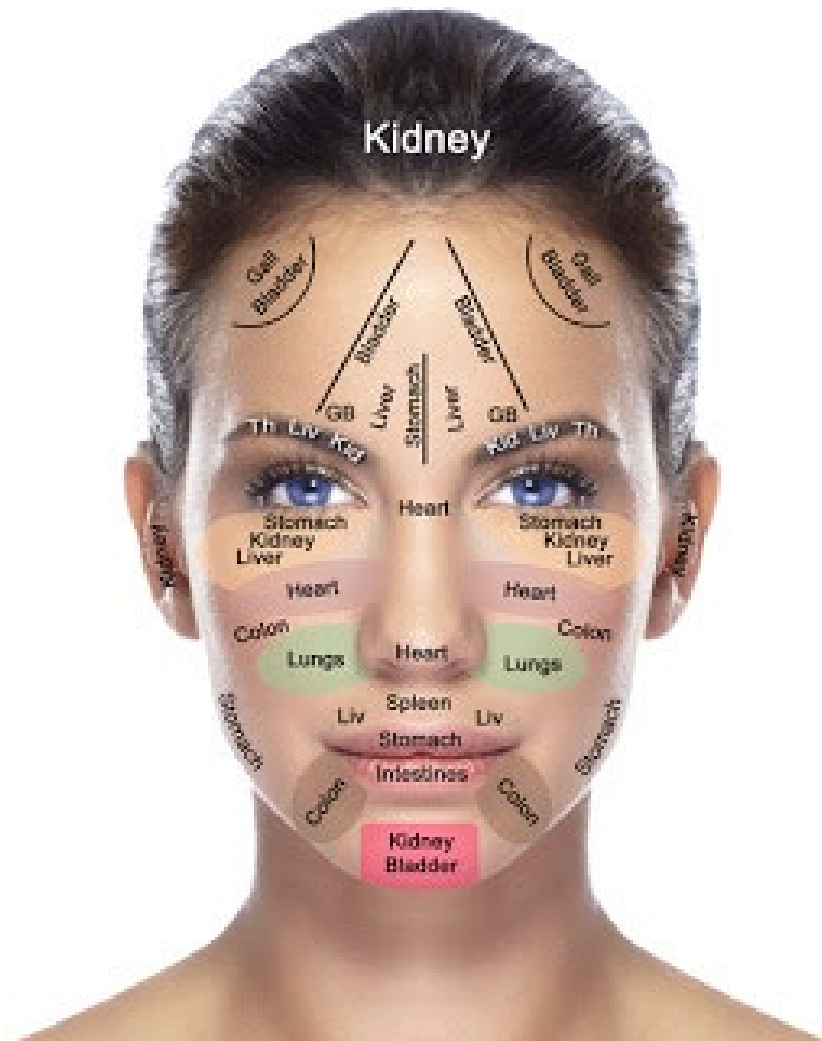
There are many reflexes within the body that reflect your inner wellness. This chart will help to you to listen to your body's unspoken messages for support. Analysis of the body's reflexes is a practice used by Ayurvedic and Chinese practitioners.

Everyone's reflexes are individual with different characteristics. Carrying out an **assessment of your reflexes and observing the body's internal systems** will guide you to what changes you desire to make in improving your lifestyle and health. Regularly observe your body and notice any changes.

This is not a diagnosis, just an observation of your current level of health.

Reflex area	Observations
<p>Tongue reflexes</p>  <p>The diagram shows a top-down view of a tongue with various colored regions. Labels on the left (right side of the tongue) include: Bladder, Kidney, Liver, Gall Bladder, Pancreas, and Lung. Labels on the right (left side of the tongue) include: Intestines, Kidney, Liver, Spleen, Stomach, Lung, and Heart. The colors range from yellow at the tip to blue and red at the base.</p>	<p>Colour is:</p> <p>Indentations are:</p> <p>Odour is:</p> <p>Inflamed areas:</p>
<p>Eye reflexes</p>  <p>The diagram shows two eyes, right and left, with numerous colored segments around the iris. Each segment is labeled with an internal organ. The right eye labels (clockwise from top): Stomach, Brain, Eye, Nose, Small Intestine, Colon, Ear, Shoulder, Pancreas (4x), Lung, Bronchia, Chest, Diaphragm, Arm/Hand, Hip Joint, Ovaries/Testes, Rectum, Pelvis, Leg/Foot, Kidney, Uterus/Penis, Bladder. The left eye labels (clockwise from top): Brain, Stomach, Colon, Ear, Shoulder, Aorta, Lung, Bronchia, Heart, Chest, Diaphragm, Arm/Hand, Spleen, Hip Joint, Rectum, Pelvis, Leg/Foot, Kidney, Uterus/Penis, Bladder, Liver, Spine, Back, Diaphragm, Scapula, Esophagus, Trachea, Thyroid, Bronchia, Throat, Tonsils, Teeth, Nose, Eye, Small Intestine, Colon, Ear, Shoulder, Pancreas (4x), Lung, Bronchia, Chest, Diaphragm, Arm/Hand, Hip Joint, Ovaries/Testes, Rectum, Pelvis, Leg/Foot, Kidney, Uterus/Penis, Bladder.</p>	<p>Whites of eyes area:</p> <p>Ability of sight is:</p> <p>Other markings:</p>

Facial reflexes



Under eye area:

Dry areas:

Inflamed areas:

Problem areas:

Deep lines:

Reflexes of the feet



General condition of feet:

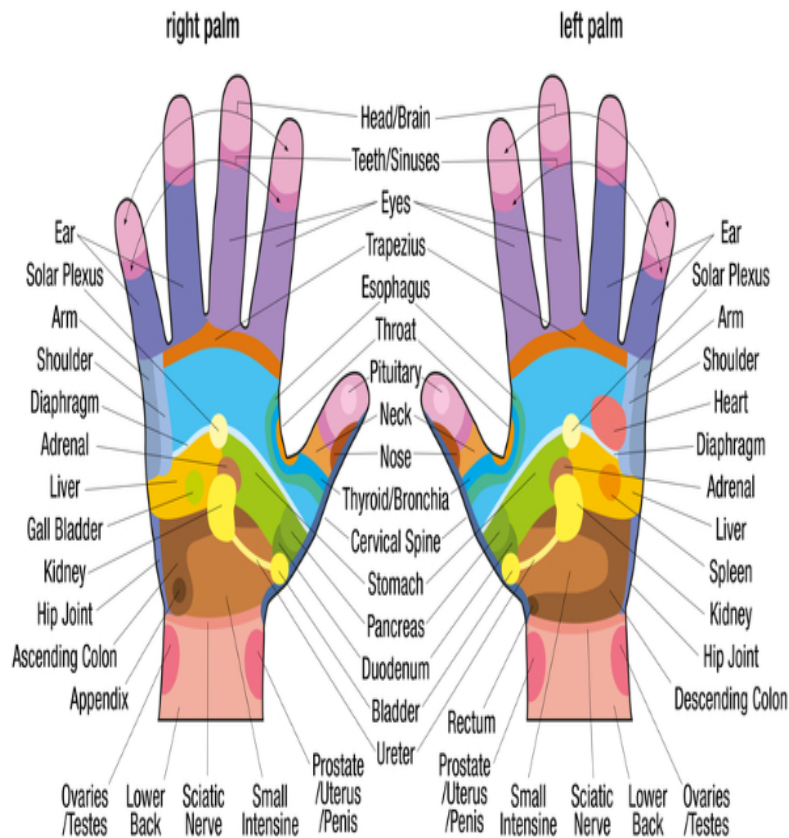
Dry areas:

Inflamed areas:

Problem areas:

Odour:

Reflexes of the hands



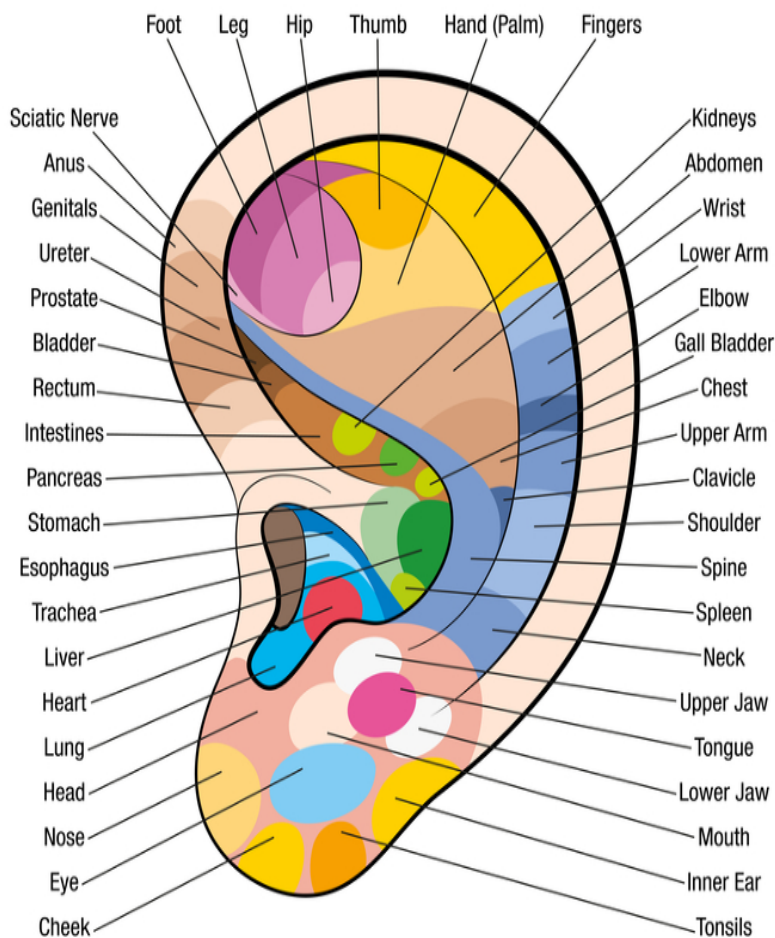
General condition of hands:

Dry areas:

Inflamed areas:

Problem areas:

Reflexes of the ear



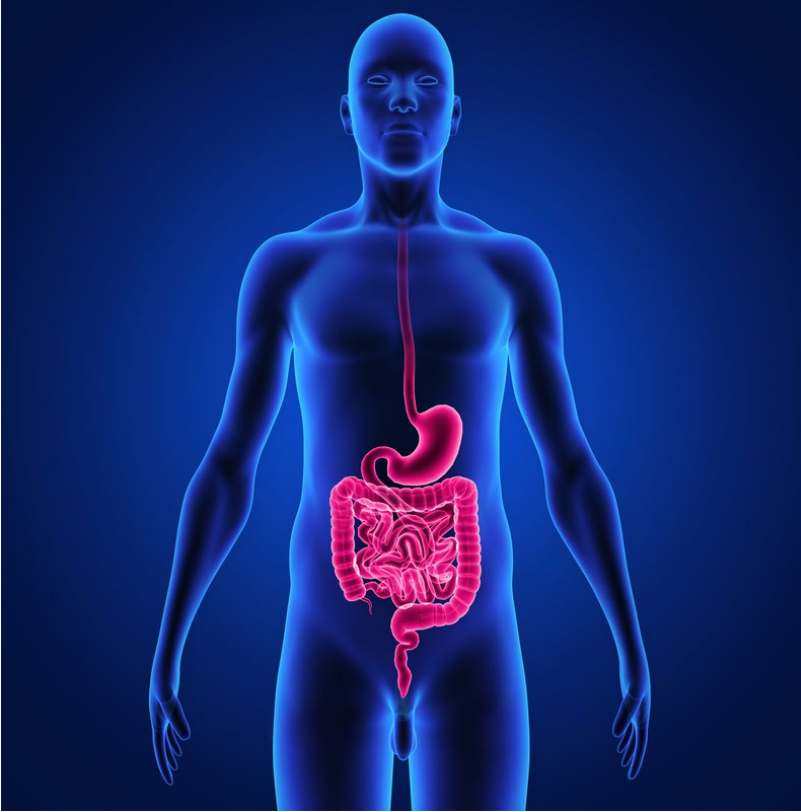
Flexibility:

Tenderness:

Redness:

Dryness:

Digestive health



Record any problems related to your digestive system. Reflux, burping, bloating, flatulence, diarrhoea or constipation. Note the appearance of your stool and regularity. Note the appearance of your urine and smell.

Respiratory health



Record any problems related to your respiratory system. Coughs, breathlessness, conditions, and lung capacity.